



Courageous Parenting 101

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

The Courage to Speak Foundation has developed a new program for parents called Courageous Parenting 101. The program is a free four-session substance abuse education and prevention program for parents wishing to arm themselves with the knowledge and skills they need to keep their children safe.

The Cheshire Youth and Social Services and Cheshire Coalition to Stop Underage Drinking are pleased to offer the workshops on the following **Tuesdays; October 21, & 28, November 4 & 11, 2008 from 6:30pm – 8:00pm at town hall. Dinner will be provided.** The workshops will cover the following:

- **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;**
- **The power of denial;**
- **Practical steps if use or abuse is suspected;**
- **Parenting styles**
- **Sources of help and more**

Ginger Katz, Founder of the Courage to Speak Foundation feels that “through education, the lines of communication open so parents can understand what their children face, set appropriate expectations, guide their emotional development, and provide moral support.”

Please contact Youth Services at 271-6690 or www.cheshirecsud.org for more information or to **register** for the workshops by **October 14, 2008**. For more information about the Courage to Speak Foundation log on to www.couragetospeak.org.

Cheshire Coalition to Stop Underage Drinking



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