



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

The program begins Saturday, October 3rd and will continue every consecutive Saturday, October 17, 24 and 31, 2009 from 9:30 am to 11:00 am. The October 3rd session will include the Courage to Speak Presentation and will be extended from 9:30 am to 11:30 am. The course 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.”

Please contact the Courage to Speak Foundation, Inc. @ **1-877-431-3295** or email gkatz@couragetospeak.org for additional info. Classes will be led by trained facilitators at Norwalk Community College, 188 Richards Ave, Norwalk, CT. Everyone attending this program must complete the registration form. Forms can be obtained at the website: www.couragetospeak.org.