

Building Stronger Families

together

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Hey, how are you?

Hello Camden County Families,

March brings a sense of change. The days begin to get longer, the weather starts to shift, and many families begin looking ahead to a new season. Spring can bring hope, energy, and fresh starts, but it can also bring stress as routines change, schedules fill up, and families continue balancing everyday challenges. This month is a good reminder that growth does not have to happen all at once.

Just like spring begins slowly, families grow through small steps over time. A calmer morning, one positive conversation, one family activity together, or one moment of patience during a hard day can all make a real difference. As always, Camden FSO is here to support you through every season. Thank you for allowing us to be part of your family's journey and for all the ways you continue showing up with strength, love, and resilience.

With care

~ The Camden FSO Team



Spring Forward: Small Steps, Fresh Starts

March is often a month of transition. Families may be adjusting to changing routines, preparing for spring activities, and looking for ways to reset after a long winter. Spring reminds us that progress often starts quietly. Families do not need perfect plans to move forward. Small changes can have a big impact, such as:

getting back into a bedtime routine

spending more time outside

planning one family activity each week

creating simple goals together

checking in on emotions and stress

celebrating small wins



Fresh starts do not have to be big to be meaningful. What matters most is consistency, support, and giving yourself grace along the way.

WHY FAMILY ROUTINE STILL MATTERS

Even as the seasons change, routines continue to help children feel safe and supported. Children do best when they know what to expect. Predictable routines can lower stress, reduce power struggles, and help children feel more secure.

Routines do not have to be complicated.

Simple things matter, like:

waking up around the same time

having regular meals together

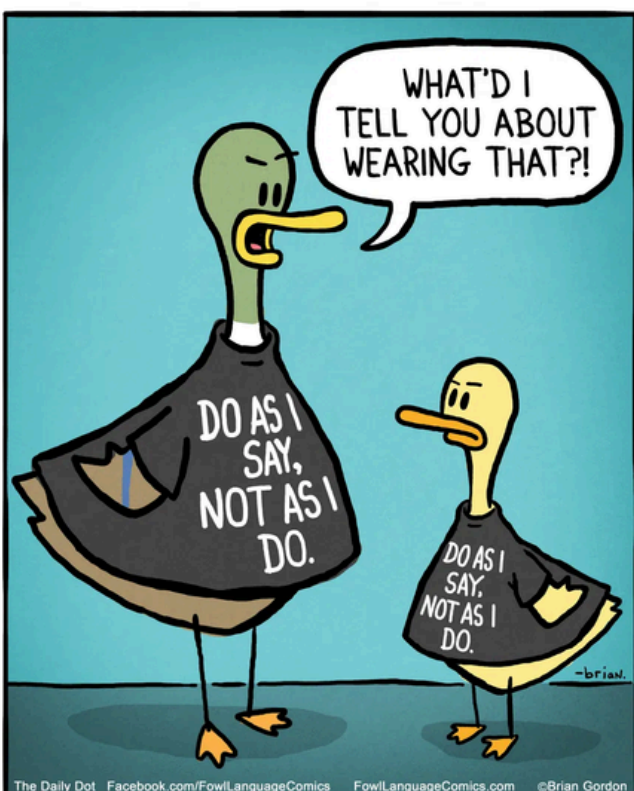
keeping bedtime predictable

building in homework or quiet time

making space for fun and connection

When life feels busy or overwhelming, routines can help families feel more grounded. Structure tells children,

“You are safe here. I am here for you. We know what comes next.”



The Daily Dot Facebook.com/FowlLanguageComics FowlLanguageComics.com ©Brian Gordon

Self Care Circle



Set it, forget it, and gather together.

Crock pot dinners can be a great option for busy families, especially when you have picky eaters at home. They make mealtime easier by giving parents a simple way to prepare warm, comforting meals with less stress at the end of a busy day.

These meals also work well for picky eaters because many crock pot recipes use familiar ingredients and soft textures that feel safe and comforting to children. Foods like shredded chicken, pasta, rice, potatoes, and mild flavors are often easier for kids to try. Families can also keep meals simple and let children add toppings or sides they enjoy.

Crock pot dinners do not have to be fancy to be helpful. Sometimes the best family meals are the ones that are easy, filling, and bring everyone to the table together.

[Here](#) is a great list of family friendly crock pot meals for you to try this month!





FRESH SEASON, FUN CREATIONS

March is a fun time to get creative together. Crafts can help children express themselves, build confidence, and enjoy quality time with caregivers.

Here are a few easy spring craft ideas for families:

- paper plate rainbows
- handprint flowers
- tissue paper butterflies
- make-your-own bird feeders
- paper shamrocks
- spring coloring pages
- egg carton caterpillars
- flower pot decorating
- find some more ideas [here!](#)

Craft time does not need to be perfect. The goal is connection, creativity, and making memories together.

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

Turning pages, building brighter futures.


Camden FSO was excited to take part in Read Across America at the Kroc Center, where families and children came together to celebrate the joy of reading. It was a wonderful opportunity to connect with the community, support literacy, and encourage children to explore the fun and power of books.

Events like this help promote learning, imagination, and family connection. We were proud to be part of a day that highlighted the importance of reading and created positive memories for children and caregivers alike. Thank you to everyone who helped make the event so special. Camden FSO always enjoys being part of community activities that bring families together and support children's growth.



CAREGIVER MARCH 2026



Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
	LEAN IN MOMS 6pm-8pm SNSG 6pm		Caregiver Coffee Talk Probation NOPE Presentation 6pm-8pm	Caregiver Support Group 6:30pm-8:30pm			<p>Happy ST. Patty's Day!!!</p> <p>Here's what's Happening at The Camden County Family Support Organization! Come check us out!</p> 
	LEAN IN MOMS 6pm-8pm	Orchards Support Group 4:30pm-6:30pm Circle of Hope 12pm		Grandparents & Brunch Grief Presentation 12pm-2pm Caregiver Support Group 6:30-8:30pm			
	LEAN IN MOMS 6pm-8pm	SNSG @ Sector X @ 6pm	Fathers Group 7pm-9pm Caregiver Coffee Talk 6pm-8pm NOPE Presentation	Caregiver Support Group 6:30pm-8:30pm			
	LEAN IN MOMS 6pm-8pm	Circle of Hope @ 12pm		Caregiver Support Group 6:30pm-8:30pm			
	LEAN IN MOMS 6pm-8pm						
	LEAN IN MOMS 6pm-8pm						

Youth Partnership March 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	GLOW 6pm-8pm YLS 6pm-7pm		JIYP NOPE Presentation 6pm-8pm	Youth Partnership 6:30pm-8:30pm		
	GLOW 6pm-8pm REACH 6pm-8pm			Youth Partnership 6:30pm-8:30pm		
	GLOW 6pm-8pm YLS 6pm-7pm		JIYP NOPE Presentation 6pm-8pm	Youth Partnership 6:30pm-8:30pm		
	GLOW 6pm-8pm YLS 6pm-7pm			Youth Partnership 6:30pm-8:30pm		
	GLOW 6pm-8pm YLS 6pm-7pm					

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.hvizados@camdenfso.org.

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

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