



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



Courageous Parenting 101[®]

UNDERSTANDING SUBSTANCE ABUSE AND ITS IMPACT ON CHILDREN AND YOUTH

FREE 3- Session Course for Parents in English & Spanish

West Rocks Middle School
81 West Rocks Rd., Norwalk, CT

Kicking off **October 30th** at **6:30 pm** with the *Courage to Speak[®]* Presentation by Founder & CEO, Ginger Katz
Continuing **November 6th** and **November 13th** at **6:30 pm**

Light Dinner Fare Served & Child Care Available with Reservations

This FREE 3-Session Course Will Cover:

1. Teen Drug Use Trends & Party Culture; What is a Drug?; What is Addiction?; Drug Effects & Consequences
2. The Adolescent Brain; Why Kids Use Drugs; Helping Kids Handle Stress, Anger & Other Emotions; Age Appropriate Prevention Messages; Parenting Styles; Setting Expectations & Boundaries; Media Influence on Teen Substance Abuse
3. Establishing & Enforcing Healthy Expectations & Limits for Teens; Effective Communication Strategies; Protective Factors & Developmental Assets; Warning Signs of Substance Abuse; Where to Find Help & More

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 -Courageous Parenting 101[®]* Session One on October 30, 2013 and continues on November 6, 2013 and November 13, 2013.
- YES** I/We will need child care during *Courage to Speak -Courageous Parenting 101[®]*.
- 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.

Go to <https://www.formstack.com/forms/webregister-english> to REGISTER ONLINE
For information please call (203) 247-3975 or email gkatz@couragetospeak.org

www.couragetospeak.org * 1-203-831-9700