

# 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"™

- Learn Communication Strategies with Children on Drugs
- Teach Children Drug Refusal Skills
- Help Children Cope Effectively with Stress and Emotions
- Understand Signs of Drug Use
- The Influence of Marijuana and Opioid Use on Youth Development
- Parent Resources and Much More!

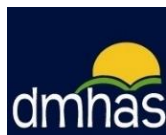


### A DOUBLE DOSE OF PREVENTION™

**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*



**Part 2** Facilitated by Carlos Reinoso Jr MSMOL, BHCC trained in substance abuse and addiction presenting Courage to Speak® Courageous Parenting 101 "Parenting Through the Opioid Crisis and Beyond"™



**St Joseph High School**  
**2320 Huntington Tpke, Trumbull, CT**  
**March 12, 2019 at 6:00 PM**

Light refreshments will be provided

For more information, or to register for this program contact:  
Kathleen Seperack at 203.378.9378 x457 KSeperack@sjcadets.org

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

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**DHMAS Opioid Support Access Line: 1-800-563-4086**