

# Building Stronger Families

together

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## Hey, how are you?

Hello Camden County Families,

February is often known as the month of love, but at Camden FSO, we know love is shown in more than cards, candy, or celebrations. Love is also the everyday work of showing up for your children, supporting your family, asking for help when you need it, and continuing forward even during difficult moments.

For many families, this time of year can still feel heavy. Winter routines can be exhausting, children may be struggling emotionally, and caregivers may be carrying a lot behind the scenes. That is why this month is also a reminder that connection matters.

Small moments of warmth, patience, encouragement, and consistency can have a powerful impact. A calm bedtime routine, a supportive conversation, a shared meal, or a simple moment of laughter can help children and caregivers feel more grounded and supported.

As always, Camden FSO is here to walk beside you.

Thank you for allowing us to be part of your family's journey.

With care and appreciation,  
 ~ The Camden FSO Team



## Love, Connection, and Family Support

February gives us a chance to focus on connection in all its forms. Family support is built through everyday actions that help children and caregivers feel seen, valued, and safe.

### Connection can look like:

- listening without rushing
- spending a few extra minutes together
- noticing effort and progress
- offering comfort during hard moments
- creating simple family routines
- showing children they matter every day

Children do not need perfection. They need safe, caring adults who keep showing up. Families grow stronger through trust, consistency, and support over time.

This month, we encourage families to focus on one simple question:

**How can we create one more moment of connection this week?**



## HELPING CHILDREN FEEL

### SAFE & CONNECTED

Children often communicate through behavior, especially when they are tired, overwhelmed, worried, or unsure. What may look like defiance, clinginess, or irritability is sometimes a child's way of asking, "Am I safe?" or "Will someone help me?"

Caregivers can support children by staying steady and responsive.

Helpful ways to build safety and connection include:

keeping routines as predictable as possible

using calm and simple language

offering reassurance during transitions

noticing feelings before correcting behavior

spending even a few minutes in positive one-on-one time

Connection helps children regulate. When children feel emotionally safe, they are better able to learn, cooperate, and trust the adults around them.

Even small moments of warmth can help strengthen that sense of safety.



## MULTIPLE SNOW DAYS OFF FROM SCHOOL: A SHORT STORY

### DAY 1

NO SCHOOL TODAY!  
YEEEESSSSSS!



## Self Care Circle

### Self-Care To-Do List

- Check in with your needs
- Meet one of those needs
- Be productive
- Manage your time
- Focus on stress relief
- Take a deep breath

### Caregiver Wellness: You Matter Too

Caregivers give so much of themselves to others. February is a good time to remember that your needs matter too. Wellness does not have to mean doing everything perfectly.

Sometimes it means:  
resting when you can  
asking for support  
taking a short break

drinking water and eating regularly  
taking a deep breath before responding  
giving yourself grace on the hard days

You are not failing because you are tired. You are human. Taking care of yourself is one way you take care of your family. When caregivers feel supported, families are stronger.



## FEBRUARY FAMILY FUN IDEAS



**You do not need expensive plans to make February special. Simple family activities can build connection and create meaningful moments together.**

**Try:**

- making homemade valentines
- family movie night
- baking together
- a winter walk
- library visits
- board games or card games
- creating a kindness challenge
- reading books together before bed

**Check out some more ideas [here!](#)**

**Connection is often built in the small moments families share every day.**

GROUNDHOG DAY IS CELEBRATED  
ON FEBRUARY 2.

ACCORDING TO TRADITION,  
IF THE GROUNDHOG SEES ITS  
SHADOW, THERE WILL BE  
SIX MORE WEEKS OF WINTER.

IF IT DOES NOT SEE  
ITS SHADOW,  
IT MEANS SPRING MAY COME EARLY.



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



## Gather, eat, connect, repeat.

Mealtime is about more than food. It gives families a chance to slow down, sit together, and connect during the day. Even one shared meal can create a sense of comfort, routine, and belonging for both children and adults.

Family meals help children feel safe and supported. They also give parents and caregivers a natural time to check in, listen, and talk about the day.

These small conversations can strengthen relationships and build trust over time.

Mealtime can also teach important life skills, like taking turns, sharing, listening, and trying new things. It does not have to be perfect or fancy to matter. What matters most is being together.

For busy families, even a few shared meals each week can make a big difference. Simple moments around the table often become some of the most meaningful moments at home. Check out [these great recipes!](#)

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**Parents need their people too.**



Parents spend so much time caring for everyone else that they often forget they need support too. Spending time with close friends can help parents relax, laugh, and feel more like themselves again. Time with trusted friends gives parents a chance to talk, feel understood, and recharge. It can reduce stress, improve mood, and remind parents that they are not alone. Strong friendships can also provide encouragement during hard seasons of parenting.

When parents feel supported, they are often more patient, calm, and emotionally available at home. Taking time to connect with friends is not selfish. It is a healthy part of wellness.

## 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!](#)**



# Caregiver February 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
1	2 LEAN IN MOMS 6pm-8pm SNSG 6pm	3	4	5 Souper Bowl FSO Event 6:30pm-8:30pm	6	7	Office closed Monday February 16th!!!  Volunteer Hour dates for The Kroc Center and Homeward Bound are TBD. Volunteers will be notified when we receive the dates. Thank you!!!
8	9 LEAN IN MOMS 6pm-8pm	10 Fathers Group Cathedral Volunteer 2:30pm- 5:30pm Circle of Hope @12pm	11	12 Grandparents & Brunch 12pm-2pm	13	14	
15	16 FSO Closed Holiday	17 Open House @ Orchards 4:30- 6:30pm SNSG @ Sector X 6pm	18 JIFEP Caregiver Coffee Talk 6pm- 8pm Fathers Group 7pm-9pm	19	20	21	
22	23 LEAN IN MOMS 6pm-8pm	24 Circle of Hope @ 12pm	25	26	27	28	



# YOUTH PARTNERSHIP FEBRUARY 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
1	2 GLOW 6-8pm YLS 6pm-7pm	3	4	5 Souper Bowl FSO Event 6:30pm-8:30pm	6	7	Office closed Monday February 16th!!!  Volunteer Hour dates for The Kroc Center and Homeward Bound are TBD. Volunteers will be notified when we receive the dates. Thank you!!!
8	9 GLOW 6pm-8pm REACH 6pm-8pm	10	11	12 YP 6:30pm-8:30pm	13	14	
15	16 FSO Closed Holiday	17	18 JIYP 6pm-8pm	19 YP 6:30pm-8:30pm	20	21	
22	23 GLOW 6pm-8pm YLS 6pm-7pm	24	25	26 YP 6:30pm-8:30pm	27	28	



## 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](mailto:audrey.hvizdos@camdenfso.org).

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

