



# Courageous Parenting 101®

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

Courageous Parenting 101 is a free, five-session substance abuse education and prevention program designed by The Courage to Speak Foundation, Inc. a non profit 501(c)(3) to help parents like you 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 material, such as: fundamentals of substance abuse prevention, drug trends in America, signs of 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 begins Thursday, January 8, 2009 with the Courage to Speak presentation and introduction, continues on January 15, then every consecutive Wednesday, January 21, 28, February 4, 11, 2009 from 6:30 to 8:30 pm. aa

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. For more information call 860-873-8296.

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

## REGISTRATION **FREE Course for Parents**

Name \_\_\_\_\_

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 the Courage to Speak Presentation and Courageous Parenting 101 on Thursday, January 8 and January 15, 2009, then each consecutive Wednesday January 21, 28, February 4, 11, 2009. The parenting class begins at 6:30 pm sharp. Please arrive at 6:15 pm to sign in. Location: Nathan Hale Ray High School; 15 School Drive, Moodus, CT

**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: Courage to Speak Foundation, Inc, PO Box 1527, Norwalk, CT 06852