



Courage to Speak Foundation Inc.®



Courageous Parenting 101®

UNDERSTANDING SUBSTANCE ABUSE AND ITS IMPACT ON CHILDREN AND YOUTH

FREE 2- Session Course for Parents

Tuesday, November 15 and Thursday, November 17 at 6-8pm

West Rocks Middle School

81 West Rocks Rd., Norwalk, CT

The Courage to Speak® Foundation, Inc. has developed a program for parents called **Courage to Speak®-Courageous Parenting 101®**. The program is a **FREE 2-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.

The course will be taught by Larry Katz, MS and former Social Worker with the State of Connecticut, Child Welfare Division, and Co-Founder of the Courage to Speak® Foundation. 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 **Tuesday, November 15th 2016 at 6:00 pm**, followed by session one. Session two will follow on **Thursday, November 17th at 6:00 pm** taught by **Carlos Reinoso Jr.**, MSMOL, BHCC. **A light dinner will be served at 5:30pm during both sessions. Child care will be available with reservation.**

This FREE 2-Session Course Will Cover:

1. Teen Drug Use Trends & Party Culture; What is a Drug?; What is Addiction?; Drug Effects & Consequences
2. The Adolescent Brain; Why Kids Use Drugs; Helping Kids Handle Stress, Anger & Other Emotions; Age Appropriate Prevention Messages; Parenting Styles; Setting Expectations & Boundaries; Media Influence on Teen Substance Abuse
3. Establishing & Enforcing Healthy Expectations & Limits for Teens; Effective Communication Strategies; Protective Factors & Developmental Assets; Warning Signs of Substance Abuse; Where to Find Help & More

REGISTRATION

FREE Course for Parents

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

Number of Children _____ Ages of Children _____ School(s) Attending _____

How Did You Hear About This Course? _____

YES I/We will attend the *Courage to Speak -Courageous Parenting 101®* Session One on Tuesday, November 15th 2016 and continues on Thursday, November 17th 2016.

YES I/We will need child care during *Courage to Speak -Courageous Parenting 101®*.

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.

To REGISTER ONLINE go to https://webregister.formstack.com/forms/courage_to_speak

For information please call (203) 831-9700 or email gkatz@couragetospeak.org

www.couragetospeak.org * 1-203-831-9700