

Building Stronger Families

together

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Hey, how are you?

Hello Camden County Families,

As we welcome a new year, January gives us a chance to pause, reset, and move forward with hope. After the busy holiday season, many families are stepping back into routines, school schedules, appointments, and everyday responsibilities. That transition can feel refreshing, but it can also feel overwhelming.

Please remember: progress does not have to be perfect. A new year is not about having everything figured out right away. It is about taking one steady step at a time, leaning into support, and giving yourself grace as you move forward. Whether your family is working on healing, building stronger routines, navigating challenges, or celebrating small victories, Camden FSO is here beside you.

This year, we remain committed to walking with families through every season—offering connection, advocacy, resources, and hope.

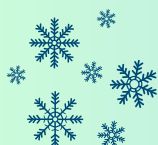
Let's begin 2026 with compassion, strength, and the reminder that every small step forward matters.



~ The Camden FSO Team 

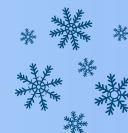
NEW YEAR, NEW HOPE FOR FAMILIES

The start of a new year can bring a sense of possibility. It can also bring pressure to change everything at once. At Camden FSO, we believe lasting change happens through small, meaningful steps.



For families, January can be a time to focus on what matters most:

rebuilding routines
 strengthening communication
 supporting children through transitions
 reconnecting as a family
 asking for help when needed



Children and caregivers thrive when they feel supported, not rushed. A calmer morning routine, one more family meal together, one kept appointment, one moment of patience during a hard day—these are the kinds of changes that build stronger families over time.

As we begin this new chapter, we encourage families to focus less on perfection and more on consistency, connection, and hope.

RESET AFTER THE HOLIDAYS: HELPING CHILDREN RECONNECT TO ROUTINE

After winter break, many children have a hard time returning to normal routines. Sleep schedules may be off, school demands return, and the excitement of the holidays may be replaced with stress, frustration, or low energy.

This is normal.

Children often respond best when adults help them ease back into structure with calm and predictability. Returning to routine does not have to happen all at once.

Small steps can make the transition smoother:

start bedtime routines earlier

talk about the week ahead

keep mornings simple and predictable

offer extra patience during emotional moments

praise effort, not just behavior

Transitions can be hard for children, especially those who have experienced stress, trauma, or change. What helps most is a calm adult presence. When caregivers stay steady, children feel safer and more able to adjust.

January is a good time to remember that routines are not about control—they are about helping children feel secure.



Self Care Circle



Sixer's Night for YP!

Our Youth Partnership members had an exciting opportunity to attend a Philadelphia 76ers game, creating a fun and memorable experience together outside of the usual program setting.

Trips like this give youth the chance to build connections, enjoy positive community experiences, and make lasting memories with their peers. It was a great night filled with energy, laughter, and team spirit. Opportunities like these help strengthen relationships, encourage social growth, and remind our youth that they are part of something special.

We are so grateful to everyone who helped make this experience possible and to the youth who brought such great enthusiasm to the event. We love seeing our young people try new experiences, have fun, and feel supported along the way.





BEST WINTER BOOKS FOR FAMILIES

Winter is a great time to slow down, snuggle up, and read together. Here are a few family-friendly books perfect for the season:

For younger children:

- The Snowy Day by Ezra Jack Keats
- Bear Snores On by Karma Wilson
- Owl Moon by Jane Yolen
- Sneezy the Snowman by Maureen Wright
- The Mitten by Jan Brett

For elementary-age children:

- Over and Under the Snow by Kate Messner
- A Loud Winter's Nap by Katy Hudson
- Winter Dance by Marion Dane Bauer
- Snowmen at Night by Caralyn Buehner

For families to enjoy together:

- The Polar Express by Chris Van Allsburg
- Froggy Gets Dressed by Jonathan London
- There Was a Cold Lady Who Swallowed Some Snow! by Lucille Colandro

Reading together during the winter helps create calm moments, build connection, and make warm family memories during the colder months.



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



Winter Family Fun in Camden County

Looking for simple ways to stay connected as a family this winter?

You do not need a big budget or elaborate plans to make meaningful memories.

Try:

- family movie night at home
- hot chocolate and board games
- library visits
- indoor scavenger hunts
- puzzles and crafts
- cooking a meal together
- a winter walk when the weather allows
- creating a family vision board for 2026

What matters most is time together.

Even small moments of laughter, creativity, and connection can help children feel supported and cared for.

* Winter Break Fun for Kids & Tweens

Looking for ways to keep your kids busy over winter break? You don't need big plans to make meaningful memories. Simple activities like puzzle challenges, family movie nights, indoor craft time, or creating your own board game can turn a cold day into a cozy one. If the weather cooperates, try ice skating, sledding, or a fun "hot chocolate outing." Families can also use the break to teach life skills, volunteer together, or clean out old toys to donate. A few intentional activities can make the whole week feel special—and give kids something exciting to look forward to! Check them out [here!](#)

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 JANUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 HAPPY NEW YEAR!!!	2	3
4	5 LEAN IN MOMS 6PM-8PM	6	7	8	9	10
11	12 SNSG@ WRTS 6PM LEAN IN MOMS 6PM-8PM	13	14 FATHER'S GROUP 7PM-9PM	15 GRANDPARENTS & BRUNCH 12PM-2PM CAREGIVER COFFEE TALK 6:30PM- 8:30PM	16	17
18	19	20 CIRCLE OF HOPE 12PM SNSG@SECTOR X 6PM	21	22 CAREGIVER COFFEE TALK 6:30PM-8:30 PM	23	24
25	26 LEAN IN MOMS 6PM-8PM	27	28	29 CAREGIVER COFFEE TALK 6:30PM-8:30PM	30	31

NOTES:
HAPPY NEW YEAR!!!
OUR FSO WILL BE IN FULL OPERATION WITH OUR SUPPORT GROUPS STARTING JAN. 12, 2026.

Youth Partnership January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Happy New Year!!!	2	3
4	5 GLOW 6pm-8pm	6	7	8	9	10
11	12 REACH 6pm-8pm GLOW 6pm-8pm	13	14	15 Youth Partnership 6:30pm-8:30pm	16	17
18	19	20	21	22 Youth Partnership 6:30pm-8:30pm	23	24
25	26 YLS 6pm-7pm GLOW 6pm-8pm	27	28	29 Youth Partnership 6:30pm-8:30pm	30	31

Notes:
Happy New Year!!!
Our FSO will be in full operation with our support groups starting Jan. 12, 2026.

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

