

# 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

Parent Workshops

Family Activities



Youth Activities

Gift Cards for graduating families

Free babysitting for siblings\*  
\*Minimum age 2 years

## FREE 7 Week Family Program

Beginning Tuesday, November 1

6:00–8:30p.m.

Van Riper Ellis Broadway Baptist Church, 7-01 River Road, Fair Lawn

Program Dates: Tuesdays—11/1, 11/8, 11/15, 11/22, 11/29, 12/6, & 12/13

**Registration Required- Space Limited**

Please contact: Stephanie Drag or Melissa Prosper by *Friday, October 28*  
(201)740-7096 or [sdrag@cafsnj.org](mailto:sdrag@cafsnj.org) / 201-740-7081 or [mprosper@cafsnj.org](mailto:mprosper@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 the Bergen County Department of Health Services, Division of Addiction Services & The Center for Alcohol and Drug Resources, a program of Children’s Aid and Family Services.

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