

Reserve Seats Early for Darien's Family Dinner Day on Sept 21

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Date : September 7, 2018

Come to the Darien YMCA on Friday, Sept. 21 for Darien's annual "Family Dinner Day," a free dinner for parents and their kids celebrating the simple things that keep families connected and strong.

The evening event, from 6 to 7:30 p.m., includes dinner, swimming, open gym, arts & crafts, games, goodie bags and an evening of fun for the whole family.

Space is limited so reservations are required. (See details below.)

While this event is open to all, the organizers are focusing on families with preschool through elementary school aged children.

The event is sponsored by the Thriving Youth Task Force, the Darien YMCA, The Community Fund of Darien & the Darien Youth Commission.

UPDATE: Letter from Darien Youth Director Alicia Sillars

Just after this article was published, Alicia Sillars sent a letter to the editor about the event. Here's an excerpt (other parts of her letter repeated what's in this article):

- 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 and positive adult role models. Darien is thrilled to again be sponsoring Family Day Dinner.
- 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.

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The local event is part of a "Family Day" national initiative spearheaded by CASA — the National Center for Addiction and Substance Abuse at Columbia University).

(For additional information regarding the importance of Family Day Dinner, visit [this CASA Web page.](#))

Family Day works with organizations across the country to educate parents about how everyday activities, like sharing a meal, playing a game, or asking about their day, can make a difference in the life of a child.

With the support of corporations, community leaders, Major League Baseball teams, schools and thousands of local groups, Family Day helps communities prevent teen drug use.

If You're Going ...

- To RSVP (deadline is Sept. 19), simply e-mail youthcommission@darienct.gov. Please put "Family Day Dinner" in the subject line. In the body of the email, please include family name and number (and names) of family members attending.
- An acknowledgement of receipt of your reservation will be e-mailed back to you. For additional information, contact Alicia Sillars (asillars@darienct.gov).