



# STRONGER FAMILIES

## WHO WE ARE

Stronger Families was founded in 2014 to empower families in the Greater Bridgeton area of New Jersey with the skills and support network to flourish. We provide free, confidential coaching along with a variety of services for families to identify and achieve their goals. Our program has a three-pronged focus on at-risk youth, families in the community, and working with caregivers who have experienced incarceration. Whether a family dreams of owning a home, sending a child to college, or helping a family member rebuild their lives after incarceration, we are here to guide them through that journey.

Families who come to us know we are committed to positively transforming the lives of caregivers and their children through meaningful ways. Our specialized services aid in making our community stronger every day.

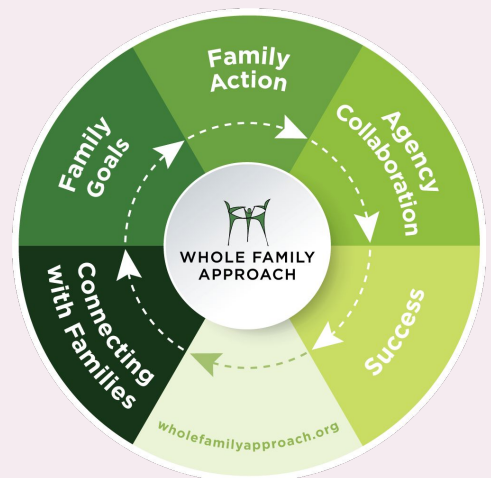
Our collaborative brings together the strengths of six nonprofits to connect families with a full range of services: Temple Vision, United Advocacy Group, Police Athletic League of Bridgeton, the Rowan College of South Jersey, and the Bridgeton Family Success Center.

## THE WHOLE FAMILY APPROACH

**Although families are made up of individuals, each member's challenges and successes are interdependent.**

Our work is guided by the Whole Family Approach, a family-led strategy which equips adults and children with the tools to set, plan for, and achieve their goals together. When the whole family works together to support each other's goals, long-term change and stability become a reality.

Each family is paired with a trained Family Advocate who coaches family members to self-identify their goals and work towards achieving them. Family Advocates act as a trusted entry point for all family members to access the wide ranging services our network provides. Seamless collaboration between nonprofits in our collaborative yields better access to services, ensures a coordinated effort to track families' progress and improves the well-being of the entire family.



EVALUATION PARTNER



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# BUILDING FAMILY STABILITY & WELL-BEING

We recognize that all areas of life are interconnected. Families cannot address one area without factoring in another. Findings 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, including Stronger Families, 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.

These findings reinforce the positive impact of the holistic programs we offer our communities: life coaching, reentry support for families who have a loved one incarcerated in Cumberland County Jail, and structured after school activities for children.



## OUR 2020 IMPACT

**100+**

**Families and individuals participated in events and enrichments**

**25**

**Individuals secured a job**

**200+**

**Children participated in Police Athletic League activities**

## COMING OUT STRONGER

While incarcerated at Cumberland County Department of Corrections, Bill and his family began working with Stronger Families in hopes of using this time productively. While in prison, he and his Family Advocate created a plan for goals he hoped to complete during and after his prison sentence, including completing his GED and enrolling in college, obtaining employment, paying fines he owed, and improving his relationship with his children. While in prison, Bill obtained his GED and, since his release, has enrolled in Cumberland County College. Shortly after his release, Bill began visiting his children with support from his Family Advocate, who worked with his children's mother to open up to this and prepare the children for more visits. He also paid off most of his fines and secured employment. Through dedication and a solid support system from Stronger Families, Bill turned a turbulent time into a positive turning point in his life.

## OUR RESILIENCE

The COVID-19 pandemic has challenged the families we serve. Through it all, we ensured our families maintained their gains and continued to thrive. We are supporting families during this crisis by:

- Kept in contact with kids through Zoom with fun activities aimed to relieve stress and provide change from their normal routine
- Provided family enrichment activities like trivia and scavenger hunts through Zoom
- Created Facebook groups like 'Real Men, Real Talk' to create a safe space for men to connect with each other

## TAKE ACTION

Join us in creating a world where families define, create and live the futures they dream of. Become a donor, partner or volunteer today!