

NEWS FROM....

The Courage to Speak® Foundation

FOR IMMEDIATE RELEASE

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Courage to Speak - Courageous Parenting 101™

"Train the Trainer"

NEW Facilitators Training on Wed May 1st and Wed May 8th, 2013

The Courage to Speak® Foundation will conduct a "Train the Trainer" program for new facilitators to teach *Courage to Speak - Courageous Parenting 101™*. The training will take place on **Wed. May 1st, 2013 at 10am at The Courage to Speak Foundation Office, 71 East Ave, Suite M, 2nd Floor, Norwalk, CT** or **Wed, May 8th, 2013 at 10:30am at Plainville Public Library, 56 East Main St., Plainville, CT**. The Foundation will train social workers, teachers, prevention experts, law enforcement and other interested professionals who work with youth and families as facilitators to teach *Courage to Speak - Courageous Parenting 101™* to parents in their communities, schools, youth and civic organizations and other forums. Launched in 2008, **109 professional facilitators** are credentialed by the Courage to Speak® Foundation to teach *Courageous Parenting 101®* to parents in **English and Spanish** in communities throughout CT, NY, MA, RI and MI.

Courage to Speak - Courageous Parenting 101™ is a free drug prevention course designed specifically for the *parents* of elementary, middle and high school students. It is a fact that our children will be offered alcohol, tobacco and other drugs, often many times, starting in middle school and continuing through high school. Research identifies parents as the greatest influence on their child's drug use behaviors and with the greatest opportunity to positively impact their child's ability to make healthy decisions. This course was scientifically evaluated and proven effective by Yale University of Medicine.

In *Courage to Speak - Courageous Parenting 101™* parents will learn effective communication strategies; gain confidence to talk to their children about the dangers of drugs; understand how to set clear rules and boundaries with their children related to use of alcohol, tobacco and other drugs; and gain confidence in knowing how to deal with substance use among their children. Parents will also develop improved listening and communication skills, which have been shown to be a critical factor in prevention.

Offered to parents at no cost, *Courage to Speak- Courageous Parenting 101™* covers: teen drug use trends and party culture; communication and listening strategies; how to help your child handle stress; warning signs; practical steps if use or abuse is suspected; sources of help and more.

If you would like to become a facilitator to teach *Courage to Speak-Courageous Parenting 101™* to parents in your community, please call Ginger Katz at (203) 831-9700 or email gkatz@couragetospeak.org and visit the website at www.couragetospeak.org to print an application.

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