



# Dublin Family Night

Tuesday, April 20, 2021

## Make it a Device Free Night Here In Dublin

**Spend Time Together As A Family!** The goal of Family Night is to encourage families to take the evening to focus on each other and spend time together as a family in whatever way works for you and yours! Some of the researched benefits of spending time together on a regular basis as a family include: Increased academic success, risk-reduction for substance abuse, and strengthening your family's bond.

Our hope is that you will continue to make time for each other in meaningful ways throughout the year and use this evening as a kick-off! Please see below for suggested ideas on ways to connect and spend time together.

### Here are some ideas to get you started!

**Game On:** Play your child's favorite game!

**Family Memories:** Look through old photos or videos together.

**Family Service:** Plan a family community service project.

**Get Fit:** Take a walk, run, or bike ride together. Head out to the park and play!

**Dinner Together:** Plan a meal and cook it together (or show support to our local restaurants below)

**Be Creative:** Create an art project, or do a craft together.

**Dublin Parks and Rec. Ideas** (Check out the hyperlinks to learn more):

- Hike through Dublin's parks and learn as you go. <http://dublinohiousa.gov/nature>
- Fish Dublin's ponds and catch the big one (remember you don't have to have a fishing license to fish at a Dublin Park pond). <http://dublinohiousa.gov/parks-open-space/Dublin-parks/>
- Destination riding...choose a park and get there by bicycle. <http://dublinohiousa.gov/bicycling-in-dublin/>
- Letterbox or Geocache along the beautiful Scioto river. <https://dublinarts.org/visual-arts/riverboxes/>

**Show Your Support and Choose local!** In the past, many of our local businesses and restaurants have offered discounts to the Dublin community for Dublin Family Night. As this time, we would like to offer our support to our local businesses. Please considering ordering carryout or supporting one or more of these wonderful establishments.

**Chick-fil-A (6051 Sawmill Rd.)**

**Dell's Homemade Ice Cream and Coffee (9345 Dublin Road. Shawnee Hills)**

**Dublin Community Recreation Center (5600 Post Rd.)**

**Dublin Branch of the Columbus Metropolitan Library (75 N High St.)**

**Fadó Pub & Kitchen (6652 Riverside Drive - Bridge Park)**

**Giant Eagle Market District (6700 Perimeter Loop Rd.)**

**Goldfish Swim School (6175 Shamrock Ct. Dublin)**

**Jason's Deli (225 W. Bridge St. Dublin location only)**

**Matt The Miller's Tavern (6725 Avery-Muirfield Dr.)**

**Mellow Mushroom (6505 Dublin Center Dr.)**

**Nothing Bundt Cakes (6560 Perimeter Dr.)**

**Pita Int. (6720 Perimeter Loop Rd.)**

**Tommy's Pizza (4279 W. Dublin Granville Rd.)**

**Find Food Trucks in Columbus! Visit: [streetfoodfinder.com](http://streetfoodfinder.com)**

**Syntero** - Syntero offers compassionate, professional, expert counseling, and community-based services in Central Ohio. Syntero offers mental health support in a variety of ways. Syntero also provides School-Based Prevention services free of charge to all Dublin City Schools families. Families can contact [mrotblatt@syntero.org](mailto:mrotblatt@syntero.org) with questions or if they would like more information. If you have a question or concern, visit their website at [syntero.org](http://syntero.org).

**Stay Safe. Speak Up! Safety Report** - Did you know that Dublin City Schools has an online form that you can use to anonymously report concerns you may have about safety?

Here's the link: <https://www.publicschoolworks.com/SHL/studentReport.php?di=184>

**Check out the district's link for Mental Health Tips**

2021 Family Night brought to you in partnership by:

