

Palm Beach County Substance Awareness Coalition is supporting this effort by engaging our community partners to participate in the *Second Annual Strengthening Family Dinner*.

Traditionally, the community partner hosts a potluck dinner for their community participants. On each table at the dinner, there are conversation starters, activity placemats and other activities are offered throughout the evening that supports increasing family bonds. The host organization, lead member will share a five minute speech on how eating four or more meals together creates a positive impact on children's health and well-being. At the end of the dinner each family member leaves with a Recipe for Family Success packet that provides additional resources and activity suggestions.

“Uniting Palm Beach County by strengthening children, families and neighborhoods in their resolve to reduce and prevent alcohol and drug use, creating a drug free community”.



Palm Beach County
Substance Awareness Coalition

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Strengthening



*Recipe
for Success*

Dinner

Presented by



What is Strengthening Family Dinner

“America’s drug problem is not going to be solved in courtrooms or legislative hearing rooms by judges and politicians. It will be solved in living rooms and dining rooms and across kitchen tables – by parents and

Parental engagement matters!

Over the past 15 years researchers have confirmed what parents have known for a long time: sharing a family meal is good for the spirit, the brain and the health of all family members. Recent studies link regular family dinners with many behaviors that parents pray for: lower rates of substance abuse, teen pregnancy and depression, as well as higher grade-point averages and self-esteem.

Family Day is a national movement to celebrate parental engagement as an effective tool to help keep America’s kids substance free.

How can you help:

Assist in obtaining additional community partners (faith organizations, community centers, school centers, etc.) to participate in a Strengthening Family Dinner in September.

Promote the movement through all available media forms, web, social and traditional media where appropriate.

What the Coalition can provide

A short manual on how to host an effective Strengthening Family Dinner.

Designs and provides “Recipe for Family Success” packets.

Up to \$250 rental fee to each facility participating (up to 10 total sites, funds are limited).

Why should I worry about my child experimenting?

Adolescence is the critical time when kids are at risk of experimenting with nicotine, alcohol and other drugs. In fact:

- Nine out of 10 Americans who meet the medical criteria for addiction started smoking, drinking, or using other drugs before age 18.
- Addiction is a disease that in most cases begins in adolescence.
- Preventing or delaying teens from using alcohol, nicotine or other drugs for as long as possible is crucial to their health and safety.

<http://casafamilyday.org/familyday>

