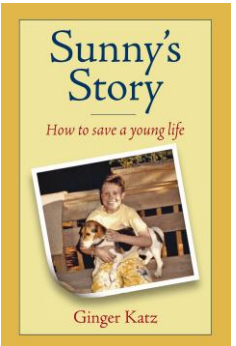


ALL Parents are Invited to Attend The Courage to Speak® Presentation & Courage to Speak Foundation – Courageous Parenting 101®

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

**Saturday,
November 6, 2010
9:30 am**

Norwalk Community College
188 Richards Avenue
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 Foundation – Courageous Parenting 101®

November 6th Session One / November 13th Session Two / November 20th Session Three
Time: 9:30 am to 11:30 am

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. To register visit www.ncc.commnet.edu. For more information about *Courage to Speak - Courageous Parenting 101®* please call **(203) 831-9700**, email ctroy@couragetospeak.org, or visit our website at 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 * 1-203-831-9700