



Courage to Speak Foundation Inc.
Saving Lives by Empowering Youth to be Drug Free



Courageous Parenting 101[®]

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

The Courage to Speak[®] Foundation, Inc. has developed a program for parents called *Courage to Speak[®]-Courageous Parenting 101[™]*. The program is a **FREE** four-session drug abuse prevention and education program for parents from all communities with children in Elementary, Middle and High School wishing to gain the knowledge and skills of how to keep their children safe.

The course begins **Monday September 27, 2010 at 7:00 pm** with *The Courage to Speak Presentation* presented by Ginger Katz, CEO and Founder. Session One will start **Tuesday, October 5** and continue every consecutive Tuesday...**October 12, 19 and 26, 2010 from 7:00-8:30 pm**.

Courage to Speak[®]-Courageous Parenting 101[™] 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;**
- **How to help your child handle stress;**
- **Warning signs;**
- **The power of denial;**
- **Practical steps if use or abuse is suspected;**
- **Parenting styles;**
- **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."

Classes will be led by trained facilitator: Toni McCabe at **Nathan Hale Ray Middle School, 73 Clark Gates Road, Moodus, CT 06469**. Everyone attending this program must complete the registration form. Forms can be obtained at the website: www.couragetospeak.org. The program will begin at 7:00pm and end at 8:30pm. **For more information contact: Toni McCabe, East Haddam Youth and Family Services at 860-873-3296 or email youthandfamily@prodigy.net. The course is for adults only.**

www.couragetospeak.org