



## WHO WE ARE

Parenting is a difficult job that receives little-to-no training. For many working families, the pressures of everyday living on top of the demands of raising children can lead to stress and frustration, causing a rift in a family member's relationships with one another.

Since 1969, Parents Anonymous of New Jersey has built strong, resilient families by partnering with parents and caregivers to become the best possible role models for their children. We provide weekly community-based support groups for parents and separate groups for their children where they work with trained facilitators to process traumatic experiences and learn coping mechanisms for stress. In turn, families develop the tools to strengthen their relationships with one another, reach their full potential and thrive.



## A HOLISTIC APPROACH TO FATHERHOOD

Building strong relationships between parents or caregivers and their children means partnering with whole families to work together to support each other's goals across all areas of life. Together, families achieve long-term change and stability as a unit. Our work is guided by the Whole Family Approach, a family-led strategy that equips adults and children with the tools to set, plan and achieve their goals together.

Launched in 2005, our Father Time initiative provides parenting support, trauma-recovery resources, social connection and leadership training specifically for fathers and father figures in Monmouth County, New Jersey. By developing strong bonds, fathers and their families are better positioned to achieve their goals, including financial wellness, health, academic achievement and career advancement.

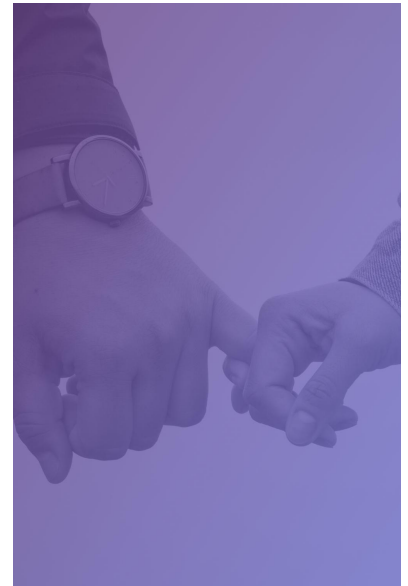


# BUILDING FAMILY STABILITY AND WELL-BEING

We recognize that all areas of life are interconnected. Families cannot address one area without factoring in another. Learnings from seven years of research, conducted by the Senator Walter Rand Institute for Public Affairs among eight nonprofit collaboratives implementing the Whole Family Approach in Southern New Jersey, show positive changes for families with two caregivers:

- Primary caregivers report a significant improvement in children's educational outcomes.
- Both caregivers feel a significant increase in the help given and received in their relationship.
- Secondary caregivers report significantly reduced financial stress.

These findings reinforce the positive impact of the holistic services we offer including: caregiver support groups, parent leadership training classes, workshops for children and youth and a variety of dynamic community events.



## OUR IMPACT

Families we partner with see the following results:

**83%**  
OF FAMILIES MORE  
FREQUENTLY PREPARING AND  
EATING MEALS TOGETHER

**83%**  
OF FAMILIES INCREASE  
TIME SPENT COMPLETING  
SCHOOL WORK TOGETHER

**67%**  
OF FAMILIES  
INCREASE SELF-CARE  
ACTIVITIES

## BUILDING COMMUNITY DURING COVID-19

Hector began attending weekly Father Time meetings after losing his job during the COVID-19 pandemic. His five children, all under age 14, struggled with virtual learning, and two lived with learning disabilities that made the challenges more pronounced. Hector struggled to effectively support his children and cope with the fear, isolation and sadness he was experiencing. Through weekly Father Time meetings, Hector was able to build a support network with other dads who were experiencing similar challenges with their children, share coping mechanisms for dealing with stress and develop tools to more effectively support his children.

## OUR RESILIENCE

The COVID-19 pandemic has brought great uncertainty for the families we work with, and maintaining strong family relationships is more important than ever. We are supporting families to weather this crisis with:

- Online support groups
- Resources for digital learning support
- Strategies for caregivers to discuss COVID-19 and other difficult topics with their children
- 24-Hour Parent Helpline: 1-800-THE-KIDS

## TAKE ACTION

Building strong, resilient families is a community effort.  
Join us to give all families the stable, loving homes they deserve.

