

# 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 Tuesday, January 12th**

**6:00p.m.–8:30p.m.**

**The Program will be held on Zoom**

**Program Dates: TUESDAYS— 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23**

***Registration Required- Space Limited***

Please contact: Jan Ramos by January 6  
(201)740-7081 or [jramos@cafnsj.org](mailto:jramos@cafnsj.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.

Funded through a grant provided by the State of New Jersey, Department of Mental Health & Addiction Services.