



An online resource for Essex County parents!

Your first stop when you have a parenting dilemma that needs an answer
NOW.

supportingparentssexnj.org

(spenj.org)

- ✓ **INFORMATIVE ARTICLES**
- ✓ **A CALENDAR OF LOCAL ACTIVITIES AND PROGRAMS**
- ✓ **RESOURCES TO GET THE HELP YOU NEED**
- ✓ **LINKS TO HELPFUL WEBSITES**

Our goal is to provide you with what you need to know - the things that will be helpful and relevant to **your family's** needs.

Focusing on local resources, **supportingparentssexnj.org** is your first stop for finding up-to-date parenting advice, your go-to website for locating the parenting resources and programs you need to navigate the challenges of twenty-first century parenting.

You can be confident that the **Supporting Parents of Essex County NJ** website will lead you to information that will help you make the most of family life.