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## All Parents are Invited to Attend

# *COURAGEOUS PARENTING*

### PARENTS ENCOURAGED TO PARTICIPATE

Harbor Spring High School plans to launch a **free** five-course substance abuse and prevention education course for parents who wish to arm themselves with the knowledge of how to keep their children safe.

The course will begin on **Tuesday, October 21, 2008** with an introduction and presentation and continued on subsequent Tuesday's through and including **Tuesday, November 18, 2008**. Each course is led by trained facilitators, Dan Juntunen, Student Advocate and Dawn Hansen and will take place at Harbor Springs High from 6:45 - 8:30pm.

#### Topics include:

- ◇ teen drug use trends and party culture
- ◇ drug and alcohol abuse, addiction and its physiological consequences
- ◇ protective, psychological and developmental guidance to help reduce the risk of substance use
- ◇ dangers of enabling and hands-off parenting
- ◇ communication and listening strategies; warning signs
- ◇ the power of denial
- ◇ practical steps if use or abuse is suspected
- ◇ sources of help and more

Our end goal is to help open the lines of communication for parents by sharing daily challenge's/stressors our children face today.

Anyone interested in attending should *complete and submit* a registration form to the High School office. However, we do welcome walk-ins! Hard copies can be obtained in the High School office or please email Dawn Hansen at [dawn.m.hansen@att.net](mailto:dawn.m.hansen@att.net) for a soft copy. If you need more information prior to attending, please do not hesitate to call Dawn at 231.838.9233 or visit Dan at the High School.

Brought to you by C.A.S.A (Community Against Substance Abuse)