



Courageous Parenting 101[®]

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

A **FREE 4-session** substance abuse education and prevention program for parents wishing to arm themselves with the knowledge of how to keep their children safe.

The McCall Foundation is sponsoring *Courage to Speak- Courageous Parenting 101[®]* at **Northwestern Regional High School**.

The first session will take place on **Tuesday, October 11, 2011 at 6:00 pm**. Sessions two, three and four will follow on **Tuesday, October 18th, 25th and November 1st at 6:00 pm**.

Courage to Speak - Courageous Parenting 101[®] will cover:

- **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 Kevin Pettit, Prevention Program Supervisor at the McCall Foundation at **Northwestern Regional High School, 100 Battistoni Drive, Winsted, CT**. Every one attending this program, which is for **Parents-Only** must complete the registration form. The course will be offered **Tuesday, October 11th, 18th, 25th and November 1st at 6:00 pm**. For more information about *Courage to Speak - Courageous Parenting 101[®]* and a registration form, please call Kevin Pettit (860) 496-2139 or email kp.mccall@snet.net.