

Strengthening Families

Speaker Series

at the Danbury Library

Spanish Speaking Parents Series

Wednesday, September 14, 21 & 28, 5:45 to 6:45 pm

Este grupo se enfocara en ayudar a los padres a aprender estrategias que ayuden a sus hijos a convertirse en adultos independientes. Aprenda como usted puede hacer una gran diferencia en ayudar a sus hijos a alcanzar el exito! Tambien tendra la oportunidad de compartir sus experiencias con otros miembros, brindandose ayuda mutua y aprendiendo e intercambiando estrategias que promuevan una buena comunicacion con sus hijos. Animese a participar y unase con otros padres por una hora donde tendremos: actividades divertidas y un lugar donde usted puede expresar sus ideas!

English Speaking Parents Series

Tuesday October 4, 11 & 18, 5:45 to 6:45 pm

Living with teenagers can be overwhelming. Overnight, children you were once close to seem to turn into independent strangers with thoughts, tastes, and values all their own. What's a parent to do? Come discuss topics such as: Why Your Teen Thinks They Know Everything, Defining realistic expectations, setting consequences and providing healthy limits.

Where The Boys Are for Middle School Age Boys

Tuesday October 25, 5:45 to 6:45 pm

This group will focus on learning, practicing, and using positive communication skills, social skills, conflict resolution, problem solving, and overall building healthy relationships. The group will learn to identify their own strengths and learn ways to avoid becoming involved with risk taking behaviors. Each member will also be given opportunities to empower and motivate each other in positive ways, and learn how meaningful relationships can benefit their lives.

Paint Your Inner Light Mindfulness Group for High School Girls

Tuesday, November 1, 5:45 to 6:45pm

Find your "Inner Light"! Come explore the connection between mind and body, using art to express and embrace your inner light! We look forward to seeing you there!

PeaceLove Expressive Arts Program for Middle School Girls

Tuesday, November 8, 5:45 to 6:45pm

PeaceLove Creators use expressive art to workshops utilizing visual arts, storytelling, sound and movement to inspire, heal, and communicate emotions.

Life is Good Playmaker™ Celebration For Families

at Family & Children's Aid, 80 West Street in Danbury

Thursday, November 17, 7 to 8 pm

Programs offered through a collaboration by:



Family & Children's Aid
Improving children's emotional and behavioral health



For more information, visit fcaweb.org