



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

*This course is brought to you courtesy of  
Saint Joseph High School Parent Association*



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

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

Courageous Parenting 101 is a free, five-session substance abuse education and prevention program developed by The Courage to Speak Foundation, Inc., a nonprofit 501(c)(3) to help parents understand substance 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 substance abuse prevention, drug trends in America, signs of alcohol and 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 will be held in the café at Saint Joseph High School. It begins on Thursday, February 12, 2009 and will continue after the February break on Thursday, February 26, March 5, March 12, and March 19, from 6:30 pm to 8:30 pm.

You will gain the tools and knowledge required to communicate more effectively with your children on substance 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 substance abuse by young people. Courageous Parenting 101 is open to parents in all communities 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 Courageous Parenting 101 on Thursday, February 12, and each consecutive Thursday after the February break, February 26, March 5, March 12, and March 19, 2009. The parenting class begins at 6:30 pm sharp. Please arrive in the cafe at 6:15 pm to sign in.

**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.

**Please return your completed registration form to the SJHS Main Office--Courageous Parenting 101 by Monday 2/9/09.**

Email any questions to: [lremson@sjcadets.org](mailto:lremson@sjcadets.org)

[www.couragetospeak.org](http://www.couragetospeak.org)