



Courageous Parenting 101

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

The Courage to Speak Foundation has developed a new program for parents called 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 course, starting with the Courage to Speak presentation and introduction on October 15, 2008 and every consecutive Monday at 6:30 pm starting October 20 through November 17, 2008. 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;**
- **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 for more info. Classes will be led by trained facilitators at West Rocks Middle School; 81 West Rocks Road, Norwalk, CT. Everyone attending this program must complete the registration form. Forms can be obtained at the website: www.couragetospeak.org. Call 1-877-431-3295 or e-mail gkcourage@aol.com for more information. The program will begin at 6:30 pm and end at 8:30 pm. For parents only.

Sponsors include: The United Way of Norwalk and Wilton, Cablevision of CT, General Electric

FREE Course for Parents