

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 7 Week Family Program

Beginning Monday, February 1st

6:00p.m.–8:30p.m.

The Program will be held on Zoom

Program Dates: TUESDAYS— 2/1, 2/8, 2/15, 2/22, 3/1, 3/8, 3/15

Registration Required- Space Limited

Please contact: Jan Ramos by January 28
(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



A collaboration between Bergen Family Center, and
The Center for Alcohol and Drug Resources, a program of Children's Aid and Family Services.

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