

# THE COURAGE TO SPEAK<sup>®</sup> FOUNDATION SUPPORT GROUP

*Helping each other Heal*

*We invite you to share with others who have found the strength and hope in The Courage to Speak Support Group.*

The death of a child is the most devastating and tragic loss for anyone to face.

When a child is lost to drugs, societal markings can further thrust parents and surviving family members into a pain that is defined by isolation and exclusion.

*The Courage to Speak Support Group was formed to help parents and families who have lost their children to the ravages of substance abuse.*

*“After the loss of my beautiful and beloved son, Mathew, I felt a need to seek out a support system of those who could truly understand my grief and devastation. Courage to Speak has been helpful because although each of our stories are different, our experience of grief and isolation are similar. Parents come together and discuss a topic that society ignores. I feel we honor our children by helping each other.”*

– Joan Sayers

*We belong to a club that none of us ever wanted to join.*

We are the parents and siblings of young people who died too soon because of drugs. We are ordinary people who could be your neighbors, your co-workers or members of your faith community. We loved our children and tried to be the best parents we could be. But drugs took them from us, and some days the grief is still unbearable.

Drug abuse is an equal opportunity killer. It is not confined to one kind of neighborhood, one socio-economic group, or one kind of kid. Drugs simply do not discriminate.

We are reaching out to parents like us in hopes that all of our lives will become a little easier.

We established the Courage to Speak Support Group in 2002 and over 100 parents and other family members have walked through our door.



## ALL ARE WELCOME

*We meet once a month. Times vary in order to accommodate varying schedules.*

*Please call Ginger Katz at 203-831-9700 for more information. [gkatz@couragetospeak.org](mailto:gkatz@couragetospeak.org)  
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