



All Parents are Invited to Attend

Courageous Parenting 101

By the time American teens graduate high school, more than two-thirds of them will have been offered an illicit drug. Today, the middle school aged child is at greatest risk for first time experimentation. Teen drug culture today has a different face than when today's parents were teenagers.

The more researchers examine the risks of teen substance abuse, the more it becomes clear that parents have an enormously powerful influence on their children. In light of these extensive findings, *Courageous Parenting 101* provides parents the opportunity to increase awareness in order to utilize and maximize their prevention power.

Nichols United Methodist church will be offering *Courageous Parenting 101*, a free, five-session substance abuse and prevention education seminar for parents. The course will be offered on Friday evenings from 7-9pm, beginning on April 25th and continuing for 5 consecutive weeks. The course will be facilitated by Jim Sibley, *Courageous Parenting 101* Facilitator. Session topics include:

- *Session 1: "A Call to Arms" Drug Culture in America*
- *Session 2: "We All Have Pain" & "We Have To Be Firm"*
- *Session 3: "Courageous Conversations"*
- *Session 4: "Take Action"*
- *Session 5: "How to Access Treatment"*

This program was created by the *Courage to Speak Foundation, Inc.*, founded by Ginger Katz, a local mom who lost her 21-year old son Ian to a drug overdose in 1996. More info on her website <http://www.couragetospeak.org/index.html>

We strongly encourage all parents to participate in this very informative program so that you can arm yourselves with the knowledge of how to keep your children safe!

Please contact Jim Sibley at 944-9596 or jimsibley@sbcglobal.net for more information. To register for this course, please return the form below to NUMC (35 Shelton Rd, Trumbull 06611):
