

# 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, March 2nd

6:00–8:00p.m.

The Program will be held on Zoom

Program Dates: TUESDAYS— 3/2, 3/9, 3/16, 3/23, 3/30, 4/13, 4/20, 4/27, 5/4, 5/11, 5/18, 5/25, 6/1, 6/8

**Registration Required- Space Limited**

Please contact: Jan Ramos by February 25th  
(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.

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