

What if there was a single activity that was proven to have **lifelong benefits** for the **physical, emotional and social health** of every person who engaged in it regularly?

What if that activity was **available to almost anyone who wanted to do it**, right in their own homes?

That activity exists, and it's the **family dinner**.

## **Come join us for a free workshop series on**

**Food, Fun, and Conversation about things that matter  
with The Family Dinner Project**

**at the Grandparents Raising Grandchildren Support Group**

**Monday, April 8, 2019 @ 6:00p.m.**

**YWCA, 1 Salem Square**

**Worcester, MA 01608**

**\*\*\*Registration Required-Please call Elder Services of Worcester Area-  
508-756-1545**

This workshop series will provide opportunities for parents and grandparents to speak about dinner challenges and to share mealtime resources and wisdom while building community with other parents and grandparents.

**The Family Dinner Project (TFDP)** is a growing movement of food, fun and conversation about things that matter. A non-profit organization based out of the offices of Project Zero at Harvard University, we are dedicated to increasing the frequency and quality of shared meals for all families. TFDP works with groups across the country, helping participants understand research that links family dinners to positive child development; discuss the challenges of family dinners; share ideas to overcoming dinnertime challenges; and learn how to make the most of family conversations and how to make the dinner table a place for creative and bonding play.



**Connect with us!**

[TheFamilyDinnerProject.org](http://TheFamilyDinnerProject.org)

[contact@thefamilydinnerproject.org](mailto:contact@thefamilydinnerproject.org)

[Facebook.com/thefamilydinnerproject](https://www.facebook.com/thefamilydinnerproject)

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