



Courageous Parenting 101

UNDERSTANDING SUBSTANCE ABUSE AND ITS IMPACT ON CHILDREN AND YOUTH

Courageous Parenting 101 is a five-session substance abuse education and prevention program designed by The Courage to Speak Foundation to help parents like you understand substance abuse and its impact on children and youth. The program will be offered by a Suzanne Wallace, Director, The Parenting Academy, a program of The Child Guidance Center of Greater Bridgeport, and will cover a variety of material, such as: fundamentals of substance abuse prevention, drug trends in America, signs of drug use, communication skills, how to find out if your child is using drugs, what to do if you child is using drugs, how to access help, MTV, MySpace, FaceBook, and other timely and relevant material. The Courage to Speak presentation and introduction is on **Thursday, September 18, 2008** and the sessions will continue on **Thursdays, September 25, October 2, 9, 30 from 6:00 pm to 8:00 pm.**

You will gain the tools and knowledge required to communicate more effectively with your children on substance abuse issues. It is expected that participating parents will demonstrate an active role in supporting children's decisions to not use tobacco, alcohol, and other drugs. You will also develop improved listening and communication skills, which have been shown to be a critical factor in the prevention of substance abuse by young people. The program is free to all parents. Courageous Parenting will be open to parents throughout all the community free of charge.

REGISTRATION **FREE Course for Parents**

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ E-Mail _____
Number of Children ____ Ages of Children _____ School(s) Attending _____

Courageous Parenting 101 program location is at The Parent Center, Garfield School, 655 Stillman St. Bridgeport, CT
Dates: September 18, 25, October 2, 9, 30. The parenting class begins at 6:00 pm sharp. Please return your completed Registration Form to: The Child Guidance Center of Greater Bridgeport, 180 Fairfield Ave, Bridgeport, CT 06604. For more information call Suzanne Wallace @ 203-394-6529, Ext. 3025.



www.couragetospeak.org • 1-877-431-3295

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