



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

The Courage to Speak® Foundation Newsletter

Fall 2009

Welcome to our Fall Issue!

Book a Courage to Speak Presentation

Courage to Speak-Courageous Parenting 101™ Fall Program

Yale University School of Medicine to Evaluate Courage to Speak Programs

View The Courage to Speak Foundation "NEW" Brochure

The Courage to Speak Empowering Youth to be Drug Free Family Night

Listen to a radio interview about the "Conspiracy of Silence™" with Founder and CEO of the Courage to Speak Foundation, Ginger Katz and WSTC 1400 & WNLK 1350 host, Ian Gordon

Sunny's Story written by Ginger Katz

The Courage to Speak Presentation for Fall, Winter and Spring

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 PRESENTS...



Courageous Parenting 101

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

Parent programs beginning this week!!!

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 substance abuse education and prevention program for parents wishing to arm themselves with the knowledge 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!

Courage to Speak-Courageous Parenting 101™ course will begin this coming Tuesday and Thursday night (two different sessions taught by two different co-facilitators) September 29 and October 1 at Milford Hospital Auditorium at 7 pm. For Parents only. [CLICK HERE](#) to view the Milford *Courage to Speak-Courageous Parenting 101™* Flyer and [CLICK HERE](#) to view the Milford *Courage to Speak-Courageous Parenting 101™* Registration form and sign up to take the class.

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

Courage to Speak-Courageous Parenting 101™
at Norwalk Community College

Starting Saturday October 3, 2009

PARENTS, SIGN UP NOW!
SEE REGISTRATION FORM
[HERE](#)

**Yale University School of Medicine to Evaluate
Courage to Speak Programs**

[READ MORE HERE](#)

[Click Here](#) to view the
Courage to Speak Foundation "NEW" Brochure!

**The Courage to Speak Foundation® Empowering Youth to be
Drug Free Family Night on TV
with Founders Ginger and Larry Katz**

Watch YouTube [HERE](#)

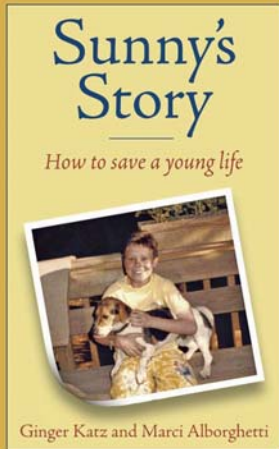
"Conspiracy of Silence™"

**Radio Interview with Founder and CEO of the Courage to Speak
Foundation, Ginger Katz**

and

WSTC 1400 & WNLK 1350 host, Ian Gordon

Tune in [HERE](#)



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
and email Ginger Katz 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.

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