



www.couragetospeak.org

December 2011



Happy Holidays! **Welcome to the December Newsletter**

Give the gift of *Sunny's Story* this Holiday Season

In the News:

Listen to the Radio Interview that Could Save a Child's Life

Bringing Message of Drugs to Parents

"Education Notebook" on News12 CT

Tips for Having a Healthy Holiday Celebration

Courage to Speak® Empowering Youth to be Drug Free Family Night 2012

Upcoming Presentations

Our New Website is Coming 2012!

End of the Year Save a Child's Life Campaign

Get a Perfect Gift for the Holiday Season...

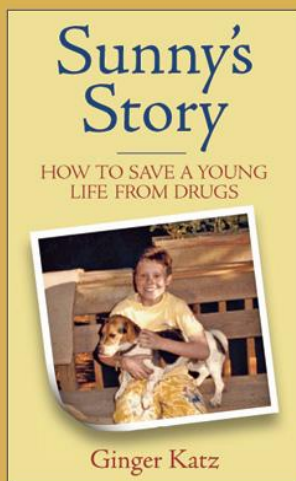


Sunny's Story: How to Save a Young Life from Drugs

Sunny's Story, a compelling drug prevention story for children, parents and educators, details the bittersweet life of a dog who needlessly lost his best friend to drug abuse.

It is narrated through the eyes, ears and mind of Sunny, the family beagle. The story tells the ups and downs of life with his young master, beginning with their meeting in an animal shelter and ending in a futile attempt to ward off disaster.

Sunny's Story is read at many dinner tables across the country, in schools, libraries, as part of *Courage to Speak® Drug Prevention Curricula* and as a stand alone book for children of all ages, parents, grandparents, teachers and professionals in the field of treatment and prevention.



It's a wonderful and inspiring gift to give this holiday season!

To order your copy of *Sunny's Story* today, please click [here](#).

IN THE NEWS:

Listen to the Radio Interview that Could Save a Child's Life

Click the link below to listen to Ginger Katz, CEO & Founder of the Courage to Speak® Foundation and author of *Sunny's Story*, and Larry Katz, M.S. in Nutrition & B.S. in Psychology discuss the Courage to Speak- Courageous Parenting 101® course that took place in Norwalk this fall with radio host, **Wendy Corey**.

[1400 WSTC/1350 WNLK Radio Interview](#)



The Hour online

Bringing Message of Drugs to Parents

by Danielle Calpabo 10/12/11

NORWALK-- She usually tells the story to children: That of the well-like boy who earned his black belt in grade school, played sports in high school and took honors courses at the University of Hartford before overdosing heroin at the age of 20.

This month, however, Ginger Katz will bring the story of her son, Ian, to adults throughout Fairfield County with a drug prevention seminar called Courageous Parenting 101.

"Even if you think your children will never do drugs, you have to learn about everything they're going to be exposed to," said Katz, founder of the Courage to Speak Foundation.

To read the full article, please click [here](#).

Education Notebook on News 12 Connecticut

Select the link below to watch Millie Seguinot, Community Health Educator, and Ginger Katz, CEO & Founder of the Courage to Speak Foundation® and author of *Sunny's Story*, on Education Notebook on News 12 Connecticut with journalist and TV personality, **Amelie Wilson**, as they speak about the Courage to Speak- Courageous Parenting 101® course that took place in Norwalk this fall. Over 100 parents attended.

Education Notebook on News 12 CT

Also, click the link below to see some footage that was broadcast on News 12 Connecticut right after the first session of the Norwalk Courage to Speak- Courageous Parenting 101® course.

News 12 CT Segment



Holiday Celebration Tips



Let your child know what you expect. Tell your child that adults may be drinking during the holidays but under no circumstances are they allowed to consume alcohol.

Plan a nonalcoholic holiday party with your child so children learn that they can have fun without alcohol.

For your holiday meal, let your child help you prepare and serve traditional drinks without alcohol. Examples: cider, eggnog, or punch.

Make sure your holiday festivities involve lots of delicious-and nonalcoholic-food, which your child can help you make.

If your older child is going to a holiday event, call ahead to make sure that the event will be alcohol and drug free.

**From the Kandiyohi County Drug Free
Communities Coalition**

For the entire article, click [here](#).

All communities are welcome!

SAVE THE DATE
for THE 8th ANNUAL
COURAGE TO SPEAK® FOUNDATION
Empowering Youth to be Drug Free
FAMILY NIGHT

Tuesday, March 20, 2012
5:15 pm – 8:30 pm
(Snow date March 21)

West Rocks Middle School
81 West Rocks Rd., Norwalk, CT

A light dinner fare will be served

www.couragetospeak.org
203-831-9700

To learn more about this exciting event, please click [here](#).

If you would like to become a sponsor for this event:

[Download the Sponsorship Agreement](#)

UPCOMING PRESENTATIONS



December 7th

Oliver Ames High School- Students (North Easton, MA)

January 10th

Black Rock Elementary School- Parents (Bridgeport, CT)

January 31st

Marin School- Parents (Bridgeport, CT)

February 6th

 **CADCA**[®] *Building drug-free communities.*
CADCA's 21st National Leadership Forum
The nation's largest training event for community prevention leaders,
treatment professionals and researchers
Adults & Youth (Banks of the Potomac River, MD)

March 6th

Rippowam Middle School- Parents (Stamford, CT)

March 8th

Walsh Intermediate School- Parents (Branford, CT)

March 12th

St. Joseph High School- Students (Trumbull, CT)

March 20th



The 8th Annual Courage to Speak Empowering Youth to be Drug Free Family Night

Book your Presentation for Winter or Spring Now!

Just click the link below

[BOOK NOW](#)

or email

gkatz@couragetospeak.org

or call (877) 431-3295

To get the most up-to-date news and to connect with our other supporters, please click the button below and "LIKE" us on Facebook!

facebook

Also check out our new Twitter Account by clicking the link below!



You Can Save a Child's Life

(Snow Date March 21st) (Norwalk, CT)

To learn more, click [here](#).
To become a sponsor, click [here](#).

March 26th

St. Joseph High School- Parents (Trumbull, CT)

April 5th

Cesar Batalla- Stuents (Bridgeport, CT)

Learn more about the [Courage to Speak Presentation](#)

See the [Courage to Speak Presentation Schedule](#)

Book your [Courage to Speak Presentation](#)

With the new year approaching we are putting together a campaign to start 2012 with the promise of saving the lives of more children and protecting more families from having to experience the ultimate struggle and loss.

Just \$10 will help in our mission to see that 2012 is our most successful year yet.



Coming Soon in 2012!

Our BRAND NEW
Courage to Speak® Foundation Website!

Make sure to check out www.couragetospeak.org



Visit our Foundation website www.couragetospeak.org
Visit the Sunny's Story website www.sunnysstory.com



The Courage to Speak® Foundation

"Saving Lives by Empowering Youth to be Drug Free and Encouraging Parents to Communicate Effectively with their Children About Drugs"

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