



Courage to Speak Foundation

Saving Lives by Empowering Youth to be Drug Free

The Courage to Speak® Foundation Newsletter

June 2009

Welcome to our Summer Issue!

Courage to Speak-*Courageous Parenting 101* Training For Facilitators Only
Monday June 15, 2009

A Message from Thomas A. Kirk, Jr., Ph.D., Commissioner
State of Connecticut Department of Mental Health and Addiction Services

See Ian's 9 Mile Memorial Race 2009 Flyer

Information on Ginger's Guest Appearance at Choice Visions 09

Learn more about Our Education Programs

Information on Sunny's Story

Courageous Parenting 101...



Courageous Parenting 101

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

**New Facilitators Training Seminar Monday June 15 at
West Rocks Middle School!
81 West Rocks Road, Norwalk, CT 06851**

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

To date, we have trained over 45 facilitators to teach *Courageous Parenting 101* in several states.

The registration deadline for the **Facilitators Training** is **Monday June 15 at 1PM**. For more information and to register for the training, please call Carol Troy at #203-831-9700 or [VISIT OUR HOMEPAGE](#).

**A Message From Thomas A. Kirk, Jr., Ph.D., Commissioner State of Connecticut Department of Mental Health and
Addiction Services**

Healthy People, Healthy Communities. Let's Make It Happen!

Thomas A. Kirk, Jr., Ph.D., Commissioner

Healthy People, Healthy Communities. Let's Make It Happen!
May 15, 2009
A Message from the Office of the Commissioner

The facts are clear: one of the most powerful deterrents for alcohol and other drug use is simply talking with our youngsters. Though we think they may not be listening, we have to keep doing it. An innovative and effective way to reach youth was recently celebrated in Norwalk at the West Rocks Middle School Auditorium. The event was the [Courage To Speak Foundation Family Night](#). There was a full house - families, youngsters, teachers, and local education, public safety and legislative leaders.

Ginger Katz started the Foundation after the death of her 20 year old son in 1996 to a drug overdose. Ian was every parent's dream child - bright, athletic, handsome and personable. It was a tragic loss, but she has turned her personal loss into something positive by visiting schools and telling Ian's story to large audiences of kids, teachers and parents. She gets to them. They listen, and they learn. The quotes below are from many of the letters she receives from school children attesting to this fact. They get what she is saying.

WHAT KIDS TELL US...

"I now know that drugs are deadly, they aren't a joke and the fact that regular people die from them is a reality." ~7th grader from Nathan Hale Middle School

"Every friend wants to keep a secret for another friend, but when the secret involves another person's life, tell." ~7th grader from Ponus Ridge Middle School

"You should have at least two adults you trust and you can say anything to them. I was shocked on how his [Ian's] friends didn't say anything to you." ~7th grader from Ponus Ridge Middle School

[CLICK HERE TO READ WHAT OTHER KIDS HAVE TO SAY AND FOR A LIST OF RECENT FAMILY NIGHT STUDENT SPEAKERS](#)

We can't stand by and watch this ongoing problem. We must not wait until it is too late. [Click here](#) for more information on the Courage to Speak Foundation, email Mrs. Katz at gkatz@couragetospeak.org or call 1-877-431-3295.

Ask about her Courageous Parenting 101 curriculum and Sunny's Story. Make the effort. It is your responsibility. Every youngster we reach may be a life saved.

Your comments are welcome at Thomas.Kirk@po.state.ct.us.

11th Annual Ian James Eaccarino Memorial 9-Mile Race

July 25, 2009 at Calf Pasture Beach in Norwalk, CT

Please support our event!

Become a sponsor!

See Flyer!

[See Ian's Memorial 9 Mile Race 2009 Flyer Here](#)

[Read Ian's Memorial 9 Mile Race 2009 Letter Here](#)

Ginger Katz, founder of The Courage to Speak Foundation, announced as guest speaker at "Choice Vision 09"!

[Event focusing on addiction and spirituality is June 13 in Two Rivers, Wisconsin](#)

Green Bay Packer Greg Jennings and Jeff Vanvonderen of A&E's "Intervention," will also be guest speakers at "Choice Vision 09."

The event is scheduled for 3 to 10 p.m. Saturday at the J.E. Hamilton Community House and will address the problem of addiction to alcohol and other drugs.

According to the "Choice Vision 09 Website" the mission is "[to gather the public and increase the factual awareness of addiction, recognize the importance of balance in one's daily life, and consider the concept of spirituality.](#)" according to the event website.

Please show your support!

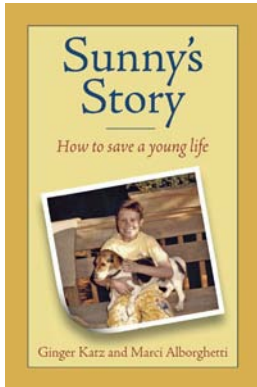
For information on the event [Visit our Homepage](#)
or [Send an E-Mail Message to CV09@comcast.net](mailto:CV09@comcast.net)

Our Education Programs

THE COURAGE TO SPEAK® FOUNDATION, Inc. is committed to DRUG PREVENTION EDUCATION. View our programs for Elementary, Middle and High School Students, together with our newest program designed just for parents, called: Courage to Speak-*Courageous Parenting 101*.

[CLICK HERE](#) to learn more

SUNNY'S STORY



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 the ups and downs of his life with his young master, beginning with their meeting at an animal shelter. [CLICK HERE](#) to order your own copy of Sunny's Story, read reviews, and hear what community members are saying.

Visit us at our website today:

www.couragetospeak.org

or email Ginger at Gkatz@couragetospeak.org

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

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."