



**Are you looking for something to do as a family this fall?
Then join Strengthening Families (In-Person)!**

Who: Families with children between the ages of 6 to 11

When: Tuesdays, 9/13-12/13

Time: 6:00-8:30 Where: Bergen Family Center, 44 Armory Street, Englewood

To Register Contact:

Jan Ramos/ 201-740-7098/ jramos@cafsnj.org

This free, fun, and interactive 14 week program uses games and family activities to build on family strengths making them stronger.

- Each family will receive dinner at the program.
- Graduating families will receive a \$100 Gift card.
- Free babysitting for siblings too young for the program (ages 2 and up).

Many parents have found that this program has helped them to connect with other parents, understand their youth more, and communicate better as a family.

Many of the youth have found that this program helped them to resist peer pressure, taught them about drugs and alcohol, and helped their families connect.

The only requirement for this program is having a child between the ages of 6 and 11.