

02186.MyTownMatters

Fontbonne Academy Workshop – “Courageous Parenting 101”

By [Frank Schroth](#) - June 21, 2011

On Monday, June 27, the Fontbonne Academy Parents Guild will be sponsoring “Courageous Parenting 101,” a highly acclaimed substance abuse education and prevention workshop for parents of teenagers. Developed by the Courage to Speak Foundation, the seminar will cover topics including drug trends and current party culture, establishing and enforcing healthy limits for teens, and effective parenting styles. The workshop will be held in the school cafeteria from 6-9 p.m., and the Parents Guild will provide refreshments. The workshop is free, but all interested are asked to RSVP by emailing acomber@fontbonneacademy.org.

Ginger Katz is the founder and CEO of the Connecticut-based Courage to Speak Foundation. She and her husband Larry founded the Foundation in 1996, shortly after they lost their son, Ian, to a drug overdose. Its mission is to save lives by empowering youth to be drug free and encouraging parents to communicate effectively with their children about the dangers of drugs.

“Silence is a killer when it comes to children and drug abuse,” says Katz. “If we don’t speak about this problem we’re not going to have solutions. And if we don’t have solutions, children will die.”

Through the website www.couragetospeak.org, support groups and annual Courage to Speak Empowering Youth to be Drug Free Family Night, the Courage to Speak Foundation programs are dedicated to saving young lives by engaging home, schools and entire communities and educating young people and their parents of the devastating effects of drug abuse.