



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

The Courage to Speak® Foundation Newsletter

February 2010

Welcome to our February Issue!

***Courage to Speak - Courageous Parenting 101™* starting this month.**

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

The 20th Annual CADCA National Leadership Forum Update

The Courage to Speak® Foundation on Youtube

Ginger Katz Talks to Parents

"A Serious Matter"

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

THE COURAGE TO SPEAK® FOUNDATION PRESENTS...



Courageous Parenting 101

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

Free Parent Program

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!

For more information about training for new facilitators please call 203-831-9700.

See Locations Listed Below for Courage to Speak - Courageous Parenting 101™

or Please visit our website www.couragetospeak.org to view additional information.

Upcoming courses include:

- **The Valley Regional High School Library, Deep River CT** sponsored by Tri-Town Youth Services
- **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

Most Recent Programs 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
- **John F. Kennedy High School, Waterbury CT** sponsored by Waterbury Youth Service System Inc.

- **Fordham Preparatory School, Bronx NY** sponsored by Fordham Preparatory School

Sunny's Story

How to save a young life



Ginger Katz

Sunny's Story

The Book that starts life saving conversations between parents and their children about 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.**

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

***"Sunny's Story* was recently voted FAVORITE BOOK in the Bridgeport Schools!"**

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

20th Annual

National Leadership Forum

February 2010

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

Washington, D.C. Despite the "Blizzard of 2010" CADCA had over 1500 registrants in attendance.

Ginger Katz presents to an audience of 200 of our nation's youth leaders and invited adults.



Courage to Speak Drug Prevention Curriculums on display at CADCA: Elementary and Middle School, Courage to Speak- Courageous Parenting 101™ and *Sunny's Story*.



Courage to Speak Exhibit at CADCA



[Click Here](#)

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

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

Visit the Courage to Speak® website at www.couragetospeak.org

Thank you for your ongoing support!

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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