



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

WATERBURY
Youth
 Service System Inc.



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 like you understand substance abuse and its impact on children and youth. The program will be offered by facilitators 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 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 the **First Congregational Church, 222 West Main Street, Waterbury, CT. The Courage to Speak[®] Presentation will take place on, Monday, February 9, 2009—followed by the four session course on Mondays: February 23, March 2, 9, and 16, 2009 from 6:30 pm to 8:30 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 We will attend the Courage to Speak[®] Presentation and *Courageous Parenting 101* on Monday, February 9, 2009, and the following Mondays, February 23, March 2, 9 and 16, 2009. The parenting class begins at 6:30 pm sharp. Please arrive at 6:15 pm to sign in.

NO 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: **Waterbury Youth Services, 95 North Main Street, Waterbury, Ct 06702 ATT:Caryn Olcik. Questions, call Caryn at 203-573-0264**

www.couragetospeak.org