



# Courageous Parenting 101<sup>®</sup>

**UNDERSTANDING SUBSTANCE ABUSE AND ITS IMPACT ON CHILDREN AND YOUTH**

*Courage to Speak@-Courageous Parenting 101<sup>™</sup>* is a free, five-session drug prevention education program developed by The Courage to Speak@ Foundation, Inc., a nonprofit 501(c)(3) to help parents like you understand drug abuse and its impact on children and youth. The program will be offered by a facilitator certified by The Courage to Speak@ Foundation, Inc. and will cover a variety of materials, such as fundamentals of drug 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 your child is using drugs, how to access help, MTV, MySpace, FaceBook, and other timely and relevant material. The course begins **Thursday, March 4, 2010 at 7:00 pm** with *The Courage To Speak Presentation* presented by Ginger Katz, CEO and Founder of The Courage To Speak Foundation at **Milford Hospital, 300 Seaside Avenue, Milford, CT 06460**.

Two options of *Courage to Speak@-Courageous Parenting 101<sup>™</sup>* will be offered for your convenience: **OPTION I:** Mondays—March 8, 15, 22, 29, and April 5, 2010 offered at BRIDGES, 949 Bridgeport Avenue, Milford, CT 06460 and **OPTION II:** Mondays, March 8, 15, 22, 29, and April 5, 2010 offered at East Shore Middle School, 240 Chapel Street, Milford, CT 06460. *Courage to Speak@-Courageous Parenting 101<sup>™</sup>* courses begin at 6:00pm and end at 7:30pm.

You will gain the tools and knowledge required to communicate more effectively with your children on drug 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 drug abuse by young people. *Courage to Speak@-Courageous Parenting 101<sup>™</sup>* is offered to parents **free of charge**.

## REGISTRATION

## FREE Course for Parents

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

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 *Courage to Speak@-Courageous Parenting 101<sup>™</sup>* every Monday, March 8, 15, 22, 29, and April 5, 2010. The parenting class begins at 6:00pm sharp. Please arrive at 5:45pm to sign in.

**OPTION I** \_\_\_\_\_ **OPTION II** \_\_\_\_\_

**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. *Course is for Parents Only*. Please return your completed Registration Form with indicated OPTION and RSVP to: **Pam Staneski at: 203-874-6791**.

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