

## Parenting 101 adds class in Spanish

NORWALK

By ROBERT KOCH, Hour Staff Writer

The Courage to Speak Foundation will bring its teen drug prevention program -- this time in Spanish language -- to West Rocks Middle School on two separate dates next month.

The foundation will roll out "Courageous Parenting 101" in Spanish at West Rocks Middle School at 81 West Rocks Road at 7 p.m. Feb. 9 and Feb. 16. The program will give parents the knowledge to keep their children safe from substance abuse and other risky behaviors.

"We are excited to work with the Courage to Speak Foundation (that) is focused on the health and well-being of Hispanic families," said Lynne Moore, principal at West Rocks Middle School, in a press statement issued by Courage to Speak. "Latino parents, like so many other moms and dads, need important information to keep their children safe."

Norwalkers Larry and Ginger Katz founded The Courage to Speak Foundation, Inc., in 1996 after their 20-year-old son Ian James Eaccarino died of an accidental drug overdose.

Its mission is to "save lives by empowering youth to be drug free through fostering education and open communication about the dangers of drug and alcohol use."

"Collaborating with Dr. Lynne Moore helps us reach even more parents with resources, which in turn creates a more meaningful dialogue with Hispanic parents and the larger community around our critical public health mission," said Ginger Katz, CEO and founder.

The course now being offered in Spanish as well as English covers, among other topics, teen drug use trends and the party culture; drug and alcohol abuse; and addiction and its physiological consequences.

Other locations where "Courageous Parenting 101" will be offered include: Madison Elementary in Bridgeport, at 9:30 a.m., Feb. 10 at 6:30 p.m. March 10 and at 9:30 a.m. April 14; Norwalk Community College, at 9 a.m. March 5, 12 and 19 ; and South Norwalk Public Library, at 6 p.m. March 29, April 5 and 12.

Only the programs at West Rocks Middle School and Madison Elementary School will be offered in Spanish.

There is no fee for the programs. All are provided free of charge, according to The Courage to Speak Foundation officials. Visit [www.couragetospeak.org](http://www.couragetospeak.org).