



Courage to Speak Foundation Inc.
Saving Lives by Empowering Youth to be Drug Free



Courageous Parenting 101[®]

UNDERSTANDING SUBSTANCE ABUSE AND ITS IMPACT ON CHILDREN AND YOUTH

Courageous Parenting 101 is a free, five-session substance abuse education and prevention program developed by The Courage to Speak[®] Foundation, Inc., a nonprofit 501(c)(3) to help parents like you understand substance abuse and its impact on children and youth. The program will be offered by facilitators certified by The Courage to Speak[®] Foundation, Inc. and will cover a variety of materials, such as fundamentals of substance abuse prevention, drug trends in America, signs of drug use, communication skills, how to find out if your child is using drugs, what to do if your child is using drugs, how to access help, MTV, MySpace, FaceBook, and other timely and relevant material. There will be two separate sessions offered. These sessions are offered as follow-up to **The Courage to Speak[®] Presentation that will take place on Wednesday, September 23, 2009 in the Milford Hospital Auditorium, 300 Seaside Avenue.**

You will gain the tools and knowledge required to communicate more effectively with your children on substance abuse issues. It is expected that participating parents will demonstrate an active role in supporting children's decisions to not use tobacco, alcohol, and other drugs. You will also develop improved listening and communication skills, which have been shown to be a critical factor in the prevention of substance abuse by young people. Courageous Parenting 101 is open to parents in all communities free of charge.

REGISTRATION

FREE Course for Parents

NAME _____ PHONE _____ EMAIL _____

ADDRESS _____ CITY _____ ZIP _____

NUMBER of CHILDREN _____ AGES _____ SCHOOL(S) ATTENDING _____

WILL YOU REQUIRE CHILDCARE? _____

YES I/We will attend the *Courageous Parenting 101* on **Tuesday, September 29, 2009** and the following Tuesdays, **October 6, 13, 20, and 27, 2009**. The parenting class begins at 6:00 pm sharp @ the **United Way of Milford**, 20 Evergreen Ave, Milford.

YES I/We will attend the *Courageous Parenting 101* on **Thursday, October 1, 2009** and the following Thursdays, **October 8, 15, 22, and 29, 2009**. The parenting class begins at 6:00 pm sharp in the **Auditorium @ Milford Hospital**, 300 Seaside Avenue, Milford.

NO I/We cannot attend this program. Please add us to your mailing list for receipt of information and alerts on upcoming events and programs. Please return your completed Registration Form to: **Milford Prevention Council c/o United Way, 20 Evergreen Avenue, Milford, CT 06460 ATT: Pam Staneski**. Questions, call Pam at 203-874-6791 or email Milford Prevention Council at milfordpreventioncouncil@gmail.com.

THIS PROGRAM IS SPONSORED BY THE MILFORD PREVENTION COUNCIL

www.couragetospeak.org

