

Strengthening Families Program

For Parents and Their Children Ages 10-14



This program helps parents and caregivers build on their strengths in showing love and setting limits, helps youth develop skills for building a positive future, and helps families grow together and become stronger.

Free family meals

Family Activities



Parent Workshops

Youth Activities

Gift Cards for graduating families

FREE Virtual 7 Week Family Program

Beginning Monday, July 8th

6:00–8:30p.m.

Program held on Zoom

Program Dates: Tuesdays—7/14, 7/21, 7/28, 8/4, 8/11, 8/18 and 8/25

Registration Required- Space Limited

Please contact: Jan Ramos at (201)740-7081 or jramos@cafsnj.org

“I learned many parents struggle with the same things I do.”

- Parent

“I learned that kids and parents think alike when they are stressed.”

- Youth

“I learned that expressing how we feel to our children doesn’t make us look like weak parents, but it lets them realize that mom and dad have feelings too!”

- Parent

“My family and I got closer than ever!”

- Youth

