

# ***NEWS FROM.....***

***The Courage to Speak® Foundation***

**FOR IMMEDIATE RELEASE**

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## **COURAGE TO SPEAK® - COURAGEOUS PARENTING 101™ PARENTS ENCOURAGED TO PARTICIPATE**

The Courage to Speak Foundation has announced plans to implement another five-session prevention and education program, called *Courage to Speak - Courageous Parenting 101*.

The next parent series will begin at Roton Middle School in Norwalk, January 5, 2010 with the Courage to Speak presentation by Ginger Katz and introduction and continue every consecutive Tuesday, January 12, 19, 26 and February 2. Courage to Speak - Courageous Parenting 101 will be taught by a trained Courage to Speak facilitator, Toni McCabe, Director of East Haddam Family and Youth Services and will be open to **parents from all communities free of charge**.

In *Courageous Parenting 101*, parents will learn fundamental parenting styles, communication skills, drug trends in America, MTV, MySpace, FaceBook and other timely and relevant material. They will gain the tools and knowledge required to communicate effectively with their children on many issues. It is expected that participating parents will demonstrate an active role in supporting their children's decision to not use tobacco, alcohol, and other drugs. They will also develop improved listening and communication skills, which have been shown to be a critical factor in prevention.

*Courage to Speak -Courageous Parenting 101* will also be implemented in Milford, Guilford, Waterbury, Deep River and Bronx, NY this winter.

To sign up for the free five sessions education and prevention course for parents, call 203-831-9700 or visit [www.couragetospeak.org](http://www.couragetospeak.org).

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