

# Join Us For **Family Nights Out Program**

**Come and enjoy practicing valuable communication and family bonding skills in this FREE 7-session “Family Nights Out” series. This program is for families with youth who are 10 - 14 years old. Dinner will be served.**

**Dates: Thursdays (7 sessions)  
December 1, 8, 15, 22, 2022  
January 5, 12, 19, 2023**

**Time:  
6:00pm - 8:30pm**

**Where:  
Wellspring Center for Prevention, Suite 105  
620 Cranbury Road East Brunswick NJ, 08816**

**To Register visit:  
<https://tinyurl.com/2axz8cdz>**

**For more information, contact Heather Ward at  
[heather.ward@wcpnj.org](mailto:heather.ward@wcpnj.org)**

