

# Strengthening Families Program

For Parents and Their Children Ages 6-11



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 14 Week Family Program

Beginning Tuesday, September 15th

6:00p.m.–8:00p.m.

The Program will be held on Zoom

Program Dates: TUESDAYS— 9/15, 9/22, 9/29, 10/6, 10/13, 10/20, 10/27, 11/03, 11/10, 11/17, 11/24, 12/1, 12/8, 12/15

**Registration Required- Space Limited**

Please contact: Jan Ramos by January 3  
(201)740-7081 or [jramos@cafsnj.org](mailto: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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