

Family Night Out

The Strengthening Families Program Family Night Out is a free 14 -week program for the whole family that focuses on connecting family members through fun activities and games. The program provides support for parents and interactive groups for children ages 5-11 and for teens 12-17 years old that focus on enhancing communication skills between family members and helping the family to increase their ability to express their feelings and concerns to one another. Dinner and drinks are provided. Additionally, free child-care is offered for children under 5 years of age. This program begins February 24th at the Byram Lakes Elementary School.

For more information or to register please contact The Center for Prevention and Counseling and ask for Natalie Yanoff-Smith. They are ready to register you now because spaces are filling up quickly! Natalie can be reached at 973-383-4787.