

NEWS FROM.....

The Courage to Speak[®] Foundation

FOR IMMEDIATE RELEASE

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Knowledge is Power Courage to Speak-Courageous Parenting 101[®] The Lesson That Could Save Your Child's Life

West Rocks Middle School
81 West Rocks Road
Norwalk, CT 60851
Oct 30, Nov 6 & 13
6 PM light dinner
Free workshop for Parents
English and Spanish

It is a fact that our children will be offered alcohol, tobacco and other drugs, often many times, starting in middle school and continuing through high school. What can you do about this? Learn about substance abuse and gain the knowledge and skills needed to keep your children safe.

A **FREE parent education series**, entitled Courage to Speak-Courageous Parenting 101[®] developed by experts with the Courage to Speak[®] Foundation will be offered in **English and Spanish** at West Rocks Middle School, 81 West Rocks Road, Norwalk CT. The first of the three-session course will include a presentation by Ginger Katz, CEO and founder of the Foundation and author of Sunny's Story, at 6:30 pm on Wednesday, October 30th, 2013.

Session two and three will continue on **Wednesday, November 6th** and **November 13th** at **6:30 pm**. A light meal will be served at 6pm. Child care is available with a reservation. The course **will be taught in English** by Larry Katz, Co-Founder and former Social Worker with a B.A. in Psychology and MS in Nutrition **and in Spanish** by Mille Seguinot, Community Health Educator.

According to Yale University evaluation, parents will learn effective communication strategies; gain confidence to talk to their children about the dangers of drugs; understand how to set clear rules and boundaries with their children related to use of alcohol, tobacco and other drugs; and gain confidence in knowing how to deal with substance use among their children.

The course covers: teen drug use trends and party culture; guidance to help reduce the risk of substance use; how to help your child handle stress; warning signs; what to do if use or abuse is suspected and much more. Parents will also develop improved listening and communication skills, which have been shown to be a critical factor in prevention.

Childcare is available with advance notice. For more information contact: Call 203-831-9700 or email gkatz@couragetospeak.org and visit www.couragetospeak.org.

Here is the online registration link <https://www.formstack.com/forms/webregister-english>

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About The Courage to Speak[®] Foundation:

The **Courage To Speak Foundation** is a nonprofit organization based in Norwalk, CT, whose mission is "to save lives by empowering youth to be drug free through fostering education and open communication about the dangers of drug and alcohol use." Ginger Katz founded the organization in 1996, just months after her 20 year old son Ian James Eaccarino died of an accidental drug overdose. She and her husband Larry Katz pledged that they would do all they could to help prevent such a tragedy from befalling another family. Since then, Ms. Katz has given nearly 1000 presentations reaching hundreds of thousands of individuals - young people and the adults who care about them. The Courage To Speak Foundation develops drug prevention curriculum for elementary, middle and high school students as well as parents through *Courage to Speak - Courageous Parenting 101[®]*. Ms. Katz also has authored a book called *Sunny's Story*, a book for children of all ages; parents, grandparents, teachers, and others. www.couragetospeak.org and www.sunnysstory.com