



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

The Courage to Speak Foundation Newsletter

April 2009

Welcome to our Issue!

The Courage to Speak Empowering Youth to be Drug Free Family Night Event a Success

The Courage to Speak Foundation In the News

Courage to Speak - Courageous Parenting 101 Facilitator Training June 15, 2009

Announcing a New TV Show at the University of Bridgeport

Fifth Annual Family Night Event Featured in The Norwalk Hour: Pledging to Stay Drug-Free Students Read Letters to Courage to Speak Program Founder

03/30/2009
NORWALK

By CHRIS BOSAK
Hour Staff Writer

Jenna Pelligrino, a student at Ponus Ridge Middle School, knows that sometimes it is not always best to keep a friend's secret. If that friend's secret is drug use, the worst thing you can do is remain silent.

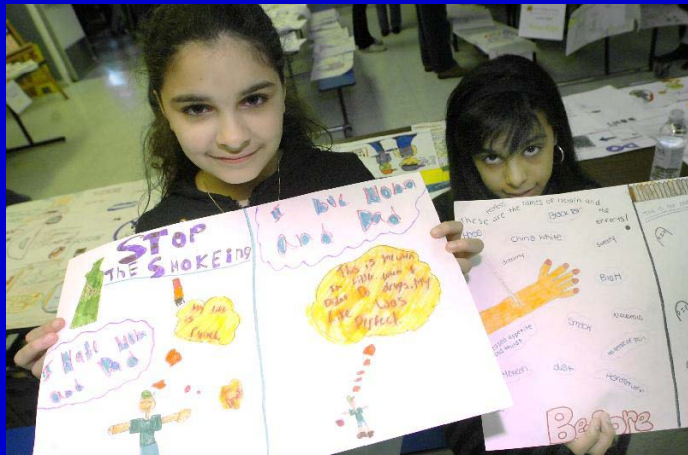
Pelligrino relayed that message as she read from her letter in front of nearly 300 people at The Courage to Speak Foundation's Empowering Youth to be Drug Free Family Night held Monday evening at West Rocks Middle School. She was one of several students to read letters written to Ginger Katz, founder of The Courage to Speak.

[Click here to read more](#)

View the 2009 Family Night Event Program [CLICK HERE](#)

IN THE NEWS:

Program includes List of Activities, Courage to Speak Awards, Speakers, Ginger Katz letter to the community, and Sponsors from the Family Night Event



Side by Side Community School students Sierra Delrios, 10, and Alayne Martinez, 13 show the anti-drug and anti-smoking signs they made for the Courage to Speak Family Night (Hour photos/ Matthew Vinci)

[CLICK HERE to read student letters from Family Night!](#)

Courage to Speak Fifth Annual Family Night Event

Featured In The

Norwalk Citizen News

Students Share Lessons from Curriculum

By David Hennessey

[CLICK HERE to read article](#)

Featured in

The Stamford Advocate

Students Speak Out Against Drug Use

By David Hennessey

[CLICK HERE to read article](#)

Featured in

The Norwalk Hour

Pledge to Live Drug Free at Heart of 'Family Night'

By Lauren Mylo

[CLICK HERE to read article](#)

TV Show Taping at the University of Bridgeport

Interview with Ginger Katz

Please join us for an interview taping of the Courage to Speak Foundation Founder, Ginger Katz by Howard Smith, Physician Assistant in Pediatric and Internal Medicine. This new TV talk Show will be taped at the University of Bridgeport on Friday, April 24 at 6:30 pm. All are welcome but must have tickets. To read more about Transworld Power and Dr. Howard Smith visit www.transworldpower.com

Tickets Required.

To Reserve Tickets Call:

Transworld Power Productions. Tel: 203-535-9706.

Location:

University of Bridgeport

CHARLES A. DANA HALL

169 University Ave.

Bridgeport, CT 06604

[Click here to view flyer](#)

Courage to Speak - Courageous Parenting 101

NEW Facilitators Training June 15, 2009

[Apply Here](#)

The Courage to Speak Foundation has announced plans to roll out a *Courageous Parenting 101* training for new facilitators. The training will take place at West Rocks Middle School, Norwalk, CT on June 15, 2009 at 6 pm for facilitators who will teach the program to parents in their communities, schools, churches and other forums.

Courageous Parenting 101 is a five-session substance abuse education and prevention program for parents wishing to arm themselves with the knowledge of how to keep their children safe.

In *Courageous Parenting 101*, parents will learn fundamentals of substance abuse prevention, communication skills, drug trends in America, how to find out if your child is using drugs, what to do if your child is using drugs, how to access help, MTV, MySpace, FaceBook and other timely and relevant material. They will gain the tools and knowledge required to communicate effectively with their children on substance abuse issues. It is expected that participating parents will demonstrate an active role in supporting their children's decision to not use tobacco, alcohol and other drugs. They will also develop improved listening and communication skills, which have been shown to be a critical factor in the prevention of substance abuse by young people.

The Courage to Speak Foundation will train teachers, social workers, prevention experts, and other interested professionals as facilitators to conduct *Courageous Parenting 101*. This will enable community groups, civic organizations, churches, schools and others to offer the program for parents in their communities.

If you would like to become a facilitator for *Courageous Parenting 101* please call 1-877-431-4295 or e-mail gkatz@couragetospeak.org and visit the website at www.couragetospeak.org and [click here for application](#).

Courage to Speak- *Courageous Parenting 101* Covers the Following:

- Teen drug use and party culture;
- Teen 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

Visit us at our website today:

www.couragetospeak.org

[CLICK HERE](#) for the Courage To Speak® Website

Thank you for your ongoing support!

Sincerely,

Ginger Katz

CEO & Founder

The Courage to Speak® Foundation. Inc.

"Saving lives by empowering youth to be drug free."