



Family Support Organization of Hunterdon, Somerset, and Warren Counties

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

Addressing the Unique Legal & Financial Needs of Special Needs Youth

Tuesday May 2nd | 6:00pm – 8:00pm

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

This workshop will discuss legal issues for special needs families (conflict resolution, mediation and due process, legal guidance) and special plans for a special life (estate planning technique, special needs trusts, and more)

To RSVP: aruiz@fso-hsw.org

Children's Mental Health Awareness Day

Thursday May 4th | 5:00pm – 8:00pm

Center for Educational Advancement | 11 Minneakoning Road | Flemington, NJ

May 4th is Mental Health Awareness Day. Join us to learn more about Children's Mental Health, community resources, networking, and a feature presentation.

Dinner/refreshments provided and raffle prizes

To RSVP: aruiz@fso-hsw.org

Parent Networking Night & Transition Fair

Tuesday May 9th | 6:00pm to 8:00pm

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

Area providers will be available to discuss services and answer questions. A great opportunity for both parents and providers to learn more about local services. Meet & collaborate with parents who share similar experiences.

To RSVP: aruiz@fso-hsw.org

Trauma in Youth & Adolescence

Tuesday May 16th | 6:00pm to 8:00pm

Hunterdon Medical Center | Auditorium | 2100 Wescott Drive | Flemington, NJ

Parents will learn about signs and symptoms of trauma, how to be helpful to their children, and how to assist in the healing process.

To RSVP: aruiz@fso-hsw.org



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

Thursday May 18th | 6:30pm – 7:30pm – Health Advocacy Workshop

Thursday May 18th | 7:30pm – 8:00pm – Health Manual Workshop

REACH Beyond Therapy | 466 Route 12 | Flemington, 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://hunterdonhealthgps51817.eventbrite.com/>



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.

Girls Circle

Tuesday May 2ndth | 6:00pm to 7:30pm

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

Girls Circle is an eight-week workshop for girls ages 13-17. This workshop provides tools to create, restore, and sustain healthy relationships. Come meet new friends and participate in activities and discussions regarding Body Image.

To RSVP: Contact Jennifer at 908-722-4400 *Space IS limited.*

Girls Empowerment

Wednesday May 3rd | 6:00pm to 7:30pm

Wednesday May 17th | 6:00pm to 7:30pm

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

Youth Partnership – Somerset County

Friday May 5th | 6:00pm to 8:00pm

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

Youth Partnership – Hunterdon County – *New Date & Time!*

Thursday May 11th | 6:00pm to 8:00pm

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

Youth Partnership – Hunterdon County

Friday May 19th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington, NJ



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***NEW* - Sibling Support Group – Ages 8-12**

Tuesday May 23rd | 6:00pm to 7:30pm

Tuesday May 30th | 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

Youth Partnership – Warren County

Friday May 26th | 6:00pm to 8:00pm

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



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

Proactive Parenting

Friday May 5th | 6:00pm to 8:00pm

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

****Parent Networking/Provider Fair (in place of DD/ID Support Group typically held at this location and time)****

Tuesday May 9th | 6:00pm to 8:00pm

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

Autism Support Group

Wednesday May 10th | 6:00pm to 7:30pm

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

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

Thursday May 11th | 6:00pm to 8:00pm

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

Spanish Speaking Support Group

Grupo de apoyo para padres o cuidadores de habla hispana

Thursday May 18th | 6:00pm to 7:30pm

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

Hunterdon County Evening Support Group

Friday May 19th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington NJ

Warren County Evening Support Group

Friday May 26th | 6:00pm to 8:00pm

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

315 West Washington Avenue, Suite 3 Washington, NJ 07882
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