

# ***NEWS FROM.....***

## ***The Courage to Speak® Foundation***

**FOR IMMEDIATE RELEASE**

April 20, 2010

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### **COURAGE TO SPEAK- COURAGEOUS PARENTING 101™ PARENTS ENCOURAGED TO PARTICIPATE at the South Norwalk Branch Library May 18, 2010 @ 6:30 PM**

It is a fact that our children will be offered alcohol, tobacco and other drugs, often many times, starting in middle school and continuing through high school. What can you do about this? Learn about substance abuse and gain the knowledge and skills needed to keep your children safe.

The Courage to Speak Foundation will conduct a *FREE* three-session drug prevention and education program, called *Courage to Speak - Courageous Parenting 101™*. To sign up for the three-session education and prevention course for parents, call 203-831-9700 or visit [www.couragetospeak.org](http://www.couragetospeak.org) for a registration form.

The next parent series will begin at the **South Norwalk Branch Library in South Norwalk, May 18, 2010** at 6:30 pm with the Courage to Speak® Presentation by Ginger Katz which includes Session One and will continue every consecutive Tuesday, May 25 and June 1. *Courage to Speak - Courageous Parenting 101™* will be taught by a **trained Courage to Speak® Facilitator** and will be open to **parents from all communities free of charge**.

In *Courage to Speak - Courageous Parenting 101™*, parents will learn effective communication strategies; gain confidence to talk to their children about the dangers of drugs; understand how to set clear rules and boundaries with their children related to use of alcohol, tobacco and other drugs; and gain confidence in knowing how to deal with substance use among their children. The course covers: teen drug use trends and party culture; guidance to help reduce the risk of substance use; how to help your child handle stress; warning signs; what to do if use or abuse is suspected and much more. Parents will also develop improved listening and communication skills, which have been shown to be a critical factor in prevention.

**Location: South Norwalk Branch Library, 10 Washington Street, Norwalk, CT 06854**

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