



Courage to Speak Foundation

Saving Lives by Empowering Youth to be Drug Free

The Courage to Speak Foundation Newsletter

January 2009

Welcome to our First Issue!

Family Night 2009
The Courage to Speak Foundation IN THE NEWS
Courageous Parenting 101
Sunny's Story

WE INVITE YOU TO JOIN US

Dear Friend of The Courage to Speak Foundation:

SAVE THE DATE

Monday, MARCH 30, 2009 Snow date: March 31, 2009

**The 5th Annual Courage To Speak
"Empowering Youth to be Drug Free"
Family Night**

"Knowledge is Power"

Join us for a great evening of dinner, family,
The Courage to Speak Presentation, and other important information...

Pasta Dinner from 5:30 PM
at West Rocks Middle School, 81 West Rocks Road, Norwalk
View students' display of letters and artwork
Program starts at 6:30 PM

The highlight of the evening will be the students' readings of their drug prevention messages. Other featured speakers will also present valuable information.
Learn How Together We Are Saving Young Lives!

RSVP to gkatz@couragetospeak.org

For more information contact Ginger Katz,
Founder & CEO of Courage to Speak Foundation, Inc.
gkatz@couragetospeak.org 1-877-431-3295
www.couragetospeak.org

Become a Sponsor of FAMILY NIGHT 2009

At the heart of this event is The Courage to Speak Foundation's Mission:
Saving lives by empowering youth to be drug free. The 2009 event will

Courageous Parenting 101

"NEW" Drug Prevention Program for Parents

The Courage to Speak Foundation, Inc. has developed a new program for

take place on Monday March 30, at West Rocks Middle School at 5:30 PM.

TO LEARN MORE ABOUT SPONSORSHIP OPPORTUNITIES and ATTENDING FAMILY NIGHT 2009, [CLICK HERE](#)

IN THE NEWS...

The Courage to Speak Foundation

Featured on

FOX NEWS: Mommy Minute

December 22, 2008

[VIEW NEWS CLIP HERE](#)

Featured on

News Channel 8

Courageous Parenting 101

[VIEW NEWS CLIP HERE](#)

Featured in the

HARTFORD COURANT

Teen Drug Use: A Deadly Conspiracy Of Silence
by Rick Green, Hartford Courant

[CLICK HERE to read article](#)

Featured in

THE STAMFORD ADVOCATE

Knowledge is Power

by Camilla A. Herrera

[CLICK HERE to read article](#)

Featured on

NEWS 12 CABLEVISION of CONNECTICUT

Special Report on Prescription Drugs

[CLICK HERE to view news video](#)

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

The course covers:

**Teen drug use trends and party culture;
Drug and alcohol abuse, addiction and its psychological consequences;**

Protective, psychological and developmental guidance to help reduce the risk of substance abuse;

Dangers of enabling and hands-off parenting;

Communication and listening strategies;

How to help your child handle stress;

Warning signs;

The power of denial;

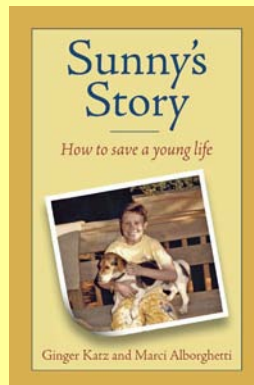
Practical steps if use or abuse is suspected;

Parenting styles;

Sources of help and more...

[CLICK HERE](#) to view our current Schedule of Courageous Parenting 101 Programs. For Facilitator training information call 1-877-431-3295.

Please contact the Courage to Speak Foundation, Inc. at 1-877-431-3295 or email gkatz@couragetospeak.org for additional information.



SUNNY'S STORY *How to Save a Young Life* is a true and compelling story for children, teenagers, parents, grandparents, and teachers written by Norwalk, CT resident, Virginia "Ginger" Katz, who has brought new life to her message of empowering youth to be drug free. *Sunny's Story* tells of joyful times and sad times, and of how a dog's best friend was needlessly lost. The family beagle and narrator, Sunny, is a keen and intelligent observer of the

animal shelter and ending with a futile effort to ward off disaster.

Sunny's Story is a stand-alone book for children of all ages and their parents, and is also part of the Courage to Speak Foundation, Inc. Substance Abuse Prevention Education Curricula. The book's story of love, compassion, caring and understanding is universal.

[CLICK HERE](#) to read FIVE STAR REVIEWS about *Sunny's Story*

Sunny's Story may be purchased on our website www.couragetospeak.org or by calling, 1.877.431.3295 or e-mailing gkatz@couragetospeak.org.

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."