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Register Now for the Sept 22 Darien Family Day Dinner

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Tagged as : [Community Fund of Darien 2017](#), [Family Day Dinner](#), [Lower Fairfield County Regional Action Council Thriving Youth Task Force 2017](#)

Date : September 7, 2017

Join the Darien community for "Family Day Dinner" on Friday, Sept, 22, at the Darien Y. "Family Day Dinner" will include dinner, swimming, open gym time, arts & crafts, games, and an evening of fun for the whole family.

This free, fun-filled family event promotes the concept that families who regularly dine together minimize future risk factors.

Family Day Dinner was originally launched in 2001 by The National Center on Addiction and Substance Abuse at Columbia University.

"Research shows that the more often kids eat dinner with their families, the less likely they are to engage in risky behaviors. In addition, these kids are more likely to have more family support, positive peer influences

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and positive adult role models. Darien is thrilled to again be sponsoring Family Day Dinner," Darien Youth Director Alicia Silvers and Thriving Youth Task Force Coordinator Emily Larkin said in a letter.

"This event is one way the community can continue to support the 40 Developmental Assets the Thriving Youth Task Force has been actively promoting since 2008," they said in the letter.

This event is free, but space is limited so reservations are required. To RSVP (deadline is Sept. 20) simply email YouthCommission@DarienCT.gov. Please put "Family Day Dinner" in the subject line, and include family names and number of family members attending in the text of the email. An acknowledgement of receipt of the reservation will be returned by email.

For additional information, please email Alicia Sillars at YouthCommission@DarienCT.gov.

This event is sponsored by:

The Darien YMCA

The Darien Youth Commission

The Community Fund of Darien

The Lower Fairfield County Regional Action Council

The Thriving Youth Task