

# Parents Workshop

---

Strengthening Families  
All Across America

---

Every Thursday Night

6:30pm to 8:30pm

Meeting held at the:

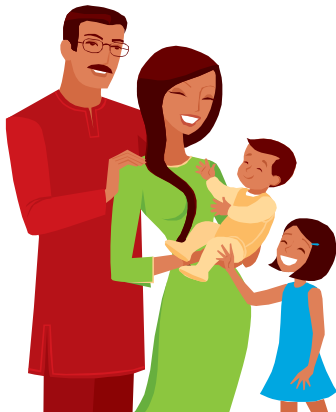
**Camden County  
Family Support Organization**

23 W. Park Avenue

Suite 103-104

Merchantville, NJ 08109

For directions call 856-662-2600.



**Kathy Birmingham, Executive Director**  
**Elizabeth Lopez, Peer Partner Coordinator**  
**Regina Terry, Senior Peer Partner**  
**Alison Torres, Peer Partner**  
**Mandi Aviles, Community Outreach/QI**  
**Maria Haas, Office Manager**  
**Peter Burgos, Youth Partnership Coach**

CCFSO

#### MISSION STATEMENT

To provide direct, community-based, family-to-family support to children and families with special emotional, behavioral and mental health issues who are enrolled in the Child's Behavioral Health Services, with emphasis on families and resources for families; and to work collaboratively as a system partner in planning, organizing, delivering and coordinating needed and appropriate care to individual children and families.

23 West Park Avenue  
Suites 103-104  
Merchantville, NJ 08109

Phone: 856-662-2600

Fax: 856-662-2242

[kbirmingham@camdenfso.org](mailto:kbirmingham@camdenfso.org)

[www.camdenfso.org](http://www.camdenfso.org)

**Camden County Family  
Support Org.  
Parent Workshops**



***Thursday Evenings  
6:30pm to 8:30pm  
Merchantville, NJ***



Sponsored by:  
Camden County  
Family Support Organization

***"We Ensure That  
the Family Voice Is  
Heard"***

**856-662-2600**

## Support Groups

The Camden County Family Support Organization provides one on one family support and support groups. We focus on issues that directly effect the lives of the families of children with challenges surrounding emotional, behavioral and mental development.

### Peer to Peer Support

What could be more reassuring than finding someone who has been through the same situation as yourself? Here is where you find parents, grandparents and other family members who have experienced the same challenges or taken such pride in the small successes of a child such as ours.

Families who are receiving care management services through The Department of Children and Families have the option to receiving peer support to help get through a difficult time of transition.

Each week discussion topics will reflect the need of the group. We will help you connect with family member who have “walked in your shoes”. Someone who can help you navigate the mental health, juvenile justice/courts, or educational system, or just listen and understand.



Our parent workshop groups are a safe, accepting, non-judgmental place to talk freely about being a parent. We guide parents with more effective ways of providing safe and caring homes for their children.

Some of the topics include:

- ◆ Connecting and Reconnecting with your Children
- ◆ Family Goal Setting
- ◆ How to Discipline Your Children Positively
- ◆ Respect, Self Esteem, Responsibilities and Cooperation
- ◆ Child Development and Behavior
- ◆ Better Communication with Children
- ◆ Problem-Solving and How to Make Decisions.

## Who Should Attend

- *Our Meetings* are open to parents, grandparents and caregivers in our community.
- For more information about our *parent meetings* call 856-662-2600.

---

Meeting are provided **free of charge** to parents and caregivers.

Support groups are sponsored by the Camden County Family Support Organization and run by volunteers who are family members with staff and professional support.

Child Care and light refreshments are provided at each meeting.

---

Contact us at 856-662-2600  
for registration and childcare  
information.