



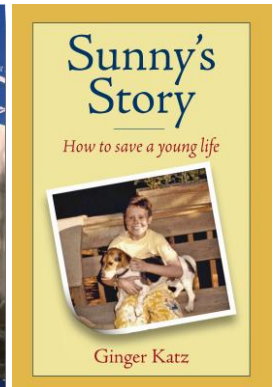
Courage to Speak Foundation  
Saving Lives by Empowering Youth to be Drug Free

## ALL Parents are Invited to Attend The Courage to Speak® Presentation and Courage to Speak – Courageous Parenting 101™

**Ginger Katz,**  
CEO/Founder of The Courage to  
Speak® Foundation and Author of  
*Sunny's Story* will be speaking:

**Tuesday,  
May 18, 2010  
6:30 pm**

South Norwalk Library  
10 Washington Street  
Norwalk, CT 06854



The Courage to Speak® Foundation was founded by Ginger Katz, author of *Sunny's Story*, in an effort to foster open communication about the prevention of alcohol and other drug abuse among young people. Ginger has been inspired to speak out by the untimely death of her son Ian from a drug overdose. Since 1996, she has given over 1,000 presentations nationally to thousands of parents.

### *Courage to Speak-Courageous Parenting 101™*

**May 18<sup>th</sup> Session One / May 25<sup>th</sup> Session Two / June 1<sup>st</sup> Session Three**

**Time: 6:30 pm to 8:20 pm**

This free three-session substance abuse education and prevention program will be taught by a trained Courage to Speak® facilitator and was developed by the Courage to Speak Foundation to help parents like you understand substance abuse and its impact on children and youth. You will gain the knowledge required to communicate more effectively with your children. For more information about *Courage to Speak - Courageous Parenting 101™* and a registration form, please call **(203) 831-9700**, email [ctroy@couragetospeak.org](mailto:ctroy@couragetospeak.org), or visit our website at [www.couragetospeak.org](http://www.couragetospeak.org)

#### **The Program Covers:**

- 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;
- How to help your child handle stress; Warning signs; The power of denial;
- Practical steps if use or abuse is suspected; Parenting styles; Sources of help and more

[www.couragetospeak.org](http://www.couragetospeak.org) \* 1-203-831-9700