

Norwalk Citizen

Courageous Parenting 101 to be rolled out in Spanish

Published: 12:26 p.m., Monday, January 3, 2011

The Courage to Speak® Foundation will provide Spanish teen drug prevention information for Hispanic families and will roll out Courage to Speak - Courageous Parenting 101® in Spanish at West Rocks Middle School at 81 West Rocks Road, Norwalk, on Wednesday, Feb. 9 and 16 at 7 p.m. The program will give parents the knowledge to keep their children safe from substance abuse.

The Courage to Speak® Foundation (www.couragetospeak.org) had announced a plan to help support the organization's outreach to address youth drug and alcohol use within the Latino and Spanish-speaking community and equip Hispanic parents with tools to prevent youth drug and alcohol abuse with its widespread program called Courage to Speak - Courageous Parenting 101®. The Courage to Speak Foundation provides bilingual resources and programs to Spanish-speaking parents and caregivers.

"We are excited to work with the Courage to Speak Foundation, which is focused on the health and well-being of Hispanic families," said Dr. Lynne Moore, principal of West Rocks Middle School. "Latino parents, like so many other moms and dads, need important information to keep their children safe."

The Courage to Speak Foundation with its trained facilitators will carry their mission forward, giving more parents the tools to prevent substance abuse for their children.

"Collaborating with Dr. Lynne Moore helps us reach even more parents with resources, which in turn creates a more meaningful dialogue with Hispanic parents and the larger community around our critical public health mission," said Ginger Katz, CEO and founder.

The course will cover:

- 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

For information, call Ginger Katz at 203-247-3975 or email gkatz@couragetospeak.org. For more locations, visit www.couragetospeak.org.

Katz founded the Courage to Speak Foundation in 1996, just months after her 20-year-old son Ian James Eaccarino died of an accidental drug overdose. She and her husband Larry pledged to do everything in their power to prevent such a tragedy from happening to another family. To date, Katz has given more than 1,000 presentations in Connecticut and throughout the country. Visit www.couragetospeak.org.