

Building Stronger Families

together



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Hey, how are you?

Hello Camden County Families,

As we move into November, a month wrapped in gratitude and reflection, we're reminded how powerful it is to slow down and notice the good around us. Whether it's a simple family dinner, a youth's success at school, or a kind word exchanged between caregivers, every act of appreciation strengthens our community.

November is also National Family Caregivers Month, a time to honor those who give tirelessly—parents, siblings, grandparents, and guardians who show up every single day for their loved ones. Your care, advocacy, and resilience are the heart of what makes Camden FSO a true family.

Let's make this month about gratitude, growth, and grace—and continue building stronger families, together.

~ The Camden FSO Team 

NATIONAL FAMILY CAREGIVERS MONTH: CELEBRATING THOSE WHO GIVE SO MUCH

Every November, we recognize the incredible caregivers who provide love, patience, and support to family members with unique needs. This year's national theme, "Caregiving Around the Clock," shines a light on the emotional and physical strength it takes to care for others—often while balancing jobs, schooling, and self-care.

How You Can Celebrate:

Send a note of appreciation to a caregiver you admire.

Take time for yourself—rest, reflect, and recharge.

Join Camden FSO's Caregiver Coffee Talk or Circle of Hope for connection and support.

Practice self-compassion: remember, caring for yourself is caring for your family.

CHECK OUT THE CAREGIVER ACTION NETWORK FOR RESOURCES AND SUPPORT!



DID YOU KNOW?

CAREGIVERS ARE THE BACKBONE OF FAMILY AND COMMUNITY RESILIENCE—PROVIDING OVER 34 BILLION HOURS OF UNPAID CARE NATIONWIDE EACH YEAR. YOUR EFFORTS MAKE A DIFFERENCE FAR BEYOND WHAT'S SEEN.

GRATITUDE IN ACTION: BUILDING FAMILY CONNECTIONS

Gratitude doesn't just feel good—it creates stronger relationships and reduces stress for both parents and youth. Try one of these simple ways to bring thankfulness into your family's daily routine:

Start a "thankful jar" where everyone adds notes of appreciation.

Share "three good things" at dinner each night.

Write gratitude letters to teachers, mentors, or coaches.

Volunteer together this season through local food drives or youth-led projects.

Even small acts of appreciation remind children (and adults!) that they're valued and connected.



What Do We Mean by "New Adult"?

A new adult is someone who has recently transitioned from the teen years into adulthood and is beginning to navigate the responsibilities, independence, and life changes that come with this stage. This might include learning to manage personal schedules, work or school responsibilities, social relationships, and self-advocacy.

New adults are often exploring who they are, what they want, and how to move confidently through the world. They may still need support developing social and emotional skills, building friendships, or practicing everyday life skills—but they are also ready to be treated with respect, autonomy, and encouragement.

Our REACH Group is designed to empower new adults by providing:

- A safe, judgment-free space
- Opportunities to practice communication and social skills
- Support in building confidence and self-advocacy
- A community of peers going through similar experiences
- Fun, meaningful activities that foster connection and personal growth

In short, a new adult is someone stepping into independence while still learning how to find their footing—and we're here to walk alongside them.



Self Care Circle

HOLIDAY STRESS & MINDFULNESS TIPS

The holiday season can bring both joy & overwhelm.

Here are a few mindful reminders to help caregivers find balance:



REMEMBER: SELF-CARE IS NOT SELFISH—IT'S SURVIVAL





We need your help!

RONALD MCDONALD HOUSE

GRANDPARENTS HOST BREAKFAST @ THE RONALD MCDONALD HOUSE THURSDAY, NOVEMBER 13TH 8AM-10AM

Grandparents will volunteer cooking and serving about 55 people residing in the Ronald McDonald House. We will need help with donations, cooking, and service. We will be serving breakfast tacos, home fries, yogurt parfaits, fresh sliced fruit, assorted pastries, and assorted juices. We are in need of 10 volunteers.

Please contact Peter or Tia if you are interested in helping!

Peter Burgos 856-236-0090
Tia Burgos 856-383-7748
550 Mickie Blvd, Camden, NJ 08103
www.camdenfso.org
www.rmhsnj.org




Grandparents Give Back:

Camden FSO Volunteers to

Host Breakfast at Ronald McDonald House

On Thursday, November 13th, from 8:00 AM to 10:00 AM, members of our Grandparents Program will be volunteering at the Ronald McDonald House in Camden to prepare and serve breakfast for approximately 55 families currently staying there. The Ronald McDonald House provides a supportive “home-away-from-home” for families whose children are receiving vital medical care at nearby hospitals.

This service project is a meaningful opportunity for our grandparents to connect, support others, and give back to families facing challenging and uncertain times. Volunteers will be preparing a warm and welcoming breakfast menu, including breakfast tacos, home fries, yogurt parfaits, fresh fruit, pastries, and assorted juices.

We are still in need of volunteers and donated items to help make this event a success. Whether you love to cook, offer a helping hand, or simply share time and kindness, your support will make a heartfelt difference.

If you would like to participate, please contact:
Peter Burgos: 856-236-0090 or Tia Burgos: 856-383-7748

We are grateful to the Ronald McDonald House Southern New Jersey for their continued partnership and to our incredible grandparents for showing what compassion in action looks like.

Together, we are stronger, and together, we serve families with love, dignity, and community.

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



**JOIN US FOR YOUTH PARTNERSHIP'S ANNUAL
MULTICULTURAL NIGHT ON
NOVEMBER 20TH!**

We are excited to invite our Youth Partnership members, families, and community friends to our Annual Multicultural Night on Wednesday, **November 20th from 6:00 PM to 8:00 PM!**

This special evening is all about celebrating the many cultures, stories, and traditions that make our youth and families beautifully unique. We invite everyone to bring a dish, dessert, or drink from your culture, along with three fun facts about your heritage to share. Whether it's a favorite family recipe, a holiday tradition, a song, or a story—your contribution helps us learn from one another and build stronger connections.

Youth Partnership creates a space for young people to be heard, valued, and supported—and nights like this remind us of the importance of belonging and community. We look forward to sharing food, laughter, and new discoveries together!

Questions? Please contact Peter Burgos at 856-236-0090.



**PLEASE JOIN US FOR
YOUTH PARTNERSHIP'S
ANNUAL**

Multicultural Night

NOVEMBER 20TH

6 PM - 8 PM

**1030 Kings HWY N Suite 210
Cherry Hill, NJ 08034**

Please bring a dish, dessert, or a drink of your culture along with 3 fun facts about your culture to share with everyone.

Questions Please contact
Peter Burgos @ 856-236-0090

Youth Partnership
Let yourselves be heard

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 November 2025

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Happy Holidays!!!

3 Lean In Moms
6pm-8pm
SNSG @ WRTS
6pm

4 No Support
Groups

5 JIYP NOPE
Presentation
6pm-8pm

6 Caregiver Coffee
Talk
6:30pm-8:30pm

10 Lean In Moms
6pm-8pm

11 No Support
Groups

12 Fathers Group
7pm-9pm

13 Grandparents &
Brunch @ Ronald
Mc Donald House
Caregiver Coffee
Talk 6:30pm-
8:30pm

17 Lean In Moms
6pm-8pm

18 SNSG @ Sector X
6pm

19

20 Caregiver Coffee
Talk &
Multicultural
Night 6pm-8pm

24 Lean In Moms
6pm-8pm

25 Circle of Hope
12pm

26

27 No Support
Groups

1

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8

14

15

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22

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NOTE!!!

There will be no Support Groups on the following dates: Nov. 4th, Nov. 11th, and Nov. 27th

Grandparents & Brunch will be meeting at the Ronald Mc Donald House to serve dinner to the families.

Nov. 20th We will be having our Multicultural Night details to follow.

YOUTH PARTNERSHIP NOVEMBER 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

HAPPY HOLIDAYS!!!



2

YLS 6PM-7PM
GLOW 6PM-8PM

3 NO SUPPORT GROUPS
ELECTION DAY

4 JIYP NOPE PRESENTATION
6PM-8PM

5 YOUTH PARTNERSHIP
GUEST SPEAKER
6:30PM-8:30PM

6

7

8

9

REACH 6PM-7PM
GLOW 6PM-8PM

10 NO SUPPORT GROUPS
VETERANS DAY

11

12 YOUTH PARTNERSHIP
GUEST SPEAKER
6:30PM-8:30PM

13

14

15

16

YLS 6PM-7PM
GLOW 6PM-8PM

17

18

19 YOUTH PARTNERSHIP
MULTICULTURAL NIGHT
6PM-8PM

20

21

22

23

YLS 6PM-7PM
GLOW 6PM-8PM

24

25

26 NO SUPPORT GROUPS
HAPPY THANKSGIVING

27

28

29

30



PLEASE SEE REVERSE SIDE FOR CAREGIVERS CALENDAR!!!



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

