

Join us in celebrating
**Family Week -
A Week to Eat Dinner with Your Children**

September 26 — October 2, 2010

Did you know that the simple act of sharing regular family dinners can make children less likely to drink, smoke, or abuse drugs?

The National Center on Addiction and Substance Abuse at Columbia University has consistently found that kids who eat dinner with their families five or more times a week are less likely to smoke, drink or use drugs—and they are more likely to get better grades. Research also indicates that family meals help kids develop good language skills and healthier eating habits.

Let's give our kids what they really want and need - regular time with their families around a dinner table.

Dinner Makes a Difference!



For more information, visit www.substancefreekids.ri.gov/family_week