

# Courage to Speak®

## COURAGEOUS PARENTING101



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

### "Parenting Through the Opioid Crisis and Beyond"™ A Workshop for Parents

#### Covering Topics Such As:

- Understanding Signs of Drug Use
- Effective Communication Strategies with Youth on Drugs
- Prevention and Intervention Strategies
- Teaching Youth Drug Refusal Skills
- Helping Youth Cope Effectively with Stress and Emotions
- Marijuana's influence on Opioid Abuse and much more

#### A DOUBLE DOSE OF PREVENTION™



**Part 1** Featuring the Courage to Speak® Presentation presented by Ginger Katz, CEO, Founder of The Courage to Speak Foundation and Author of *Sunny's Story*, A Drug Prevention Book. **This part will be translated live by a Spanish speaker.**



**Part 2** Facilitated by Carlos Reinoso Jr MSMOL, BHCC trained in substance use disorder and addiction presenting Courage to Speak® Courageous Parenting 101 "Parenting Through the Opioid Crisis and Beyond"™ **This section will be presented entirely in Spanish.**



Use the QR  
code to  
register!



**St. Joseph Roman Catholic Church**  
**Address: 85 S Main St, Norwalk, CT 06854**  
**Parish Hall / Gym**  
**Date: Sunday, November 30, 2025**  
**Time: 1:30 to 3:00 PM**

ST. JOSEPH ✦ ST. LADISLAUS  
Roman Catholic Parish

[www.couragetospeak.org](http://www.couragetospeak.org)

  
**dmhas**  
CT Department of Mental  
Health & Addiction Services