



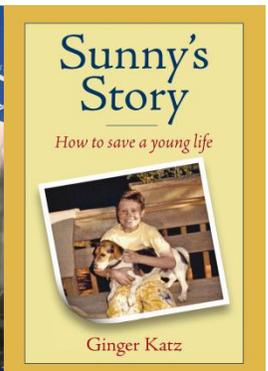
Courage to Speak Foundation
Saving Lives by Empowering Youth to be Drug Free



**ALL Parents are Invited
To Attend
The Courage to Speak® Presentation and
*Courage to Speak – Courageous Parenting 101®***

Ginger Katz,
CEO/Founder of The Courage to Speak®
Foundation will be presenting Ian's story:

**Thursday,
March 8, 2012
7:00 pm
Walsh
Intermediate
School**



Brennan Lynch and Heather Grattan will be facilitating *Courage to Speak – Courageous Parenting 101®*:

Thursday, March 15 at 6:00pm
Thursday, March 22 at 6:00pm
Thursday, March 29 at 6:00pm
Thursday, April 5, at 6:00 pm

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.

Walsh Intermediate
School
185 Damascus Road
Branford, CT



Courage to Speak-Courageous Parenting 101[®]

March 15 Session One / March 22 Session Two
March 29 Session Three / April 5 Session Four
Time: 6:00 pm

This free four-session substance abuse education and prevention program will be taught by trained Courage to Speak[®] facilitators Heather Grattan and Brennan Lynch 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 **Heather Grattan** at 203-488-8317, email Hgrattan@branford.k12.ct.us, or visit our website at www.couragetospeak.org

The Program 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

www.couragetospeak.org * 1-203-831-9700