

ALL Parents are Invited to Attend The Courage to Speak® Presentation

Ginger Katz,

CEO/Founder of The Courage to Speak®
Foundation and Author of *Sunny's Story*
will be presenting Ian's story:

**Thursday, February 10
9:30 am**

Millie Seguinot will be facilitating
*Courage to Speak-Courageous
Parenting 101® in Spanish:*

**Thursday, February 10, 9:30 am
Thursday, March 10, 6:30 pm
Thursday, April 14, 9:30 am**

Madison Elementary School
376 Wayne Street
Bridgeport, CT



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®

Session One will be conducted on Thursday, February 10th following Ms. Katz's Presentation. Millie Seguinot will facilitate sessions one, two, and three on February 10th, March 10th, and April 14th.

This course will be presented in Spanish. Ms. Katz's Presentation will be translated by a Spanish interpreter.

Courage to Speak – Courageous Parenting 101® was developed by the Courage to Speak Foundation to help parents like you understand substance abuse and its impact on children. You will gain the knowledge required to communicate more effectively with your children. Please visit 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

Babysitting will be available – please call (203) 339-8821 for more information.

www.couragetospeak.org