



# Center For Family Services

*Vision, Hope and Strength for a Better Life*

*www.centerffs.org*

## **News Release**

**For Immediate Release**

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### **HEALTHY FAMILIES INSPIRES FIRST-TIME MOTHERS**

**CAMDEN, NJ** – Healthy Families, a phenomenal program at Center For Family Services, recently graduated seven women who were struggling at becoming first-time mothers from their program. Since graduating, one of those women has gone to college, another has become a substitute teacher, and all of the parents went above and beyond to learn how to become good parents.

According to Program Coordinator Teryl Torres, clients only need to reside in Camden County and be first time mothers to be eligible. But some women might need a little more help than their family can provide, and those are the women the program helps the most.

Healthy Families is a free and voluntary, long-term, in-home program. An energetic staff of seven work closely with expectant and new mothers, offering support and referral services. They provide classes that teach moms and dads parenting and disciplining, along with the skills to help parents budget money and time.

Torres said, “As one graduate of the program stated, the program is ‘constant;’ she always knew staff were there to assist when needed.”

Many of the clients do not speak English as a first language, so they provide many books and resources in Spanish.

The program extends from the mother’s pregnancy to their child’s 4th or 5th birthday.

Torres said that the goal of Healthy Families is to “prevent child abuse and neglect, to teach parenting, bonding, and child development.

“The purpose is to empower the young mother, not enable her, and to help the parents and relatives of the mother and father, should he choose to become involved, in reaching out to community resources to strengthen the family.”

On April 28, at 11 a.m., the graduates of the Healthy Families program will be at Center For Family Services along with Torres to meet and discuss their accomplishments. To find out more information, contact (856) 316-5932.

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