

Strengthening Families Program Specifics

- 14 sessions (1-2 evenings/week)
- Runs from Early April-End of June
- Kids ages 6-11 years old
- Wholesome Dinners provided
 - Pizza
 - Pastas
 - Fried/Baked/BBQ Chicken
 - other options available



- Incentives provided regularly, including gift cards from
 - Subway Restaurant
 - Dunkin' Donuts
 - Old Navy Clothing Store
 - Local Grocery Stores
 - other options available



FamilyConnections is a private non-profit interdisciplinary agency weaving together education, social work, crisis intervention, psychology and psychiatry to provide comprehensive solutions to life's challenges. For more than 125 years, we have served individuals and families of Essex and surrounding counties, always striving to insure that our services are:

- Culturally Competent
- Strengths-Based
- Family-Centered
- Holistic
- Collaborative
- Quality Controlled
- Evidence-Based, and
- Barrier-Free

FamilyConnections is a member of the National Alliance for Children & Families and is licensed by the State of New Jersey Division of Mental Health Services and Division of Addiction Services.

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THE STRENGTHENING FAMILIES OF ESSEX PROGRAM



IS COMING TO NEWARK, NJ

FALL 2009

Coordinated by
Skills for Strength II
FAMILYConnections, Inc.

Provided by
Division of Addiction Services
of New Jersey

**Build a deeper, stronger bond
with your family while
enjoying great food and fun**

The Strengthening Families Program covers all different types of interesting and helpful topics.



Parents and Children work together to open the lines of communication as a family.

Children's Discussion Topics Include:

- Social Skills
- Communication Skills
- How to stay out of trouble
- Drug & Alcohol Prevention

Parent/Caretaker Discussion Topics:

- How to manage stress
- Solving behavior problems
- How to build stronger relationships
- Drug & Alcohol Prevention in Children
- Peer Support

Studies Prove; Better family communication decrease the chances of children experimenting with drugs & alcohol.

Group meetings will take place one/two times a week at a site in Newark, NJ. Each week you and your family will enjoy:

- Complimentary Dinner
- Fun Games
- Incentives for Parents
- Fun Gifts for Kids

Most Importantly,

• The opportunity to spend quality time with your family while strengthening and improving your relationships



Games are a great way for your family to spend time together

Don't miss out on this wonderful opportunity to bring your family closer together!

Sign up for the Strengthening Families Program ASAP as space is **LIMITED!**



For further information or questions please contact:

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