

Letter: Darien Family Day Dinner Attended by 150

Author : David Gurliacci

Categories : [Community Organizations](#), [Darien YMCA](#), [Letters to the Editor](#), [Parents & Kids](#), [Teens](#)

Tagged as : [Darien Youth Commission 2017](#), [Family Day Dinner](#), [Family Day Dinner 2017](#), [Thriving Youth Task Force 2017](#)

Date : October 3, 2017



To the editor:

On Friday, Sept. 22, approximately 150 people enjoyed the hospitality of the YMCA at the 7th Annual Family Day Dinner.

Sponsored by the Darien YMCA, the Thriving Youth Task Force (a subcommittee of The Community Fund of Darien) and the Darien Youth Commission, *Family Day — A Day to Eat Dinner with Your Children* was launched in 2001 by The National Center on Addiction and Substance Abuse at Columbia University.

Family Day is a national movement that reminds parents that the engagement fostered during frequent family dinners is an effective tool to help keep America's kids substance free.

Family meals are the perfect time to talk to your kids and to listen to what's on their mind. The more often kids eat dinner with their families; the less likely they are to engage in risky behaviors. Dinner Makes A Difference!

Thanks to Heights Pizza, for providing a delicious dinner. And thanks as well to the members of the Thriving Youth's YAT (Youth Asset Team), SADD, the YMCA staff and the Darien Youth Commission for offering their hands-on support at this event.

We are incredibly grateful to the YMCA and the wonderful staff who work there.

Darienite

News for Darien

<http://darienite.com>

They once again graciously hosted this event granting families the chance to enjoy each other's company in a stress-free, fun-filled environment. Gym games, arts and crafts, face painting and swim-time were some of the options people could choose.

And all families left with goodie bags providing information about the 40 Developmental Assets and fun stuff as well!

For additional information on the Thriving Youth Task Force and the importance of its role in our children's development, visit [the taskforce's page](#) on the Community Fund of Darien website.

Kind regards,

Emily Larkin, Co-Chair and Coordinator, Thriving Youth Task Force

Alicia Sillars, Co-Chair, Thriving Youth Task Force