

# NEWS FROM.....

## The Courage to Speak® Foundation, Inc.

### FOR IMMEDIATE RELEASE

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#### **First County Bank Foundation awards \$10,120 grant to the Courage to Speak Foundation**

(Norwalk, CT, July 19, 2010).....Thanks to the generosity of a local bank, thousands of parents in Hispanic communities will gain the knowledge and skills to keep their children safe from drugs. The First County Bank Foundation has awarded a \$10,120 grant to the Norwalk-based Courage to Speak Foundation to translate course materials for its acclaimed training program, *Courage to Speak - Courageous Parenting 101™*, into Spanish.

“We are grateful and honored to be the recipient of this generous grant from the First County Bank Foundation,” said Ms. Katz, founder and CEO of the Courage to Speak Foundation. “This gift will allow us to reach a wide audience of Spanish-speaking parents, and to provide them with the tools and information they need to prevent drug and alcohol use by their children.”

*Courage to Speak - Courageous Parenting 101™* is a free five-session drug course designed specifically for the *parents* of upper elementary, middle and high school students. It gives parents the most up-to-date information, knowledge and tools to empower them to talk honestly and openly with their children about the dangers of drugs.

“The more researchers examine the risks of teen substance abuse, the more it becomes clear that parents have an enormously powerful influence on their kids,” noted Ms. Katz. “That’s why it is so important to be able to communicate our drug and alcohol prevention message to as many parents in our community as possible.”

Since launching the program in 2008, the Courage to Speak Foundation has trained 53 facilitators to offer the course to parents in Fairfield County and surrounding communities. Course topics include how to reduce the risk of drug and alcohol abuse; warning signs of drug and alcohol abuse; addiction and its consequences; abuse and misuse of over-the-counter and prescription medication; teen party culture; communication and listening strategies; strategies for helping your child handle stress; warning signs; the power of denial; and what to do and where to turn if abuse is suspected.

The Spanish version of *Courage to Speak - Courageous Parenting 101™* will be launched in Norwalk in Fall 2010.

The Courage to Speak Foundation is dedicated to saving young lives and offers real life tools that help parents and students face and avoid drug abuse.

For more information about the Courage to Speak Foundation, including the *Courage to Speak - Courageous Parenting 101™* program, visit [www.couragetospeak.org](http://www.couragetospeak.org) or call 877-431-3295.

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