



Family Support Organization of Hunterdon, Somerset, and Warren Counties

***Below is a list of our **FREE** upcoming workshops for **June**.
Light refreshments served at all.***

Look to The Future: Transition from School to Adult Life

Thursday June 1st | 6:30pm to 8:30pm

Family Support Organization | 315 W. Washington Avenue | Community Center |
Washington, 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://tadwarren6117.eventbrite.com>

Mindfulness Workshop – Featuring Dr. Ken A. Verni

Tuesday June 6th | 10:00am to Noon

Office of Youth Services | 27 Warren Street | Somerville, NJ 08876

Participants in this workshop will gain a first-hand experiential introduction to actual mindfulness practices involving breathing and gentle body movements as well as methods for incorporating mindfulness practices into their everyday life. Participants will also learn how to relate that personal experience to the growing body of theory and research that places mindfulness-based interventions on the cutting edge of strength based approaches in the treatment of youth, adolescents and adults.

To RSVP: aruiz@fso-hsw.org

SPAN – Do You Have Questions About How to Navigate the Healthcare System? Join Us for a Day of Sharing Information

Wednesday June 14th | 6:30pm – 7:30pm – Health Advocacy Workshop

Wednesday June 14th | 7:30pm – 8:30pm – Health Manual Workshop

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

The Health Advocacy Workshop will provide information about the various insurance models – who is eligible, what is covered and how to apply. Information on the benefits of the Affordable Care Act will also be provided. Suggestions on what to do if you are having difficulty will be offered. The Health Manual Workshop will show you how to use the manual to navigate the healthcare system. Think of it as a GPS for families of children, youth and adults with disabilities and special healthcare needs.

To RSVP: <https://warrenhealthgps61417.eventbrite.com/>



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Light refreshments served at all.***

Autism NJ Presents: Understanding School Refusal

Thursday June 22nd | 6:00pm to 8:00pm

REACH Beyond Therapy | 466 Route 12 | Flemington, NJ

School refusal can be an extremely challenging situation for parents and schools alike. For families, school refusal can add stress to what already is a challenging situation. This workshop describes school refusal and offers suggestions on parent/professional partnerships to lessen its frequency.

To RSVP: aruiz@fso-hsw.org

Understanding Sexuality in Youth & Intellectual & Development Disabilities: A Guide for Families

Tuesday June 27th | 6:00pm to 8:00pm

EmPoWER Family Success Center | 34 West Main Street | Suite 201 | Somerville, NJ
08876

This workshop will discuss why educating youth with intellectual/developmental disabilities is so important, barriers families face in discussing sexuality, solutions to those barriers and how disability may affect sexuality.

To RSVP: aruiz@fso-hsw.org



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 Billitz: 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 June 2nd | 6:00pm to 8:00pm

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

Girls Empowerment

Wednesday June 7th | 6:00pm to 7:30pm

Wednesday June 21st | 6:00pm to 7:30pm

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

Youth Partnership – Hunterdon County

Thursday June 8th | 6:00pm to 8:00pm

Hunterdon Central Regional High School (Behind Costco) | 11/12 Atrium – By the Main Doors to the Building (Near Front Desk/Commons Area) | 84 NJ-31 | Flemington, NJ

Youth Partnership – Warren County **This Month Only******

Friday June 9th | 6:00pm to 8:00pm

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

Youth Partnership – Hunterdon County

Friday June 16th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington, NJ



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

Sibling Support Group – Ages 8-12

Tuesday June 6th | 6:00pm to 7:30pm

Tuesday June 13th | 6:00pm to 7:30pm

Tuesday June 20th | 6:00pm to 7:30pm

Tuesday June 27th | 6:00pm to 7:30pm

Somerset Hills YMCA | 140 Mount Airy Road | Basking Ridge, NJ 07920

An 8-week sibling support group offering curriculum based and peer-to-peer support for the children who have a sibling with special mental or developmental health needs.

To RSVP: Contact Stephanie Billitz: sbillitz@fso-hsw.org or 908-223-1191 ext. 12



Family Support Organization of Hunterdon, Somerset, and Warren Counties

**Support Groups: Questions regarding Support Groups please contact:
sniestedt@fso-hsw.org or call 908-223-1191 ext. 16**

Proactive Parenting

Friday June 2nd | 6:00pm to 8:00pm

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

DD/ID Support Group - Hunterdon County **NEW LOCATION******

Thursday June 8th | 6:00pm to 8:00pm

Hunterdon Central Regional High School (Behind Costco) | 11/12 Atrium – By the Main
Doors to the Building (Near Front Desk/Commons Area) | 84 NJ-31 | Flemington, NJ

Warren County Evening Support Group **THIS MONTH ONLY******

Friday June 9th | 6:00pm to 8:00pm

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

DD/ID Support Group

Tuesday June 13th | 6:00pm to 8:00pm

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

Spanish Speaking Support Group

Grupo de apoyo para padres o cuidadores de habla hispana

Thursday June 15th | 6:00pm to 7:30pm

Hunterdon County Family Success Center | 87 Park Avenue | Flemington, NJ

Hunterdon County Evening Support Group

Friday June 16th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington NJ