



The Courage to Speak® Foundation Newsletter

May 2011

Welcome to our May Issue!

Courage to Speak - Courageous Parenting 101® Available in Spanish

In The News - Letter to the Editor, by Ginger Katz

7th Annual Courage to Speak Empowering Youth to be Drug Free Family Night on *Neighborhood Journal* as Shown on Cablevision of CT

Save the Date - 13th Annual Ian James Eaccarino Memorial 9-Mile Race & 5K Health Walk - August 6, 2011 @ 8 am

Upcoming Presentations - May/June 2011

Psychiatry - Labeling Kids with Bogus Mental Disorders

www.couragetospeak.org

Coming Soon! Who Says Kids Won't Listen?

Attend **Courage to Speak - Courageous Parenting 101®** and discover the tools for effective communication.

Courage to Speak - Courageous Parenting 101® is rolling out IN SPANISH:

South Norwalk Public Library
10 Washington Street, Norwalk, CT
Tuesday, May 10th and May 17th
6:00 pm - 8:00 pm

[Click here](#) to view our Spanish flyer.

[Click here](#) to view our English flyer.

[Click here](#) for our Spanish registration.
[Click here](#) for our English registration.

The Courage to Speak Foundation has developed a new program for parents called *Courage to Speak - Courageous Parenting 101*[®]. This program is a **free** two-session drug prevention education program for parents from all communities with children in elementary, middle and high school wishing to arm themselves with the knowledge of how to keep their children safe.

As a prelude to the course, Ginger Katz, CEO and Founder, will deliver her Courage to Speak[®] Presentation on **Tuesday, May 10th at 6:00 pm**, followed by session one. The presentation will be translated into Spanish by an interpreter. Session two will follow on **Tuesday, May 17th at 6:00 pm**. The entire course will be presented in **Spanish** by trained facilitator Carlos Reinoso.

***Courage to Speak - Courageous Parenting 101*[®] will cover:**

- 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, contact Carol Troy at 203-831-9700 or ctroy@couragetospeak.org.

In The News

Norwalk Citizen

Wednesday, April 27, 2011

Letter to the Editor By Ginger Katz

I just couldn't believe it happened in our family.

I just couldn't believe children are being exposed to this.

I just couldn't believe that drugs took my son.

[Click here](#) to read more.

7th Annual Courage to Speak Empowering Youth to be Drug Free Family Night on *Neighborhood Journal* as shown on Cablevision of CT!

Cablevision of CT cameras were on hand for the 7th Annual Courage to Speak Empowering Youth to be Drug Free Family Night held on March 15, 2011. A segment featuring highlights from the event was aired throughout the month of April on *Neighborhood Journal*. Check out some commentary from attendees, student speakers and Ginger's Presentation by clicking on the image below. [Click here](#) to view photos and read more about this year's event.

Click on photo below to view the full video!



Cablevision of CT
"Neighborhood Journal"
The Courage to Speak®
Foundation Empowering Youth to be

Drug Free Family Night!

**Click image
to view the full video!**

Save the Date!



**13th Annual Ian James Eaccarino
Memorial 9-Mile Race & 5K Health Walk**

For the benefit of the Courage to Speak Foundation
Saving Lives by Empowering Youth to be Drug Free

**Saturday, August 6th • 8am
Calf Pasture Beach • Norwalk, CT**

[Click here](#) for more information.

Upcoming Presentations - May/June 2011



[Click here](#) to view the entire Courage to Speak® Presentation schedule.

May 6th

Beardsley Elementary School, Bridgeport, CT

May 10th

South Norwalk Public Library, Norwalk, CT (Translated into Spanish)

May 16th

Black Rock Elementary School, Bridgeport, CT

May 20th

Madison Elementary School, Bridgeport, CT

June 6th

Luiz Munoz Marin School, Bridgeport, CT

June 7th

Cesar Batalla School, Bridgeport, CT

June 9th

Thomas Hooker School, Bridgeport, CT

[Click here](#) to read about the presentation.

[Click here](#) to book your presentation now!

Psychiatry:

Labeling Kids with Bogus Mental Disorders



CCHR: Psychiatry: Labeling Kids with Bogus
'Mental Disorders'

The Citizens Commission on Human Rights put together this public service announcement regarding adolescents & "mental disorders." 20 Million Kids & Adolescents are labeled with "mental disorders" that are based solely on a checklist of behaviors. There are no brain scans, x-rays, genetic or blood tests that can prove they are "mentally ill", yet these children are stigmatized for life with psychiatric disorders, and prescribed dangerous, life-threatening psychiatric drugs. Child drugging is a \$4.8 billion-a-year industry. Get the facts about this multi-billion dollar industry that is labeling and drugging kids for profit.

**Become a Courage to
Speak® Foundation
Supporter!**



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

Visit the Sunny's Story website: www.sunnysstory.com

To join us on Facebook, please [click here!](#)

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Thank you for your ongoing support!

Courage to Speak® Foundation

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

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