



Family Support Organization of Hunterdon, Somerset, and Warren Counties

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

Experiential Therapy | Ways to Reach the Resistant or Challenging Child/Adolescent

Tuesday April 4th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Road | Flemington, NJ 08822

This presentation will provide families with basic information regarding various experiential forms of therapy including Adventure Based Counseling, Animal Assisted Therapy, Equine Assisted Therapy, and Play Therapy. Families will leave with an understanding as to why these forms of therapy work with children and adolescents, where to find these services, as well as how they differ from traditional talk therapy.

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

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

Thursday April 6th | 7:30pm – 8:00pm – Health Manual Workshop

Empower Family Success Center | 34 West Main Street | 2nd Floor | Somerville, 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://somersethealthgps4617.eventbrite.com/>

Nurtured Heart Approach

Wednesday April 12th | 6:00pm to 8:00pm

Hunterdon Regional Community Health | 215 Route 31, Flemington, NJ

The Nurtured Heart Approach is a relationship focused methodology – founded strategically on “The 3 Stands” – for helping children, and adults, build their Inner Wealth and use the intensity in successful ways. This workshop will help parents and professionals create success and positivity while upholding limits and consequences.

To RSVP: aruiz@fso-hsw.org



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Trauma in Youth & Adolescence

Tuesday April 18th | 6:00pm to 8:00pm

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

Addressing the Unique Legal & Financial Needs of Special Needs Youth

Friday April 28th | 10:00am to Noon

Hunterdon Behavioral Health | Conference Room A&B | 2100 Westcott Drive |
Flemington, NJ 08822

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



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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

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 Empowerment

Wednesday April 5th | 6:00pm to 7:30pm

Wednesday April 19th | 6:00pm to 7:30pm

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

Youth Partnership – Somerset County

Friday April 7th | 6:00pm to 8:00pm

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

Youth Partnership – Hunterdon County

Friday April 21st | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington, NJ

Youth Partnership – Warren County

Friday April 28th | 6:00pm to 8:00pm

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



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Girls Circle

Tuesday April 4th | 6:00pm to 7:30pm

Tuesday April 11th | 6:00pm to 7:30pm

Tuesday April 18th | 6:00pm to 7:30pm

Tuesday April 25th | 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.*



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

Proactive Parenting

Friday April 7th | 6:00pm to 8:00pm

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

DD/ID Support Group-Somerset County

Tuesday April 11th | 6:00pm to 8:00pm

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

Autism Support Group

Wednesday April 12th | 6:00pm to 7:30pm

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

Spanish Speaking Support Group **NEW******

Grupo de apoyo para padres o cuidadores de habla hispana

Thursday April 20th | 6:00pm to 7:30pm

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

Hunterdon County Evening Support Group

Friday April 21st | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington NJ

Warren County Evening Support Group

Friday April 28th | 6:00pm to 8:00pm

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