



Family Day

Be Involved. Stay Involved.®

Monday, September 25, 2017



Archbishop Leonard P. Blair encourages families to observe “**Family Day**” on Monday, September 25th by eating dinner together as a family. Studies by the National Center on Addiction and Substance Abuse at Columbia University, known as CASA Columbia, indicate that the simple act of eating family dinners can help prevent smoking, drinking and drug abuse.

Visit: archdioceseofhartford.org
and click on “News”
for ideas on how to make
your “Family Day” special.

