



Family Support Organization of Hunterdon, Somerset, and Warren Counties

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

Addiction is a Disease of the Brain

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

EmPoWER Family Success Center | 34 West Main Street | 2nd Floor | Somerville, NJ
This workshop discusses addiction as a brain disease, describing what goes on in the brain. Risk factors and protective factors will also be addressed for addiction; what puts people at risk. The effects of substance use on developing brains will be highlighted also with focus on specific substances.

To RSVP: aruiz@fso-hsw.org

Sensory Friendly Movie Night Featuring: A Bug's Life

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

Phillipsburg Free Public Library | 200 Broubalow Way | Phillipsburg, NJ

Audience members are welcome to get up and dance, walk, shout, or even sign! Quiet policy will not be enforced. See flyer for full details.

To RSVP: aruiz@fso-hsw.org

Managing Stress

Thursday July 20th | 6:00pm to 8:00pm

Office of Youth Services | 27 Warren St. | 1st Floor Conference Room | Somerville, NJ

This workshop will discuss the dangers/consequences of stress and offer coping strategies that will allow us to deal more effectively with stress and its symptoms.

To RSVP: aruiz@fso-hsw.org

Introduction to Brain Injury

Thursday July 27th | 6:00pm to 8:00pm

Arc of Hunterdon County 1465 Route 31 South (By Beaverbook Concourse) Community Road | Annadale, NJ

Participants will learn the basic facts about the brain and brain injury, including the causes and consequences of brain injury, living with a brain injury and its effects, and how professionals can assist people with brain injury and their family members

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.

Youth Partnership – Somerset County

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

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

Girls Empowerment

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

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

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

Youth Partnership – Hunterdon County

Thursday July 13th | 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 – Hunterdon County

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

The CEA School | 11 Minneakoning Rd | Flemington, NJ

Youth Partnership – Warren County

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

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



Family Support Organization of

315 W. Washington Avenue, Suite 3 Washington, NJ 07882

Ph: 908-223-1191 | Fax: 908-223-1639

www.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

Sibling Support Group – Ages 8-12

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

Tuesday June 18th | 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



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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 July 7th | 6:00pm to 8:00pm

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

DD/ID Support Group

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

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

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

Thursday July 13th | 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

Hunterdon County Evening Support Group

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

The CEA School | 11 Minneakoning Rd | Flemington NJ

Warren County Evening Support Group

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

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