



# Military Family Nights Program


*For the toughest job you'll ever have...  
**being a parent!***

*For Military Families with children age 10-14.*

*All branches welcome!*

**Thursday evenings • 6:00 to 8:00 p.m.  
7 consecutive weeks • Starting January 13, 2010**

Good Shepherd Lutheran Church  
300 Union Avenue, Somerville, NJ 08876



This program, based on the nationally researched Strengthening Families Program, provides families with an opportunity to bond through fun family activities and skill building sessions that will help both parents and kids.

- **Free family dinner provided at each session**
- **Gift cards & incentives for participating**
- **Free childcare provided for younger children**
- **Build family communication**
- **Identify core family values**
- **Encourage proactive behavior**
- **Develop positive coping skills**
- **Protect against substance abuse**

January 13  
January 20  
January 27  
February 3  
February 10  
February 17  
February 24

**A big Thank You to Good Shepherd Lutheran Church  
for generously donating the use of their facility for this  
program facilitated by EmPoWER Somerset.**

**All are welcome!**

To register for this program, contact EmPoWER Somerset at 908-722-4900 or  
[info@EmPoWERSomerset.com](mailto:info@EmPoWERSomerset.com) or register online at [www.EmPoWERSomerset.com](http://www.EmPoWERSomerset.com)

