

Invite ALL parents to attend an important presentation

# The Courage to Speak®

**By Ginger Katz,**  
Founder of the  
Courage To Speak Foundation, Inc.  
And author of *Sunny's Story*



PLEASE JOIN US!

**Thursday, March 5, 2009 at 7:00 pm**  
Lyme-Old Lyme Middle School Auditorium

The Courage to Speak® Foundation, Inc. was founded by Ginger Katz in an effort to foster open communication about the prevention of alcohol and other drug abuse among young people. Ginger has been inspired to speak out by the untimely death of her son Ian from a drug overdose. Since 1996, she has given over 1,000 presentations nationally to thousands of students and their parents. Appropriate for grades 6 and up.



## Issues to be addressed:

- Signs to look for
- Alcohol and drug prevention
- The code of silence and its dangers
- Addiction and its impact on families
- What to do if your child is using or experimenting with drugs including alcohol
- How to recognize risky behaviors and relationships

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## Courageous Parenting 101

**Meets: Thursday March 12, 19, 26, and April 2 from 7-9 at LYSB**

At LYSB, a free four-session substance abuse education and prevention program **developed by the Courage to Speak® Foundation** to help parents like you understand substance abuse and its impact on children and youth. You will gain the knowledge required to communicate more effectively with your children. Covers a variety of materials including fundamental of substance abuse prevention, drug trends in America, signs of drug use, communication skills, what to do if you suspect your child is using drugs, how to access help. For much more information about Courageous Parenting 101 and a registration form please visit our website [www.lysb.org](http://www.lysb.org).

**Lymes' Youth Service Bureau** □ 59 Lyme Street, Old Lyme, CT □ 860-434-7208 □ [www.lysb.org](http://www.lysb.org)

*This program is made possible with support from the Lyme-Old Lyme Education Foundation*

[www.couragetospeak.org](http://www.couragetospeak.org)