



Invites ALL parents to attend an important presentation



By Ginger Katz,

Founder of the Courage To Speak Foundation, Inc.

And author of *Sunny's Story*

PLEASE JOIN US!

Wednesday

September 23, 2009

7:00 pm

Milford Hospital Auditorium

The Courage to Speak Foundation, Inc. was founded by Ginger Katz in an effort to foster open communication about the prevention of alcohol and other drug abuse among young people. Ginger has been inspired to speak out by the untimely death of her son Ian from a drug overdose. Since 1996, she has given over 1,000 presentations nationally to thousands of parents.



The Program 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

The Milford Prevention Council will be offering two 5-session **free**
Courage to Speak - Courageous Parenting 101™ courses in the Fall!
See below for Registration information

Courage to Speak-Courageous Parenting 101™

Two options offered for your convenience

OPTION I: Tuesdays—September 29, October 6, 13, 20, and 27 @ United Way of Milford

OPTION II: Thursdays—October 1, 8, 15, 22, and 29 @ Milford Hospital Auditorium

Time: 6pm to 8pm

This free five-session substance abuse education and prevention program was developed by the Courage to Speak Foundation to help parents like you understand substance abuse and its impact on children and youth. You will gain the knowledge required to communicate more effectively with your children. Covers a variety of materials including fundamentals of substance abuse prevention, drug trends in America, signs of drug use, communication skills, what to do if you suspect your child is using drugs, how to access help. For much more information about *Courage to Speak - Courageous Parenting 101™* and a registration form, please call **United Way of Milford, 203-874-6791** or email milfordpreventioncouncil@gmail.com

This program is made possible through the support of the Milford Prevention Council

www.couragetospeak.org

