



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FAMILIES FIT TOGETHER

A **FREE** 14-week **STRENGTHENING FAMILIES PROGRAM** for Middlesex County families with children between the ages of 11-16 years. Providing support to improve parent/child relationships, learn effective parenting skills, reduce behavioral concerns, improve school performance, substance abuse prevention and much more.

For more information or to register please contact:

Alexa Rial, Families Fit Together Program Coordinator

Email: alexarialc@gmail.com

Fiorella Diaz, Director of Counseling and Social Services

Phone number: 732-771-9910 x 394, Email: fdiaz@rbaymca.org,



DATE: Tuesday evenings–
Fall Session September 20, 2022
TIME: 5:30pm to 8pm
LOCATION: RARITAN BAY AREA YMCA
357 New Brunswick Avenue,
Perth Amboy, NJ 08861

REGISTRATION IS NOW OPEN!
FREE "Y" MEMBERSHIP INCLUDED
Dinner is provided and FREE Childcare is available.



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Un programa de 14-semanas GRATUITO que ayudara a FORTALECER FAMILIAS en el Condado de Middlesex con niños en las edades de 11 a 16. Este programa proporciona apoyo para mejorar las relaciones entre padre/hijo, aprender habilidades de crianza efectivas, reducir las preocupaciones de comportamiento, mejorar el rendimiento escolar, la prevención de abuso de sustancias y mucho más.

Para mas información o para registrase por favor de contactar a:

Alexa Rial, Families Fit Together Program Coordinator

Correo electronico: alexarialc@gmail.com

Fiorella Diaz, Directora de Asesoramiento y Servicios Sociales

Telefono: 732-771-9910 x 394, Correo electronico: fdiaz@rbaymca.org,



DIA: Todos los martes—20 de septiembre del 2022
HORA: 5:30pm-8pm
LOCATION: RARITAN BAY AREA YMCA
357 New Brunswick Avenue, Perth Amboy NJ

REGISTRESE YA

¡MEMBRECIA AL CENTRO DE YMCA GRATIS!

Cena será proporcionada y cuido de niños gratis.