



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

The Courage to Speak® Foundation Newsletter

November 2011



Welcome to Our November Issue!

**Don't Miss Your Opportunity to Attend
Courage to Speak- Courageous Parenting 101®
Thursday, November 3rd at 6:30 pm**

In the News:

"Katz Brings Message of Drugs to City Parents"

Hear the Radio Interview that Could Save a Child's Life

**Save the Date: The 8th Annual Courage to Speak® Empowering Youth to be
Drug-Free Family Night: March 20, 2012**

Book Your Courage to Speak® Presentation for 2012 Now!

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

Upcoming Presentations

**Over 100 People Attended
Courage to Speak- Courageous Parenting 101®
given in English & Spanish in Norwalk, CT this October!**



Courageous Parenting 101

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

A FREE multi-session drug education and prevention program for parents wishing to arm themselves with the knowledge of how to keep their children safe from drugs

A Yale evaluation of the program indicated key findings that parents who took the program reported a significant increase in:

- General communication with their child
- Communication with their child about alcohol and other drugs
- Parents' knowledge of their children's lives
- Parents' confidence in their ability to intervene and prevent their child from using tobacco, alcohol and other drugs
- Parents' confidence in their knowledge about tobacco, alcohol and other drugs and ability to recognize the warning signs of substance abuse in their children
- Parents' confidence that they would tell the parents of their children's friends if the friends were using tobacco, alcohol and other drugs

Don't miss your opportunity to be a part of this program in your area. Here are some of the upcoming locations:

Guilford Free Library (Guilford, CT)

Sponsored by Guilford Youth & Family Services

Kicking off with The Courage to Speak Presentation by Ginger Katz on

November 3rd at 6:30 pm. Sessions 1 through 4 will be taught by trained facilitator

Karolin Regan, Program Director of Guilford Youth & Family Services,

on November 7th, 10th, 14th and 17th at 6:30 pm.

Lewis Mills High School (Burlington, CT)

Sponsored by the McCall Foundation

Sessions 1 through 4 will be taught by trained facilitator

Kevin Pettit, Program Supervisor for the McCall Foundation,

on November 3rd, 10th, 17th & December 1st. at 6:00 pm.

Torrington High School (Torrington, CT)

Sponsored by the McCall Foundation

Sessions 1 through 4 will be taught by trained facilitator
Kevin Pettit, Program Supervisor for the McCall Foudation,
dates and times are still to be determined.

St. Joseph's High School (Trumbull, CT)
February 2012, exact dates and times to be determined.

Francis Walsh Intermediate School (Branford, CT)
Sessions 1 through 4 will be taught by trained facilitator
Heather Grattan, Guidance Counselor at Francis Walsh Intermediate School.
March 2012, exact dates and times to be determined.

New programs are rolling out all the time, to see our updated
Courage to Speak- Courageous Parenting 101[®] Schedule [click here](#).

In the News:

The Hour^{online}

Katz brings message of drugs to city parents

by Danielle Capalbo 10/12/2011

NORWALK-- She usually tells the story to children: That of the well-liked 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 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 Founder.

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



Ginger Katz presenting to the 7th grade class at Nathan Hale Middle School, Norwalk, CT on October 7, 2011.

Photo by Erik Trautmann.

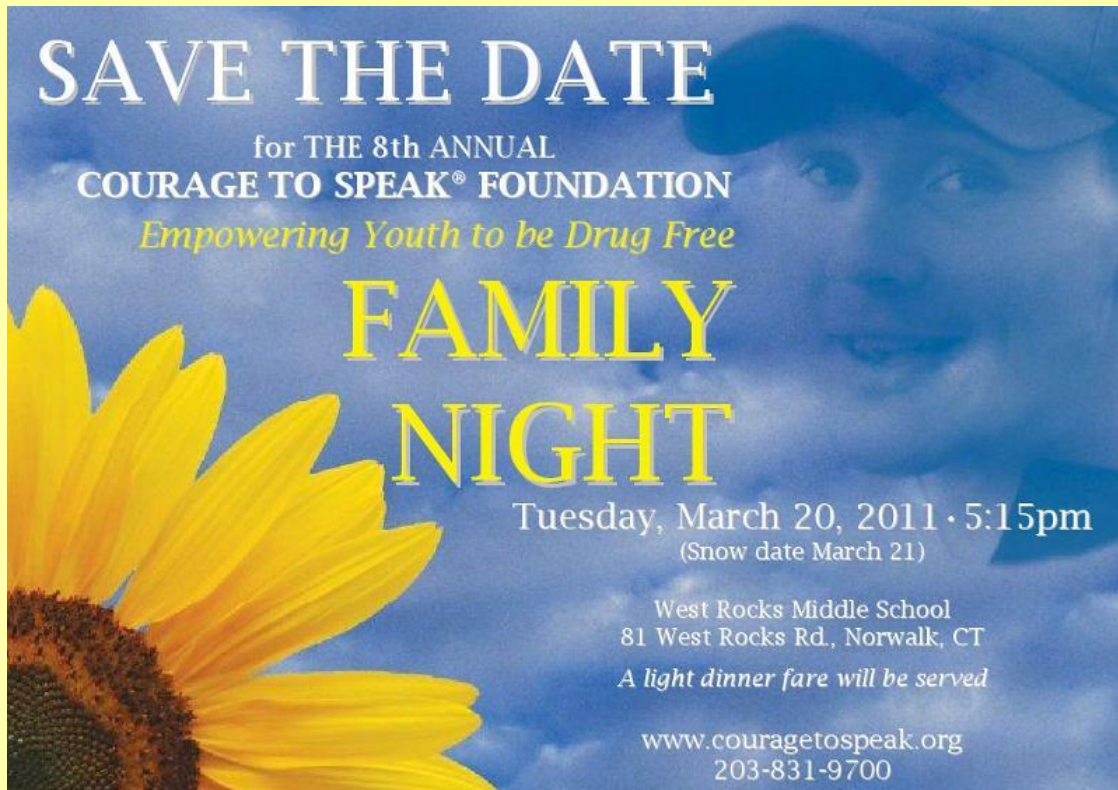


Fairfield County's News Talk

Click the link below to listen to **Ginger Katz**, Founder & CEO of The Courage to Speak® Foundation and author of *Sunny's Story*,

and **Larry Katz**, M.S. in Nutrition & B.S. in Psychology,
discuss **Courage to Speak- Courageous Parenting 101®**
that took place in Norwalk, CT on October 20th, 27th & November 3rd.

1400 WSTC/1350 WNLK Radio Interview



The **8th Annual Courage to Speak® Empowering Youth to be Drug Free Family Night** is an exciting media event that offers a complimentary dinner and celebrates the commitment of the students that have participated in the Courage to Speak Drug Prevention Curriculum in classes at their school.

Students in grades 4-7:

- Speak out about drug prevention
- Vow to live drug free
- Display drug prevention posters and art they created in the classroom

Among the hundred of individuals who come together to support the students are parents, educators, school officials, law enforcement, local and state government representatives and clergy.

For more information go to www.couragetospeak.org or [click here](#)

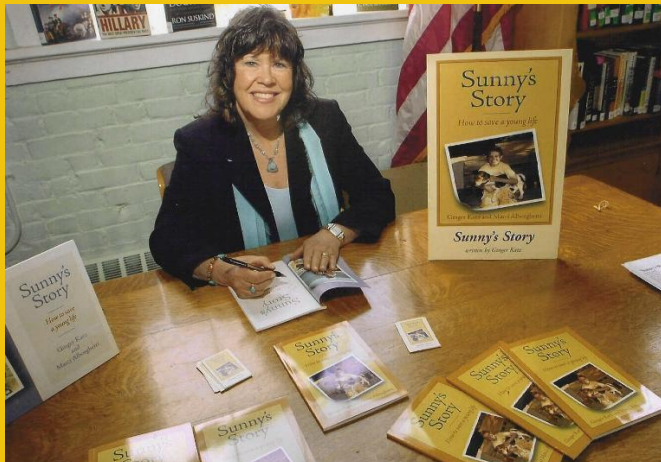
Book Your Presentation Now for 2012!

In this riveting and thought-provoking Presentation, nationally renowned speaker, Ginger Katz, shares the story of her son Ian's losing battle with drugs. Through her Presentation, students and parents begin to recognize the telltale signs of alcohol and other drug use and the veils behind which those signs hide: anger, denial, fear, pain and deception.

To book a Presentation email gkatz@couragetospeak.org or call 1 (877) 431-3295 or [CLICK HERE](#) to book online

For more information about The Courage to Speak® Presentation go to www.couragetospeak.org or view the [PRESENTATION INFORMATION](#) and [PRESENTATION SCHEDULE](#)

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



If only.

Go to our NEW
Courage to Speak®
Foundation Facebook Page!

facebook®

Become a
Courage to Speak®
Foundation Supporter
by clicking the
"Make a Donation"
button!



Order a copy of
Sunny's Story
for a holiday gift that
will truly change
someone's life.



go to
[www.sunnysstory.co](http://www.sunnysstory.com)
[m](#) or [CLICK HERE](#) to
order online now!

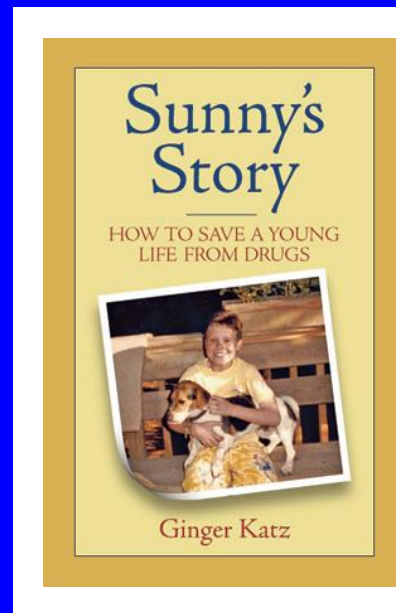
If only your pet could talk - could warn us we'd lose our son to drugs.

Sunny's Story is narrated through the eyes, ears and mind of Sunny, the family beagle, and tells the ups and downs of his life with his young master, from the moment they met at an animal shelter.

It is a book for children of all ages, parents, grandparents, educators and more. *Sunny's Story* is read in schools as part of The Courage to Speak® Drug Prevention Curriculum and as a stand alone, as well as at dinner tables across the country.

Written by Ginger Katz, a mother who lost her son Ian to a drug overdose, *Sunny's Story* helps families talk openly about the dangers of drugs.

www.sunnysstory.com
www.couragetospeak.org



Upcoming Presentations



[CLICK HERE](#) to see the entire Courage to Speak® Presentation Schedule

November 3rd

Guilford Free Library- Kick off to Courage to Speak- Courageous Parenting 101® taught by trained facilitator Karolin Regan, Program Director of Guilford Youth & Family Services (Guilford, CT)

November 10th

Bonnie Eagle High School- students (Standish, ME)

November 15th

Fordham Prep- 9th Grade Students (Bronx, NY)

December 7th

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

January 10th

Black Rock Elementary School- Parents (a Spanish translator will be present)
(Bridgeport, CT)

February (TBA)

St. Joseph High School- Kick off to Courage to Speak- Courageous Parenting 101® (Trumbull, CT)

March (TBA)

Francis Walsh Intermediate School- Kick off to Courage to Speak- Courageous Parenting 101® taught by trained facilitator Heather Grattan, Guidance Counselor at Francis Walsh Intermediate School
(Branford, CT)

March 6th

Rippowam Middle School- Parents (Stamford, CT)

View the [Presentation Information](#)
[Click here](#) to book a Presentation now!

Visit The Courage to Speak® 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 by Encouraging Parents to Communicate Effectively with their Children About the Dangers of Drugs"

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