



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

The Courage to Speak® Foundation Newsletter

August 2010

Now in Spanish and English

Courage to Speak - Courageous Parenting 101™

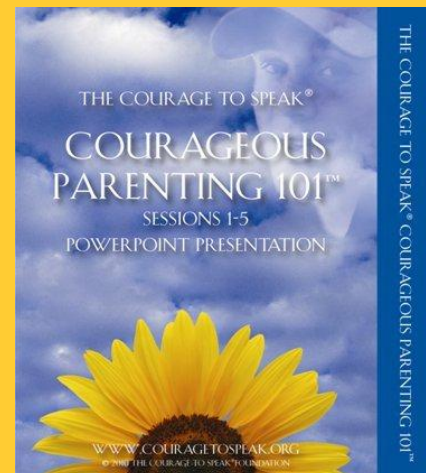
Train the Trainer

NEW Facilitators Training

September 29, 2010 @ 6 pm

**West Rocks Middle School
Norwalk, CT**

[Click here for a facilitator application](#)



The Courage to Speak® Foundation is offering a training for new facilitators to teach *Courage to Speak - Courageous Parenting 101™*. Applicants fluent in Spanish may now train to teach this course to parents whose primary language is Spanish. The Foundation will train social workers, teachers, prevention experts, law enforcement and other interested professionals who work with youth and families to teach *Courage to Speak - Courageous Parenting 101™* in English or Spanish to parents in their communities, schools, youth and civic organizations and other forums.

Why Do We Offer This Training?

There has been an overwhelming request for Courage to Speak - Courageous Parenting 101 to be translated into Spanish. It is a fact that our children will be offered alcohol, tobacco and other drugs, often many times, starting in middle school and continuing through high school. Courage to Speak - Courageous Parenting 101™ is a four-session drug prevention program designed specifically for the parents of elementary, middle and high school students.

Why Target Parents?

Research identifies parents as the greatest influence on their child's drug use behaviors and with the greatest opportunity to positively impact their child's healthy decisions. While teens report drugs to be their number one concern, most parents are unaware of the

influence the American drug culture has on youth and what parents can do to counter these pro-drug messages.

What Will Parents Learn In Courage to Speak- Courageous Parenting 101™?

Parents will learn effective communication strategies; gain confidence to talk to their children about the dangers of drugs; understand how to set clear rules and boundaries with their children related to use of alcohol, tobacco and other drugs; and gain confidence in knowing how to deal with substance use among their children. Parents will also develop improved listening and communication skills, which have been shown to be a critical factor in prevention.

Courage to Speak- Courageous Parenting 101™ Covers:

- Teen drug use trends and party culture
- Communication and listening strategies
- How to help your child handle stress
- Warning signs
- Practical steps if use or abuse is suspected
- Sources of help and more

**To become a facilitator for Courage to Speak -
Courageous Parenting 101™ call 1-203-831-9700 or
e-mail gkatz@courageetospeak.org or visit the website at
www.courageetospeak.org**

**The 1st Courage to Speak-Courageous Parenting 101™ free course
for parents whose primary language is Spanish will begin January
2011.**

The Hour

By Steve Kobak
Hour Staff Writer

"Diehards Run Through the Heat"

Calf Pasture Beach holds a Bittersweet significance for anti-drug crusader Ginger Katz and the Ian James Eaccarino 9 mile memorial Road Race and 5k Health Walk -- an event dedicated to her son -- seems to bring out the best ones. While waiting for the first runner to cross the finish line Saturday morning in the beach's parking lot, Katz reminisced about the time she spent running at the beach and visiting her son who worked at Calf Pasture.

[Read More](#)



The Hour Newspaper
Photo by Eric Trautmann



The 12th Annual Ian James Eaccarino Memorial 9-Mile Race & 5K Health Walk

[Click here for the results and pictures](#)

[Watch the introductory Speeches](#)

TheDaily

NORWALK

By Felicia Hunter
August 2, 2010

Grant Aids Courage to Speak Foundation



A grant that Stamford-headquartered First County Bank Foundation has awarded to the Courage to Speak Foundation will be used to translate drug-prevention materials into Spanish, according to a press release. Ginger Katz founded the Norwalk-based group after her son died of a drug overdose. The ordeal inspired her to write "Sunny's Story," a drug-prevention book for children.

"We are grateful and honored to be the recipient of this generous grant from the First County Bank Foundation," said Katz. "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."

The \$10,210 grant will enable translation of the foundation's training program Courage to Speak-Courageous Parenting 101. The free course, given over five sessions, helps parents talk candidly with their youngsters and teenagers about the dangers of drug use. The course is offered throughout the state.

"Parents have an enormously powerful influence on their kids," said Katz in the release. "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."

Katz founded the Courage to Speak in 1996, shortly after losing her son, Ian, to drugs. Her book "Sunny's Story" tells Ian's story through the eyes of the family beagle. The book is geared toward children and teens, and can be used by parents and schools as an educational tool, according to Katz.

Courage to Speak also recently received a \$5,000 grant from the Fairfield County Community Foundation Financial Management Fund. Those funds will be used to enhance the organization's bookkeeping and accounting functions, and build its infrastructure, according to the release.



[Click Here](#) for the First County Bank Foundation Press Release



[Click Here](#) for the Fairfield County Community Foundation Press Release



The Courage to Speak® Presentation for Fall & Winter

[Click Here](#) to view upcoming presentations this Fall
[Click Here](#) to read more about the Presentation
[Click Here](#) to view Presentation Photos

Book a Presentation Now!

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To view more of The Courage to Speak® Foundation Programs and Services
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The Courage to Speak® Foundation

[PSA - 30 Seconds](#)



Ginger Katz Talks to Parents on YouTube
"A Serious Matter"

[Click Here](#)

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Thank you for your ongoing support!

The Courage to Speak® Foundation. Inc.

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

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