

# Parents and Teens are Invited to Attend the Courage to Speak® Foundation Presentation



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

## By Ginger Katz

CEO/Founder of the Courage to Speak®  
Foundation and Author of *Sunny's Story*



**Date: December 5<sup>th</sup>, 2019**

**Time: 7 p.m.**

**Place: Tolland Library Program Room**

The Courage to Speak® Foundation, Inc. was founded by Ginger and Larry Katz, Co-Founder of the Courage to Speak® Foundation, MS in Nutrition & BS in Psychology, 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 hundreds of thousands of people. Ms. Katz spearheaded the devolvement of the Courage to Speak® Foundation Drug Prevention Education School-Based Curricula with a team of experts in prevention for elementary, middle and high school and Courage to Speak -Courageous Parenting 101 for parents, evaluated by Yale University.

## Topics Covered:

- Signs to look for
- Effective communication between parent & child
- Helping teens handle stress, anger & other emotions
- Helping teens make good decisions
- The code of silence and its dangers
- Addiction and its impact on families
- Today's Marijuana and Vaping

For more information, contact Walter Willett at [wwillett@tolland.k12.ct.us](mailto:wwillett@tolland.k12.ct.us)

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