

Building Stronger Families

together



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Hey, how are you?

Hello Camden County Families,

Welcome to October! 🍂 As the leaves change and routines settle in, this season reminds us to pause, reflect, and reconnect. October brings important conversations about bullying prevention, youth mental health, and caregiver wellness—topics that affect families across every community. Whether your child is facing school stress, sibling dynamics, or challenges with confidence and belonging, Camden FSO is here for YOU. Together, let's make this month one of kindness, advocacy, and connection. ❤️



~ The Camden FSO Team ❤️



❤️ NATIONAL BULLYING PREVENTION MONTH: STANDING TOGETHER

October is National Bullying Prevention Month, a powerful reminder that kindness and inclusion can change lives. Bullying, whether in person or online, can leave lasting emotional scars, especially for youth with disabilities, LGBTQIA+ students, or anyone who feels “different.”

Families play a key role in prevention. Keep communication open with your child—ask gentle, open-ended questions like, “Have you seen anyone being treated unfairly at school?” or “How are things going with your friends?” Watch for warning signs such as sudden mood changes, lost belongings, or reluctance to go to school. If bullying occurs, document what happened and follow up in writing with school staff to ensure proper action is taken.

Let's unite for kindness and inclusion! On Unity Day, October 22, wear **ORANGE** to show your support and help spread the message that no one should ever feel alone.

🔗 Resource: [PACER Bullying Prevention Center](#)