



# The Courage to Speak®

Saving Lives by Empowering Youth to be Drug Free

Visit [www.couragetospeak.org](http://www.couragetospeak.org)

Phone 1-877-431-3295

## All Parents are Invited to Attend ***COURAGEOUS PARENTING 101***

### **PARENTS ENCOURAGED TO PARTICIPATE**

The Courage to Speak Foundation has announced plans to launch once again, ***Courageous Parenting 101***, a free five-course substance abuse education and prevention seminar for parents wishing to arm them with the knowledge of how to keep their children safe.

The course, starting October 15, 2008 introduction and presentation, continues every subsequent Monday for five weeks starting October 20, 2008. The course covers:

- ◇ 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;
- ◇ warning signs;
- ◇ why kids use drugs and the adolescent brain;
- ◇ the power of denial;
- ◇ practical steps if use or abuse is suspected;
- ◇ 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.

Courageous Parenting 101 is free and begins with the Courage to Speak presentation and introduction to the program by Ginger Katz on October 15, 2008 and sessions will be every consecutive Monday starting October 20, 2008 until November 17, 2008. Classes will be led by trained facilitators at West Rocks Middle School; 81 West Rocks Road, Norwalk, CT. Everyone must complete the registration form. Forms can be obtained at the website: [www.couragetospeak.org](http://www.couragetospeak.org). Call 1-877-431-3295 or e-mail [gkcourage@aol.com](mailto:gkcourage@aol.com) for more information. The program will begin at 6:30 pm and end at 8:30 pm

*Ginger Katz*

Founder & CEO of The Courage to Speak Foundation and author of ***Sunny's Story***