

Building Stronger Families

together



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Hey, how are you?

Hello Camden County Families,

April is a season of growth. As spring settles in, many families begin adjusting to fuller schedules, changing routines, school activities, and the energy that comes with a new season. This time of year can feel refreshing, but it can also feel busy and overwhelming.

April reminds us that growth does not always happen in big ways. Sometimes growth looks like staying consistent, showing up for your child, asking for help, trying again after a hard day, or making time for one small moment of connection.

As always, Camden FSO is here to support you and your family through every season. Thank you for allowing us to be part of your journey and for all the ways you continue to care, advocate, and keep moving forward.

With care

~ The Camden FSO Team



APRIL SHOWERS Bring MAY FLOWERS

April often brings change. The weather shifts, routines get busier, and families may be balancing school, work, appointments, and everyday stress. But just like flowers grow slowly with care and time, families also grow through small, steady steps.

Growth can look like:

- practicing patience during stressful moments
- checking in on feelings at the end of the day
- making time for one family meal together
- getting outside for fresh air and movement
- creating simple goals for the week
- celebrating progress instead of focusing only on what is hard



Families do not need perfect days to keep growing. What matters most is support, consistency, and giving yourself grace along the way.

HELPING FAMILIES STAY STEADY DURING BUSY SEASONS

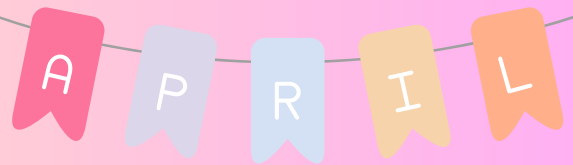
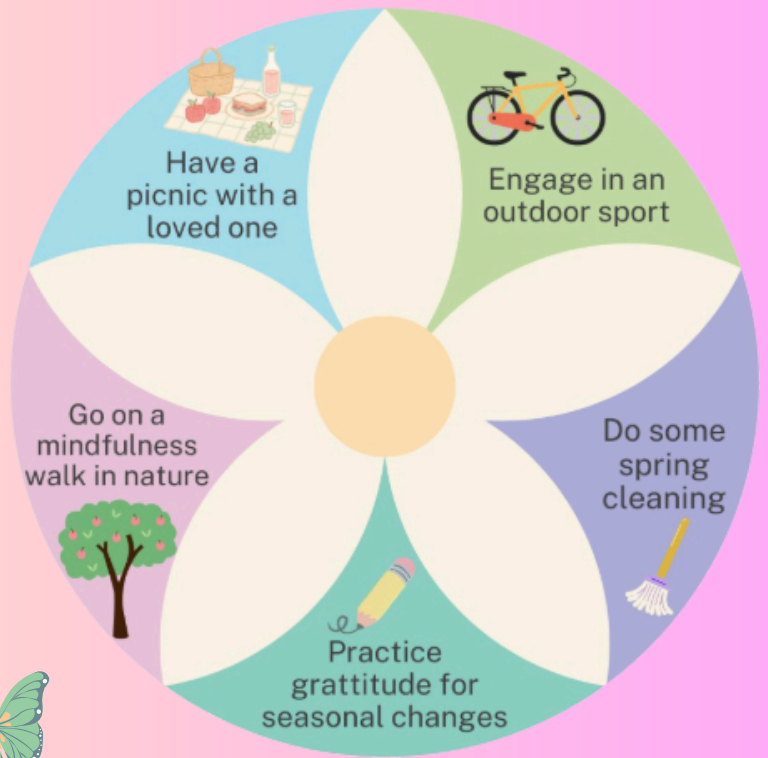
As spring gets busier, many families feel pulled in different directions. School events, appointments, changes in routine, and longer to-do lists can all add stress. During busy seasons, simple structure can help children and caregivers feel more grounded.

Children often do best when they know what to expect. Predictability helps reduce stress, lower power struggles, and create a stronger sense of safety.

Simple ways to stay steady include: keeping wake-up and bedtime routines consistent using a visual schedule or family calendar planning meals ahead when possible building in quiet time after school making room for connection, even in small ways preparing children ahead of time for changes in plans Families do not need to do everything perfectly. Even a few steady routines can help make the week feel more manageable.



Self Care Circle



Family Fun Across Camden County in 2026

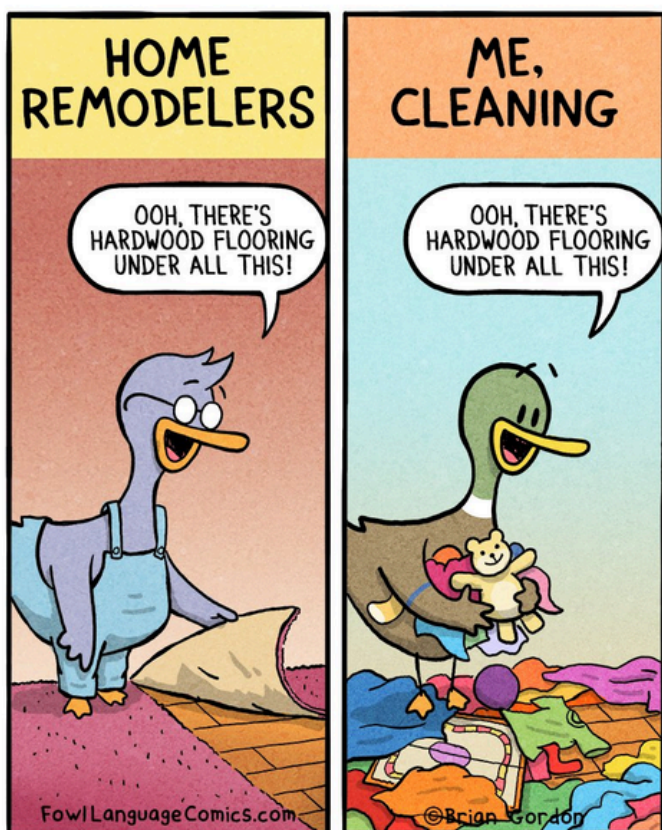
There is a lot for families to look forward to across Camden County in 2026. A new countywide events calendar highlights family-friendly activities happening throughout the year, including festivals, seasonal celebrations, educational programs, community gatherings, and special events for children, youth, older adults, and caregivers.

From spring activities and summer fun nights to cultural celebrations and holiday events, these community opportunities can be a great way for families to spend time together, try something new, and stay connected. Events like Make and Take programs, garden education series, summer fun nights, National Night Out, and seasonal festivals offer simple ways to build positive memories and enjoy time as a family.

Getting involved in community events can also help children and caregivers feel more connected, supported, and engaged.

Whether your family is looking for something fun, educational, or just a reason to get out of the house together, there are many opportunities to explore throughout the year.

We encourage families to save the dates, check out local events [here](#), and make time for connection and community in 2026.



Easy Spring Activities for Families

Spring is a great time to reconnect, get creative, and make simple memories together. Family activities do not have to be complicated to be meaningful.

Here are a few easy spring ideas to try this month:

go on a neighborhood nature walk

make paper flowers or spring collages

plant seeds in small cups or containers

create sidewalk chalk art outside

have a family picnic indoors or outdoors

make a spring scavenger hunt

decorate flower pots

read spring-themed books together

The goal is not perfection. The goal is connection, creativity, and shared time.

[Here](#) are some starter ideas!



Show your support in style

Check out the official Camden FSO Bonfire Store for T-shirts and gear that spread awareness and support families in our community. Every purchase helps us continue our mission of empowering youth and caregivers.

[CHECK IT OUT HERE!](#)



CLICK [HERE](#) FOR OUR
LINKTREE
WITH THE MOST
UPTO DATE
EVENTS & INFO

Find Family-Friendly Library Events Across Camden County

Looking for free or low-cost activities for children, youth, and caregivers?

The Camden County Library System events calendar is a great place to find family-friendly programs happening throughout the county. The calendar includes story times, play groups, arts and crafts, educational programs, tutoring, tween activities, and events for adults and seniors at branches including Haddon Township, Ferry Avenue, Gloucester Township, Voorhees, Bellmawr, and South County.

Programs listed [here](#) on the calendar include activities like Family Story Time for young children and caregivers, open playroom time for children, homework help through Tutor Time, and creative programs for tweens such as STEM-prov. The site also allows families to filter events by location, audience, and event type, making it easier to find programs that fit their needs and schedules. Families are encouraged to check the library calendar regularly for new events, seasonal programs, and local learning opportunities. It can be a simple way to build routines, support literacy, and enjoy time together in the community.



CAREGIVER APRIL 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
			1	2 Caregiver Support Group 6:30pm-8:30pm	3 Orchards Family Fun Day 1pm-3pm	4	<p>Happy Easter!!! Please see all the groups happening this month for our Caregivers!</p> <p>Orchards Family Fun Day @ Camden County Library Atco NJ 1pm-3pm</p> <p>Rutgers Jury Mock Trial April 25th 8:30am to 3:30pm @ Rutgers Camden Campus</p> <p>Please see the youth's Calendar on reverse side!</p>
5 Happy Easter!!	6 LEAN IN MOMS 6pm-8pm SNSG @ 6pm	7	8 Caregivers Coffee Talk 6pm-8pm	9 Grandparents & Brunch 12pm-2pm Caregivers Support Group 6:30pm-8:30pm	10	11	
12	13 LEAN IN MOMS 6pm-8pm	14 Circle Of Hope @ 12pm	15 Fathers Group 7pm-9pm	16 Caregiver Support Group 6:30pm-8:30pm	17	18	
19	20 LEAN IN MOMS 6pm-8pm	21 Orchards Support Group 4:30pm - 6:30 pm SNSG @ Sector X @ 6pm	22 Caregivers Coffee Talk 6pm-8pm	23 Caregiver Support Group 6:30pm-8:30pm	24	25 Rutgers Jury Mock Trial 8:30am-3:30pm	
26	27 LEAN IN MOMS 6pm-8pm	28 Circle of Hope @ 12pm	29	30 Caregiver Support Group 6:30pm-8:30pm			

Youth Partnership April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	TO DO
			1	2 Youth Partnership 6:30pm-8:30pm	3 Orchards Family Fun Day 1pm-3pm	4	<p>Rutgers Jury Mock Trial @ Rutgers Camden Campus 8:30am-3:30pm</p> <p>Orchards Family Fun Day @ Camden County Library Atco NJ 1pm-3pm</p>
5 Happy Easter!	6 GLOW 6pm-8pm YLS 6pm-7pm	7	8 JIYP 6pm-8pm	9 Youth Partnership 6:30pm--8:30pm	10	11	
12	13 GLOW 6pm-8pm REACH 6pm-8pm	14	15	16 Youth Partnership 6:30pm-8:30pm	17	18	<p>NOTES</p> <p>Happy Easter!!!! Please see all the groups happening for our youth this month.</p> <p>Please see Caregiver's Calendar on reverse side!</p>
19	20 GLOW 6pm-8pm NO YLS	21	22 JIYP 6pm-8pm	23 Youth Partnership 6:30pm-8:30pm	24	25 Rutgers Jury Mock Trial 8:30am-3:30pm	
26	27 GLOW 6pm-8pm YLS 6pm-7pm	28	29	30 Youth Partnership 6:30pm-8:30pm			

ADVOCACY IN ACTION: REAL FAMILIES, REAL IMPACT

Has Camden FSO made a difference in your family's life? We'd love to hear your story! Parent, youth, and provider testimonials help us show the true impact of family-driven support and strengthen advocacy efforts across New Jersey. You can share by writing a short note, recording a video (we'll help!), or sitting down for a casual chat at our office.

Ready to share? Email us at audrey.hvizdos@camdenfso.org.

Together, let's raise our voices to protect, grow, and celebrate the support families deserve.

WWW.CAMDENFSO.ORG 1030 Kings Highway North Suite 210 Cherry Hill, NJ 08034 @camdenfso | 856.662.2600

