



Boredom Is a Gift — Treasure It

Summer stretches the days, making them feel long and unstructured. Sooner or later, every parent hears it: the drawn-out “I’m bored.” Our instinct is to fix it — hand over the tablet, turn on a show, fill the silence. But what if that empty hour isn’t a problem to solve at all?

At Pa Family Support Alliance, we know that strong families grow not only through connection, but through the quiet space where children learn to wonder, imagine, and create on their own. Boredom is where the couch-cushion fort and the cardboard invention are

born. Protecting that space — and holding the line on screen time — is one of the gentler, more counterintuitive ways we shepherd and protect the children we love.

In our **latest blog**, we explore why boredom is a gift worth guarding, and how doing “nothing” can be one of the most generous things we offer. Check out the full blog before the next rainy day.



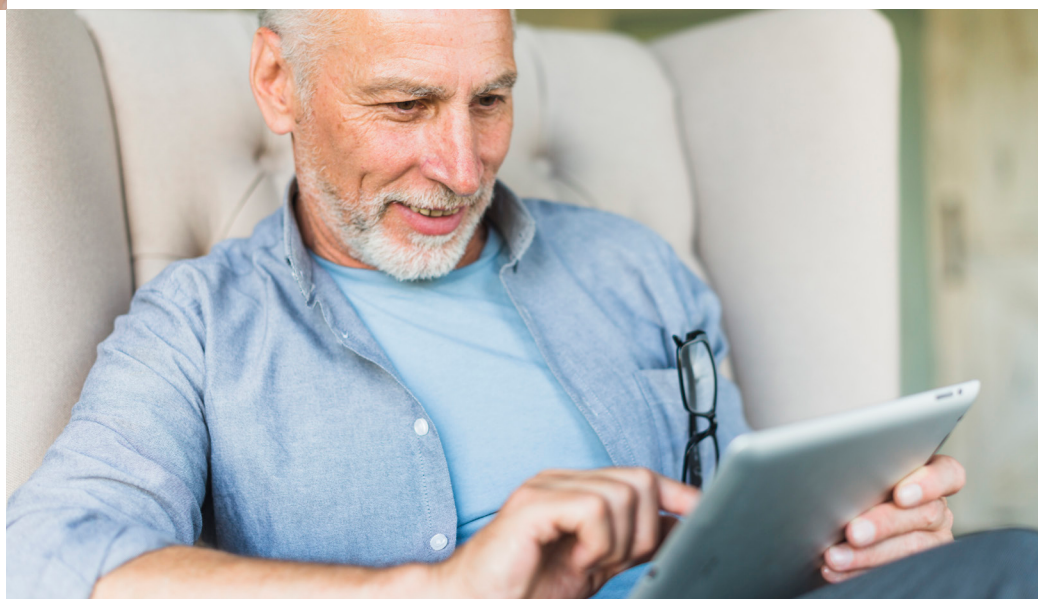
CBCAP Network Member: Westmoreland County Children's Bureau

PFSA welcomes **Westmoreland County Children's Bureau** as a new member of the **Community-Based Child Abuse Prevention (CBCAP) Network**. PFSA is proud to partner and collaborate with diverse, dedicated, and committed organizations that advance the important work of preventing child abuse and neglect. Thank you for your commitment and dedication! To find out more about CBCAP Network benefits or to learn about becoming a CBCAP Network member, visit **our website**.

Visit Our Blog

Our blog is the best way to get timely information on ways to help stop child abuse, recent staff developments, and prevention strategies.

pafsa.org/blog



Follow along with us!



PA Family Support Alliance
@ProtectPAKids



PFSA
@pafamilysupportalliance



PA Family Support Alliance
@pa-family-support-alliance



PA Family Support Alliance
@PAFamilySupport



UPCOMING PFSA TRAININGS

Families in Recovery (FiR) New Facilitator Training

This research-based program is a great resource for parents, guardians, and caretakers recovering from substance use disorder. The program aims to teach healthy coping and parenting skills while balancing the needs of recovery.

New FiR facilitators will be fully prepared to implement the program and provide training after attending a two-day session that covers content, education, and implementation of the curriculum. FiR facilitators come together during training to share program implementation experience, ideas, and insights.

All organizations interested in implementing FiR are required to enter into a contract with PFSA and participate in the evaluation requirements of the program. Contracts include ongoing technical assistance, program development, facilitator calls, and help with data collection.

Dates: July 22 & 23, 2026 (*virtual*)
October 21 & 22, 2026 (*virtual*)

Time: 9:00 a.m.—3:30 p.m.
(*half-hour lunch break*)

Cost: Contact PFSA's Director of Prevention Programs, Justin Donofrio (jdonofrio@pafsa.org), for paperwork or to ask questions.

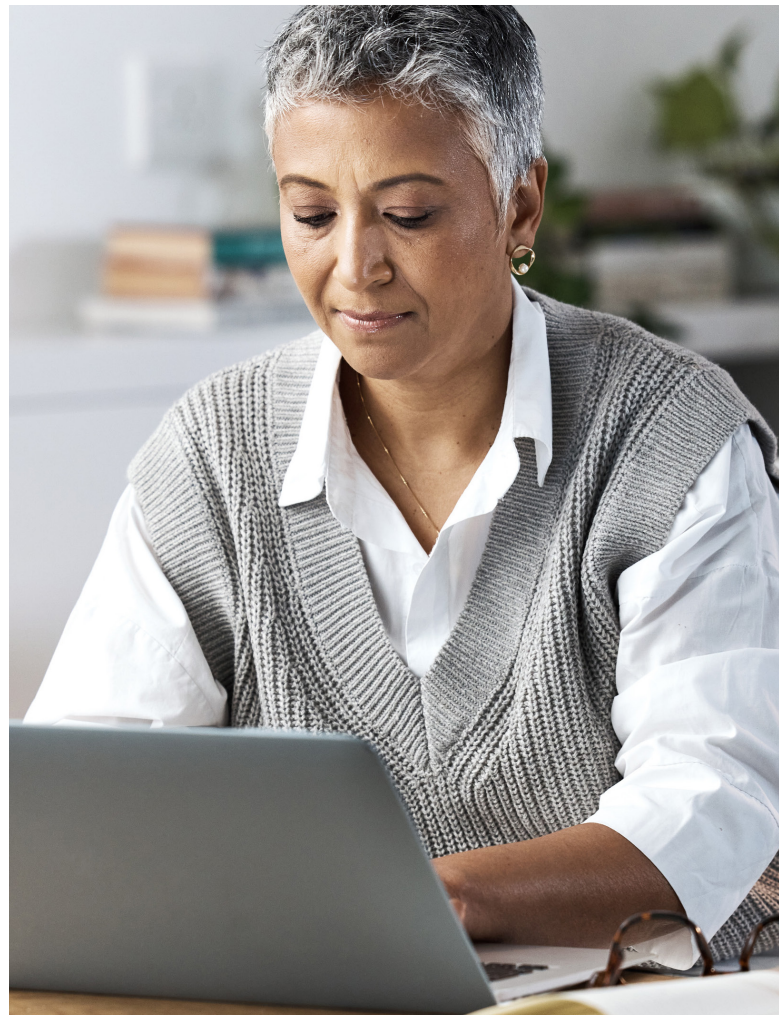
Mandated Reporter Training

PFSA has several options for mandated reporter training for staff and volunteers. We provide certificates to participants and, upon request, will upload confirmation of the training to the Departments of State or Education for CE fulfillments under Act 31 and/or Act 48. CLEs are also available for attorneys.

LIVE IN-PERSON/VIRTUAL

Cost: Free

Register [here](#) for a virtual session.



#ProtectPAKids

Help us support families and communities across Pennsylvania by donating to PFSA today. Your gift will help PFSA continue to deliver successful training, education, and ongoing support to Pennsylvania families and children.

Visit pafsa.org/donate to learn more and to donate.

