



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



Courageous Parenting 101[®]

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

The Courage to Speak[®] Foundation, Inc. has developed a program for parents called **Courage to Speak[®] - Courageous Parenting 101[®]**. The program is a **FREE 3-session drug prevention education program for parents** from all communities with children in Elementary, Middle and High School wishing to arm themselves with the knowledge of how to keep their children safe.

As a prelude to the course, Ginger Katz, CEO and Founder of the Courage to Speak[®] Foundation will deliver the *Courage to Speak[®] Presentation* on **Wednesday, October 30, 2013 at 6:30 pm**, followed by session one. Session two will follow on **Wednesday, November 6th at 6:30 pm** and session three will take place on **Wednesday, November 13th at 6:30 pm** (a light dinner fare will be served). **Child care will be available with reservation.** The course will be taught in **English** by Larry Katz, Co-Founder and former Social Worker with a B.A in Psychology and MS in Nutrition, and in **Spanish** by Mille Seguinot, Community Health Educator.

Courage to Speak - Courageous Parenting 101[®] will cover:

- **Teen drug use trends and party culture;**
- **Drug and alcohol abuse, addiction and its physiological consequences;**
- **Protective, psychological and developmental guidance to help reduce the risk of substance use;**
- **Dangers of enabling and hands-off parenting;**
- **Communication and listening strategies;**
- **How to help your child handle stress;**
- **Warning signs;**
- **The power of denial;**
- **Practical steps if use or abuse is suspected;**
- **Parenting styles;**
- **Sources of help and more**

"Through such education", says Ginger Katz, "the lines of communication open so parents can understand what their children face, set appropriate expectations, guide their emotional development, and provide moral support."

Classes will be led by trained facilitators at the **West Rocks Middle School, 81 West Rocks Rd., Norwalk, CT**. This Program is for Parents-Only. The course will be offered Wednesday, October 30th, November 6th and 13th at 6:30 pm. To register please call 203-247-3975 or e-mail gkatz@couragetospeak.org.

To REGISTER ONLINE go to <https://www.formstack.com/forms/webregister-english>

www.couragetospeak.org