



**Family Support Organization  
of Bergen County**

## **2017 Winter Educational Series-January**

*All programs are **FREE** to participants and open to the public*

### **What about You?...*Stress-LESS Parenting!***

**\*\*Monday, January 23<sup>th</sup>, 7:00-8:30pm**

Topic:

Parents and caregivers are always given advice on what is best for their children but what about You?! Raising children isn't easy. You will learn what you can do to help keep your feelings of stress at an all-time low.

Presenter: Stephanie Drag, MA, NCC  
Program Director, Children's Aid and Family Services

Location: Family Support Organization of Bergen County  
0-108 29<sup>th</sup> Street (for GPS use 108 29<sup>th</sup> Street)  
Fair Lawn, NJ 07410

*\*Please register by Thursday, January 19th*

### ***Always keep in mind...***

Every **Wednesday, 7-8:30pm** we offer a Weekly Support Group for Parents/Caregivers at our Fair Lawn Office

*Yes, there is Adult supervision for youth age 5yrs and older while the parent/caregiver is participating in the Support group!*

### ***Ready to Register....Any questions??***

***Email: [ls@fsobergen.org](mailto:ls@fsobergen.org) Phone: 201-796-6209 x102***

***Website: [www.fsobergen.org](http://www.fsobergen.org)***

and/or substance use challenges. FSOBC is a non-profit organization whose board and staff are parents or caregivers of youth with these challenges.