



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

The Courage to Speak® Foundation Newsletter

December 2009

## **Welcome to our December Holiday Issue!**

***Courage to Speak® - Courageous Parenting 101™ at Roton Middle School in January 2010 and see other locations***

Give a Life Saving Gift This Holiday Season - *Sunny's Story* Written by Ginger Katz

The 20th Annual CADCA National Leadership Forum

**The Courage to Speak® Foundation on Youtube**

Book a *Courage to Speak® Presentation* for Winter and Spring

**THE COURAGE TO SPEAK® FOUNDATION PRESENTS...**



# **Courageous Parenting 101**

**ALL PARENTS ARE ENCOURAGED TO PARTICIPATE**

**Free Parent program starting January 5th 2010 at 6:30 pm  
Roton Middle School, Norwalk!!!  
Open to ALL Parents from ALL Communities**

The Courage to Speak® Foundation has developed a new program for parents called *Courage to Speak®-Courageous Parenting 101™*. The program is a free five-session drug prevention education program for parents wishing to arm themselves with the knowledge and tools of how to keep their children safe.

*Courage to Speak®-Courageous Parenting 101™* covers:

- Teen drug use trends and party culture;
- Drug 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!

**CLICK HERE** to view the Roton *Courage to Speak®-Courageous Parenting 101™* Flyer and **CLICK HERE** to view the Roton *Courage to Speak®-Courageous Parenting 101™* Registration form and sign up to take the class. Print registration form and send to Carol Troy by email at [ctroy@couragetospeak.org](mailto:ctroy@couragetospeak.org), fax at 203-831-9800 or mail to 161 East Avenue, Suite 14, Norwalk, CT 06851. Call 203-831-9700.

**See Other Locations for Courage to Speak®**

## Courageous Parenting 101™

Please visit our website [www.couragetospeak.org](http://www.couragetospeak.org) to view upcoming course dates and locations in your area. Upcoming courses include:

- **Roton Middle School, Norwalk CT** sponsored by The Courage to Speak Foundation
- **The Guilford Free Library, Guilford CT** sponsored by Guilford Youth and Family Services
- **The Valley Regional High School Library, Deep River CT** sponsored by Tri-Town Youth Services
- **John F. Kennedy High School, Waterbury CT** sponsored by Waterbury Youth Service System Inc.
- **Fordham Preparatory School, Bronx NY** sponsored by Fordham Preparatory School
- **Bridges Milford, Milford CT** sponsored by the Milford Prevention Council and the Milford United Way
- **East Shore Middle School, Milford CT** sponsored by the Milford Prevention Council and the Milford United Way

### Sunny's Story

*How to save a young life*



Ginger Katz

## *Sunny's Story*

**This Holiday Season, give the gift that is changing lives and opening parent's and children's eyes to the dangers of alcohol and drug use.**

SUNNY'S STORY is a story for children, teenagers, parents, grandparents and teachers. It tells of joyful times and sad times and how a best friend was needlessly lost. It is narrated through the eyes of Sunny, the family beagle, and tells of the ups and downs of his life with his young master, beginning with their meeting at an animal shelter and ending in a futile effort to ward off disaster.

***Sunny's Story's* message of love, compassion, caring and understanding is universal.  
Share it with the ones you love today.**

**[CLICK HERE](#)** to order your own copy of *Sunny's Story*, order a copy for a loved one, read reviews, and hear what community members are saying.

**"Sunny's Story was recently voted FAVORITE BOOK by the 6th grade students at Madison School in Bridgeport!!"**

**Community Anti-Drug Coalitions of America's  
(CADCA)**

20th Annual

National Leadership Forum

February 2010

The Courage to Speak® Foundation is excited to be a part of CADCA's 20th Annual National Leadership Forum - the Nation's largest meeting for substance abuse prevention, treatment professionals and researchers.

Ginger Katz will be presenting the *Empowering Youth to Be Drug Free Presentation* to the Nation's Youth Leaders and invited adults.

Ginger will ask our youth to have the **courage to speak** out and parents to listen, encouraging an honest, open dialogue between peers and across generations.



**[Click Here](#)**

**To View Ginger Katz on YouTube**

## ***The Courage to Speak*® Presentation for Winter and Spring**

**Book a Presentation Now!!**

[Click Here](#) for Presentation Schedule

[Click Here](#) for Presentation Information

[Click Here](#) to View Presentation Photos

Visit us at our website today

and email Ginger Katz at [Gkatz@couragetospeak.org](mailto:Gkatz@couragetospeak.org)

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

**Thank you for your ongoing support!**

**Have a wonderful Holiday Season and happy New Year!**

Sincerely,

***Ginger Katz***

CEO, Founder & Author of *Sunny's Story*

The Courage to Speak® Foundation. Inc.

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

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