



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

The Courage to Speak® Foundation Newsletter

September 2011



## Welcome to Our September Issue!

### In the News:

"An Army of Moms™ "

*Courage to Speak- Courageous Parenting 101®*  
is Rolling Out 10 Times this Fall

**Back to School Drug Prevention Tips**

The Courage to Speak® Support Group  
*"We belong to a club that none of us ever wanted to join." -Ginger Katz*

**Upcoming Presentations**

"Lightfoot Runners Cover Nine Miles in Memory of Eaccarino"

**Results of the 13th Annual Ian James Eaccarino Memorial 9-Mile Race**

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

# IN THE NEWS

**An Army of Moms™**

TheDaily

## Norwalk

**"Norwalk Mom Dreams of an Army Battling  
Drug Abuse"**

by Jeremy Cole 7/6/11



Norwalker Ginger Katz, with the support of her husband Larry, wants to raise an army. It is her goal - her wish - to see a battalion of mothers shout out in one singular voice that they will not be silent about the ravages of drug addiction.

"Could you imagine if all of the moms who lost a child to addiction got together, how powerful that would be?" Ginger says on her patio on a warm summer Sunday. A few feet away, Larry listens to his wife talk about their family's tragedy and the organization born from her tears: the Courage to Speak Foundation. She says, "Wouldn't that be incredible? There are a lot of mothers out there who have been through this, and they're fighting mad."

To read the entire article [click here](#).

## ***Courage to Speak- Courageous Parenting 101<sup>®</sup>***

### **Rolling Out in 10 Locations this Fall**

Offered free of charge, this multi-session substance abuse prevention education program available in **English and Spanish** is designed to help parents understand the impact of drug abuse on youth and give them the knowledge required to communicate more effectively with their children about the dangers of drugs.



# Courageous Parenting 101

ALL PARENTS ARE ENCOURAGED TO PARTICIPATE

The Yale University School of Medicine recently evaluated *Courage to Speak- Courageous Parenting 101*<sup>®</sup> and key findings indicated that parents who took the course reported a significant increase in:

- General communication with their child
- Communication with their child about alcohol and other drugs
- Parents' knowledge about their children's lives
- Parents' confidence in ability to intervene and prevent their child from using alcohol, tobacco and other drugs
- Parents' confidence in their knowledge of alcohol, tobacco and other drugs and ability to recognize the warning signs of substance use in their children
- Parents' confidence that they would tell the parents of their children's friends if the friends were using alcohol, tobacco and other drugs

## West Rocks Middle School (Norwalk, CT)

Sponsored by The Courage to Speak<sup>®</sup> Foundation in both **English & Spanish**

Kicking off with the *Courage to Speak*<sup>®</sup> Presentation by Ginger Katz

on **October 20th at 6:30 pm**

The course will continue with trained facilitators, **Dawn Roy, MSW**, and **Millie Seguinot, Community Health Educator**, on **October 27th and November 3rd at 6:30 pm**

To download the flyer, please click [ENGLISH](#) or [SPANISH](#)

To register, please click [ENGLISH](#) or [SPANISH](#)

## Haddam-Killingworth Middle School (Killingworth, CT)

Sponsored by Youth and Family Services of Haddam-Killingworth and School District 17

Kicking off with the *Courage to Speak*<sup>®</sup> Presentation by Ginger Katz on **October 5th at 7 pm**

The course will continue with trained facilitator, **Cheryl Chandler**, Executive Director of the Youth and Family Services of Haddam-Killingworth, on **October 12th, 19th, 26th and**

**November 2nd at 7 pm**

To download the flyer, please click [HERE](#)

To register, please click [HERE](#)

## East Windsor Middle School (East Windsor, CT)

Sponsored by the East Windsor Wellness Coalition

*Courage to Speak- Courageous Parenting 101*<sup>®</sup> will be taught by trained facilitator, **JoAnn Burnham**, Chair of the East Windsor Wellness Coalition, on **October 17th & 24th and**

**November 1st & 7th at 6:30 pm**

To download the flyer, please click [HERE](#)

To register, please click [HERE](#)

**Department of Children and Families:  
Foster Parent Meeting (Bridgeport, CT)**

Sponsored by The Courage to Speak® Foundation

*Courage to Speak- Courageous Parenting 101*® will be taught by trained facilitator,  
**Millie Seguinot**, Community Health Educator on **October 19th, 26th and November 2nd**  
**Closed Session**

**Guilford Library (Guilford, CT)**

Sponsored by the Guilford Youth and Family Services

Kicking off with the *Courage to Speak*® Presentation by Ginger Katz  
on **November 3rd at 6:30 pm**

The course will continue with trained facilitator, **Karolin Regan**, Program Director of Guilford  
Youth and Family Services, on **November 7th, 10th, 14th and 17th at 6:30 pm**

To download the flyer, please click [HERE](#)

To register, please click [HERE](#)

**Canton High School (Collinsville, CT)**

Sponsored by Canton High School

*Courage to Speak- Courageous Parenting 101*® will be taught by trained facilitator,  
**Kevin Pettit**, Prevention Program Supervisor at the McCall Foundation,  
on **October 6th, 13th, 20th and 27th at 7 pm**

**Northwestern Regional High School (Winsted, CT)**

Sponsored by The McCall Foundation

*Courage to Speak- Courageous Parenting 101*® will be taught by trained facilitator,  
**Kevin Pettit**, Prevention Program Supervisor at the McCall Foundation,  
on **October 11th, 18th, 25th and November 1st at 6:30 pm**

**Torrington High School (Torrington, CT)**

Sponsored by The McCall Foundation

*Courage to Speak- Courageous Parenting 101*® will be taught by trained facilitator,  
**Kevin Pettit**, Prevention Program Supervisor at the McCall Foundation,  
dates and times are to be determined.

**Lewis Mills High School (Burlington, CT)**

Sponsored by The McCall Foundation

*Courage to Speak- Courageous Parenting 101*® will be taught by trained facilitator,  
**Kevin Pettit**, Prevention Program Supervisor at the McCall Foundation,  
dates and times are to be determined.

**[Back to School Drug Prevention Tips](#)**

According to The Office of National Drug Control Policy, studies prove that summer is the time when most students begin to experiment with alcohol and other drugs. Therefore, with the new school year approaching, more students will be returning with experience with drugs. It is important for parents and educators to be aware of the signs of drug use.

- Skipping class or not doing well in school
- Significant mood changes
- Loss of interest in personal appearance
- A change in friends
- Heightened secrecy about actions and/or possessions
- A lack of interest in activities



To read the entire article, please [click here](#).



## The Courage to Speak® Foundation Support Group

"We belong to a club that none of us ever wanted to join"  
*-Ginger Katz*

For family members who have lost a loved one to substance abuse, we meet once a month. Times vary in order to accommodate varying schedules.

Please contact Ginger Katz at (203) 831-9700  
or email at [gkatz@couragetospeak.org](mailto:gkatz@couragetospeak.org)

For more information, please [click here](#) to see The Courage to Speak® Support Group brochure.

## Upcoming Presentations



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

September 22nd

Haddam-Killingworth Middle School- 6th- 8th Grade (Killingworth, CT)

**September 26th**

Roton Middle School- 7th Grade (Norwalk, CT)

**October 4th**

Middlesex Middle School- 8th Grade (Darien, CT)

**October 5th**

Haddam-Killingworth Middle School- Kick Off to *Courage to Speak- Courageous Parenting 101*<sup>®</sup>  
with *The Courage to Speak*<sup>®</sup> Presentation by Ginger Katz,  
taught by trained facilitator Cheryl Chandler, Executive Director of  
Youth & Family Services of Haddam-Killingworth (Higganum, CT)

**October 7th**

Nathan Hale Middle School- 7th Grade (Norwalk, CT)

**October 13th**

Ponus Ridge Middle School- 7th Grade (Norwalk, CT)

**October 17th**

West Rocks Middle School- 7th Grade (Norwalk, CT)

**October 19th**

Manhasset Town Hall Meeting- Community Members (Manhasset, NY)

**October 20th**

West Rocks Middle School- Kick Off to *Courage to Speak- Courageous Parenting 101*<sup>®</sup>  
with *The Courage to Speak*<sup>®</sup> Presentation by Ginger Katz,  
taught by trained facilitator Dawn Roy, MSW (Norwalk, CT)

**October 24th**

Xavior High School- Parents (New York, NY)

**October 26th**

Haddam-Killingworth High School- Students (Higganum, CT)

**October 27th**

Xavior High School- Students (New York, NY)

**November 3rd**

Guilford Youth & Family Services- Kick Off to *Courage to Speak- Courageous Parenting 101*<sup>®</sup>  
with *The Courage to Speak*<sup>®</sup> Presentation by Ginger Katz,  
taught by trained facilitator Karolin Regan,  
Program Director of Guilford Youth & Family Services (Guilford, CT)

**November 15th**

Fordham Prep- 9th Grade (Bronx, NY)

**December 7th**

Oliver Ames High School- Students (North Easton, MA)

**January 10th**

Black Rock Elementary School- Parents (Bridgeport, CT)  
in both English and Spanish

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

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

# The Norwalk Citizen News

## "Lightfoot Runners Cover Nine Miles in Memory of Eaccarino"

*by Andy Hutchison 8/8/11*



NORWALK -- It might not have been an easy run for everybody, but those competing in last Saturday's Lightfoot Running Club's race certainly had plenty of motivation to complete the 9-mile course which started and finished at Calf Pasture Beach.

The Lightfoot Running Club's third to last race in this year's series was also the 13th Annual Ian James Eaccarino Memorial 9-Mile Race, for the benefit of the Courage To Speak Foundation. Representatives from the Courage To Speak Foundation, including CEO and founder Virginia Katz of Norwalk, were on hand to offer support and recognize runners who ran in memory of Eaccarino, Katz's son, whom she lost to a drug overdose at the age of 20 in

1996. He had worked at Calf Pasture Beach and planted trees that line the beach.

To read the entire article [click here](#).

## Thank You to Everyone who Came Out for the **13th Annual Ian James Eaccarino Memorial 9-Mile Race!**

Thank you to all the runners...



and the volunteers...





Photography by Rich Bonenfant

**and to our sponsors:**

**The Lightfoot Running Club,  
Norwalk Parks & Recreational Department,  
WSTC 1400/WNLK 1350, Norwalk Cove Marina,  
William & Sandra Bennett, John Bumpus,  
Booth Financial Associates, People's United Bank,  
Dr. Mark Franks D.M.D., West Rocks Shell,  
Zotos International Inc., Norman J. Coltin,  
the Pigue Family and Charlie Howell**

**Congratulations!**

**First Place Runner:  
Eneas Freyre of Norwalk, CT**

**Youngest First Place Runner:  
Alex Baluha (17 yrs. old) of Milford, CT**

Every year, The Courage to Speak® Foundation not only presents a plaque to the first place winner, but also to the youngest participant in the race. They are recognized because they truly underscore the importance of **a healthy lifestyle for our youth.**

For more information about the race, please see the [Press Release](#).  
To see the full list of results from the race, please [click here](#).

Become a  
Courage to Speak® Foundation  
Supporter by clicking the  
"Make a Donation"  
Button!



Visit the Courage to Speak® website: [www.couragetospeak.org](http://www.couragetospeak.org)

Visit the *Sunny's Story* website: [www.sunnysstory.com](http://www.sunnysstory.com)

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

facebook

**Thank you for your ongoing support!**

Courage to Speak® Foundation

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

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