



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

*This course is brought to you courtesy of
Trumbull PTA Council's PACT Prevention Committee
and Trumbull Cares in cooperation with
Trumbull Public Schools and TPAUD*



Courageous Parenting 101[®]

UNDERSTANDING SUBSTANCE ABUSE AND ITS IMPACT ON CHILDREN AND YOUTH

Courageous Parenting 101 is a free, four-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 at Frenchtown Elementary School, 30 Frenchtown Rd., Trumbull, CT and begins Thursday, January 15, 2009 and will continue every consecutive Thursday, January 22, 29, and February 5, 2009 from 7pm to 9 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, January 15, 2009, and each consecutive Thursday, January 22, 29, and February 5, 2009. The parenting class begins at 7 pm sharp. Please arrive at 6:45 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 your child's school (Attn: Main Office--Courageous Parenting 101) by Monday 1/12/09.

Email any questions to: ljr2413@yahoo.com

www.couragetospeak.org