

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 Monday, July 2

6:00–8:30p.m.

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

Program Dates: Mondays—7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13

Registration Required- Space Limited

Please contact: Bridget Souza at (201)740-7011 or bsouza@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 Family Support Organization of Bergen County and The Center for Alcohol and Drug Resources, a program of Children's Aid and Family Services.

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