



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 Substance Abuse Education and Prevention Program for Parents Wishing to Arm Themselves with the Knowledge of How to Keep Their Children Safe

Old Saybrook Middle School

60 Sheffield Street, Old Saybrook, Connecticut 06475

Old Saybrook Youth and Family Services is sponsoring ***Courage to Speak - Courageous Parenting 101[®]*** starting **October 17, 2016 at 6:30 – 8:30 p.m.**
Session 2 October 18, 2016 at 6:30 – 8:30 p.m. Session 3 October 25, 2016 6:30-8:30p.m.

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; Media Influence on Teen Substance Abuse
3. Establishing & Enforcing Healthy Expectations & Limits for Teens; Effective Communication Strategies
4. 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 *Courage to Speak- Courageous Parenting 101[®]* on **October 17, 18 and 25 at 6:30 – 8:30 p.m.**
- 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: **Heather McNeil, LMFT, LADC, Youth and Family Services, 322 Main Street, Old Saybrook, CT 06475; 860-510-5042; hmcneil@town.old-saybrook.ct.us; fax 860-395-3189**

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