



Strengthening Family Bonds

Family Connections' Strengthening Family Bonds is an engaging and effective 12-week program for the whole family. Parents and children alike develop new skills to enrich family communication and deepen family bonding. Studies prove that Strengthening Family Bonds increases healthy family communication and decreases the chances of children experimenting with drugs, alcohol, and other high-risk behaviors.



**family
connections**

WHERE HOPE MEETS POSSIBILITY

Strengthening Family Bonds

What We Do

The Strengthening Family Bonds

Program Features:

- 12 Weekly Sessions
- Parent / Youth Skills Training
- Catered Family Dinner
- Babysitting Available On-site for Younger Siblings
- Weekly Incentive Gift Cards for Participants
- Graduation Celebration
- Certificates of Completion

Families Who Join Strengthening Family Bonds Will Build Their Skills In:

- Communication and Active Listening
- Setting Goals
- Understanding and Managing Stress
- Establishing Family Meetings
- How to Use “love & limits”



For more information, please contact the
Strengthening Family Bonds Coordinator
at: (201) 259-3543

familyconnectionsnj.org