



Courageous Parenting 101

UNDERSTANDING SUBSTANCE ABUSE AND ITS IMPACT ON CHILDREN AND YOUTH

Courageous Parenting 101 is a four 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. Cheshire Youth and Social Services and the Cheshire Coalition to Stop Underage Drinking (CCSUD) is pleased to offer these workshops on the following Tuesdays: **January 13, 20, 27 and February 3, 2009 from 6:30pm – 8:30pm at Town Hall room 207. Dinner will be provided.** Sarah Bourdon, certified facilitator will cover a variety of material, such as: drug trends in America, signs of drug use, communication skills, what to do if you child is using drugs, how to access help, and other relevant material. 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 youth. **Registration Deadline January 8, 2009.**

REGISTRATION FREE Course for Parents

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

YES I/We will attend the four session workshops on January 13, 20, 27 and February 3, 2009 at Cheshire Town Hall. The workshops begins at 6:30 pm sharp.

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. Please return your completed Registration Form to: Sarah Bourdon, CCSUD, Cheshire Town Hall, 84 South Main Street, Cheshire, CT 06410

