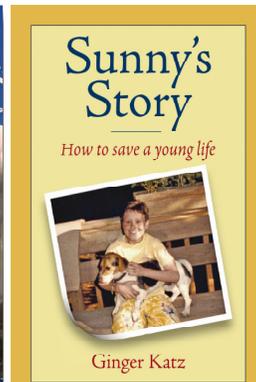




Courage to Speak Foundation  
Saving Lives by Empowering Youth to be Drug Free

## ALL Parents and Children are Invited to Attend The Courage to Speak® Presentation

Ginger Katz,  
CEO/Founder of The Courage to  
Speak® Foundation and Author of  
Sunny's Story will be speaking:



**Date: Monday  
October 15, 2012  
Time: 6:30 pm**

**Place: South Kingstown High  
School - Auditorium  
215 Columbia St.  
Wakefield, RI 02879**

The Courage to Speak® Foundation was founded by Ginger Katz, author of *Sunny's Story*, 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 parents.

### *Courage to Speak-Courageous Parenting 101®*



South Kingstown  
Partnership for Prevention  
*working together for a  
safe & healthy community*

**Session One will start Monday October 22<sup>nd</sup> and continue 3 subsequent Mondays.**  
**2<sup>nd</sup> Session Mon. Oct. 29<sup>th</sup>, 3<sup>rd</sup> Session Mon. Nov. 5<sup>th</sup>,**  
**(NO SCHOOL Mon Nov 12<sup>th</sup> Veterans Day) and 4<sup>th</sup> Session Mon. Nov. 19<sup>th</sup>**  
**Time: 6:30-8:30pm in South Kingstown High School Library**

This free four-session substance abuse education and prevention program will be taught by a trained Courage to Speak® facilitator and was 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. **For more information about *Courage to Speak - Courageous Parenting 101®* and a registration form, please call Eileen Stone (401)360-1880, email [Eileen@skprevention.com](mailto:Eileen@skprevention.com).**

#### **The Program Covers:**

- Teen drug use trends and party culture;
- Drug and alcohol abuse, addiction and its physiological consequences;
- Communication and listening strategies;
- Protective, psychological and developmental guidance to help reduce the risk of substance use;
- Dangers of enabling and hands-off parenting;
- 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

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