

South Florida

F Family Day

A day to eat dinner with your children.

Your family is invited to enjoy
a free meal!

Sharing a meal together, whether it is at the dinner table or on the go, or anywhere else, is the perfect setting for you to talk with your kids and listen to what is on their mind! Your children tell us time and time again that you are the #1 influence in their life and they want you to know it. Research proves that the more often kids eat dinner with their families, the less likely they are to use alcohol and other drugs. We encourage you to make the commitment to sharing a family meal at least 3-4 times per week!

Dinner makes a difference!



What else can you do?

Commit to spending more time together by sharing a family meal together at least 3-4 times per week
Learn to text and stay connected
Remember your children and teens tell us you are the #1 influence in their life

For more information, please contact the South Florida Coalition Alliance at **1-800-334-4568**

