

Celebrating 75 Years of Service



"Families come in many forms, sizes and under different circumstances, but what they all share is unconditional love and support for those growing on the same family tree."



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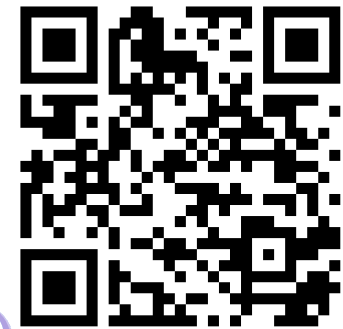


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The Prevention Council of Erie County

Celebrating 75 Years of Service



National Family Day, celebrated on the 26th of September, is a chance to connect and spend time with the people we love most. Family, biological or chosen, can provide a wealth of support, unconditional love and safety.

In 2001, Center on Addiction created Family Day to celebrate the simple everyday ways we connect to each other. These small acts can make monumental differences in the social and emotional wellness of a family. Family engagement can positively cultivate communication skills, coping skills, a sense of support, and self esteem.



Mealtime Treasure Map



Coke Cola Cake

Ingredients

- 2 cups all-purpose flour
- 2 cups sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1 can (12 ounces) cola
- 1 cup butter, cubed
- 1/4 cup baking cocoa
- 2 large eggs, room temperature
- 1/2 cup buttermilk
- 1 teaspoon vanilla extract

GLAZE:

- 1 can (12 ounces) cola
- 1/2 cup butter, cubed
- 1/4 cup baking cocoa
- 4 cups confectioners' sugar, sifted

Directions

Preheat oven to 350 degrees.

Grease a 13x9-in baking pan.

In a large bowl whisk in flour, sugar, baking soda, salt, and cinnamon.

In a small sauce pan, combine cola, butter, and cocoa; bring to a boil, stirring occasionally. Add this to flour mixture, stirring until moistened.

In a small bowl, whisk eggs, buttermilk and vanilla until blended. Add to flour mixture, whisking constantly.

Transfer to prepared pan. Bake 25-30 minutes.

Glaze: In a small sauce pan, bring cola to a boil (cook 12-15 minutes). Stir in butter and cocoa; remove from heat. Add confectioners' sugar (stir until smooth.)



Family Movie Night

Movie night is a great way to relax and connect with your family after a long day. Pop some popcorn or grab a sweet treat to enjoy together while you watch.

Consider using blankets and pillows to create an indoor tent to add an extra cozy environment!

If you need some inspiration, check out these family friendly recommendations:

- THE GREATEST SHOWMAN
- MOANA
- ANNIE
- PRINCESS AND THE FROG
- E.T.
- INSIDE OUT
- AKEELAH AND THE BEE
- COCO
- THE LAND BEFORE TIME
- SOUL
- THE WIZARD OF OZ
- WILLY WONKA & THE CHOCOLATE FACTORY
- HIDDEN FIGURES
- SPACE JAM

