



## **Family Support Organization of Hunterdon, Somerset, and Warren Counties**

***Below is a list of our upcoming **FREE** Workshops for **February**.  
Light refreshments are served at all.***

### **Basic Rights in Special Education: An Introduction to the Special Education Process**

***Tuesday February 7th*** | 6:30pm to 8:30pm

Family Support Organization | 315 W. Washington Avenue | Community Center | Washington, NJ

This presentation provides families with an introduction to their rights and responsibilities as parents of children with special needs under the Individuals with Disabilities Education Act (IDEA), the New Jersey Code, and Section 504 of the Vocational Rehabilitation Act. Parents begin to identify dreams and goals for their children, understand laws and learn advocacy strategies that will help them help their children reach those goals.

To RSVP: <http://bit.ly/2iWHut0>

### **Everyday Technologies That Support Students With Disabilities**

***Thursday February 16th*** | 6:00pm to 8:00pm

REACH Beyond Therapy | 466 Route 12 | Flemington, NJ

In this workshop attendees will learn how devices such as iPads, Chromebooks, and other simple software can be used as accommodations for children with a variety of disabilities. A range of technology solutions will be highlighted through examples, and web resources will be shared.

To RSVP: [aruiz@fso-hsw.org](mailto:aruiz@fso-hsw.org)



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***Below is a list of our upcoming **FREE** Workshops for **February**.  
Light refreshments are served at all.***

### **Emotional Regulation & Problem Solving | Social Decision Making: An Evidence Based Model**

***Tuesday February 21st*** | 6:00pm to 8:00pm

**Inclement Weather Date: Thursday March 2<sup>nd</sup>** | 6:00pm to 8:00pm

Office of Youth Services | 27 Warren St. | 1<sup>st</sup> Floor Conference Room | Somerville, NJ  
Participants will learn about social emotional and concrete strategies and how to help youth learn strategies for emotional regulation and problem solving. The overall mission of The Social Decision Making Problem Solving Program (SDM/PS) is to teach children and adolescents the skills that they need to make healthy, pro-social and effective life decisions, "even under stress". To reach this goal, the program uses a systematic skill building approach, targeting highly predictive life skills, and is designed to provide the repeated practice and application of skills needed to internalize a skill to a point when it is accessible under stress.

To RSVP: [aruiz@fso-hsw.org](mailto:aruiz@fso-hsw.org)

### **Look to The Future: Transition From School to Adult Life**

***Wednesday February 22nd*** | 6:30pm to 8:30pm

The ARC of Somerset County | 141 South Main Street | Manville, NJ

This workshop will discuss issues related to transitioning from school to adult life. Activities and discussion to help identify interests and future plans will be included. Strategies for development of appropriate goals for the IEP process will be offered.

To RSVP: <http://bit.ly/2k1AfC3>



## **Family Support Organization of Hunterdon, Somerset, and Warren Counties**

**Youth Partnership: For more information, to enroll a youth or to arrange transportation, please contact Stephanie: [sbillitz@fso-hsw.org](mailto:sbillitz@fso-hsw.org) or 908-223-1191 ext. 12**

The mission of **Youth Partnership** is to provide social, recreational, empowerment, leadership and community service opportunities in a diverse and supportive environment for our youth. FSO's Youth Partnership is for youth 13 - 21 years of age with emotional, behavioral or mental health challenges.

### **Youth Partnership – Somerset County**

***Friday February 3rd*** | 6:00pm to 8:00pm

Empower Family Success Center | 34 West Main Street | 2nd floor | Somerville, NJ

### **Girls Empowerment**

***Wednesday February 1st*** | 6:00pm to 7:30pm

***Wednesday February 15th*** | 6:00pm to 7:30pm

Family Support Organization | 315 W. Washington Avenue | Community Center | Washington, NJ

Girls Empowerment is a series of structured, activity based support groups for girls ages 13-17. The main focus of the group is to empower young women to develop the necessary abilities to reach their fullest potential. Girls are encouraged to meet new friends and voice their ideas in a safe environment.

### **Youth Partnership – Hunterdon County**

***Friday February 17th*** | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington NJ

### **Youth Partnership – Warren County**

***Friday February 24th*** | 6:00pm to 8:00pm

Family Support Organization | 315 W. Washington Avenue | Community Center | Washington, NJ



## Family Support Organization of Hunterdon, Somerset, and Warren Counties

**Support Groups: Questions regarding Support Groups please contact:  
[edeusinger@fso-hsw.org](mailto:edeusinger@fso-hsw.org) or call 908-223-1191 ext. 16**

### **Proactive Parenting**

***Friday February 3rd*** | 6:00pm to 8:00pm **\*\*NEW DATE – Coincides with date/time/location of the Somerset County Youth Partnership\*\***

Empower Family Success Center | 34 West Main Street | Third Floor Office | Somerville, NJ

### **Autism Support Group**

***Wednesday February 8th*** | 6:00pm to 7:30pm

Early Childhood Learning Center | 459 Center Street | Phillipsburg, NJ

### **DD/ID Support Group-Hunterdon County**

***Thursday February 9th*** | 6:00pm to 8:00pm

REACH Beyond Therapy | 466 Route 12 | Flemington, NJ

### **DD/ID Support Group-Somerset County**

***Tuesday February 14th*** | 6:00pm to 8:00pm

Montgomery Academy | 188 Mount Airy Road | Basking Ridge, NJ

### **Hunterdon County Evening Support Group**

***Friday February 17th*** | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington NJ

### **Warren County Evening Support Group**

***Friday February 24th*** | 6:00pm to 8:00pm

Family Support Organization | 315 W. Washington Avenue | 2<sup>nd</sup> floor Conference Room | Washington, NJ