



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

The Courage to Speak® Foundation Newsletter

June 2010

WSTC WNLK
1400 1350

Fairfield County's News Talk

You think Children Won't Listen --

Gain the Knowledge to Keep Your Children Safe

[Click Here and Listen to the Interview](#)

On WTSC 1400 / WNLK 1350 with Dawn Wachner



InterFACE presents...

The 12th Annual Ian James Eaccarino 9-Mile Memorial Race & 5K Health Walk

"What if a race could save YOUR life -- or better yet, your CHILD's life."

We think this race can. And we hope you can join us.

Saturday, July 24, 2010
Calf Pasture Beach, Norwalk, CT

8:00 am

[Click here for more information on sponsoring the race and to download the flyer.](#)

Winner: Ginger Katz, Non-Profit Advocate of the Year

**Ginger Katz, The Courage to Speak Foundation Inc.
Educating students about drug abuse and saving young lives**

May 10, 2010
By Kevin Moore
Contributing Editor

Type of business: Substance abuse and recovery education
Connecticut employees: 5
Headquarters: Norwalk
Top Executive: Ginger Katz, founder & CEO
Winning category: Nonprofit advocate of the year

"Silence is a killer when it comes to children and drug abuse," said Ginger Katz, founder and CEO of The Courage to Speak Foundation. "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."

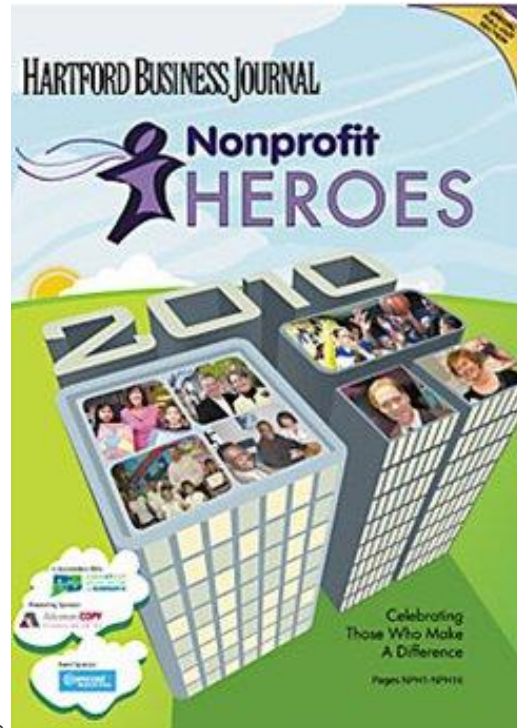
Katz knows this heartache. She and her husband Larry lost their 20-year-old son, Ian, in 1996 to a drug overdose. From that moment, their lives changed forever. That same year, she started The Courage to Speak foundation to educate parents and children about the dangers of drug and alcohol abuse among youths.

"I'd give anything to have Ian back," she said. "But I'm grateful for the opportunities and courage I've been given that came out of this tragedy to speak out and shed light on the disease of substance abuse among our children."

[Read More](#)

[Click Here to read The Editors Notes](#)

[Click here for an Invitation](#)





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! [Click Here](#)

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

Please visit our website www.couragetospeak.org to view upcoming course dates and locations in your area.

Upcoming courses include:

- **Norwalk Community College, Norwalk CT** sponsored by The Courage to Speak Foundation

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
- **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
- **South Norwalk Library, Norwalk CT** sponsored by The Courage to Speak Foundation



The Courage to Speak® Presentation for Fall & Winter

Book a Presentation Now!!

[Click Here](#) for Presentation Schedule
[Click Here](#) for Presentation Information
[Click Here](#) to View Presentation Photos

**The Courage to Speak® Foundation is now on
facebook**

[Click Here to Join!](#)



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

[Click Here](#)



**Become a Courage to Speak
Foundation Supporter**

[Click Here to Give a Donation](#)

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

Thank you for your ongoing support!

The Courage to Speak® Foundation. Inc.

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

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