



Family Support Organization of Hunterdon, Somerset, and Warren Counties

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

Look to The Future: Transition from School to Adult Life

Tuesday March 7th | 6:30pm to 8:30pm

REACH Beyond Therapy | Little Angels Pre School | 466 Route 12 | Flemington, 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/2lhHbLe>

Getting Ready for College: Post-Secondary Options for Individuals with Developmental and/or Intellectual Disabilities

Thursday March 9th | 10:00am - Noon

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

In this workshop attendees will learn about program options, funding options and financial assistance, why to go to college, the differences between high school and college, how to prepare for college, transition services that are available and how to develop appropriate training goals.

To RSVP: aruiz@fso-hsw.org

ADHD – It's More than Just Inattention & Hyperactivity

Thursday March 16th | 6:00pm to 8:00pm

Centenary College | The Chapel – 2nd Floor | 400 Jefferson Street | Hackettstown, NJ

FSO is proud to present 'ADHD: It's More Than Just Inattention and Hyperactivity' by Dr. Todd Bennett, a Licensed Professional Counselor and Approved Clinical Supervisor who has extensive knowledge of cognitive behavior therapy and experience working in outpatient, in-home, residential, and acute partial hospitalization settings. In this presentation, participants will gain general knowledge about ADHD, be able to better understand their child's diagnosis, and learn useful tips on how to help their child to make informed decisions.

To RSVP: aruiz@fso-hsw.org



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Effectively Dealing with Challenging Behaviors in Youth

Thursday March 21st | 6:00pm to 8:00pm

Fellowship Bible Church | 109 Amwell Road | Hillsborough, NJ

Dr. Buzz will discuss effective strategies for dealing with challenging behaviors while helping parents to develop appropriate expectations and set appropriate limits. He will review the causes of challenging behaviors and discuss what parents can do to avoid conflict, and encourage positive communication with their child. Finally, he will discuss the importance of helping youth developing coping skills and the importance of developing effective coping skills as parents.

To RSVP: aruiz@fso-hsw.org

Special Education Networking: Parent Café

Thursday March 30th | 6:00pm-8:00pm

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

This is an opportunity to meet face to face and exchange ideas around what works to enhance and sustain family engagement in schools to improve outcomes for children with disabilities. Come and network with other parent leaders in your county. This is a great chance to hear what's been happening in your county and leave with fresh ideas!

To RSVP: <http://bit.ly/2kZRj8a>



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 March 3rd | 6:00pm to 8:00pm

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

Girls Empowerment

Wednesday March 1st | 6:00pm to 7:30pm

Wednesday March 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 March 17th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington, NJ

Youth Partnership – Warren County

Friday March 24th | 6:00pm to 8:00pm

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



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Girls Circle

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

Tuesday March 14th | 6:00pm to 7:30pm

Tuesday March 21st | 6:00pm to 7:30pm

Tuesday March 28th | 6:00pm to 7:30pm

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.*



Family Support Organization of Hunterdon, Somerset, and Warren Counties

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

Proactive Parenting

Friday March 3rd | 6:00pm to 8:00pm

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

Autism Support Group

Wednesday March 8th | 6:00pm to 7:30pm

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

DD/ID Support Group-Hunterdon County

Thursday March 9th | 6:00pm to 8:00pm

REACH Beyond Therapy | 466 Route 12 | Flemington, NJ

DD/ID Support Group-Somerset County

Tuesday March 14th | 6:00pm to 8:00pm

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

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

Grupo de apoyo para padres o cuidadores de habla hispana

Thursday March 16th | 6:00pm to 7:30pm

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

Hunterdon County Evening Support Group

Friday March 17th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington NJ

Warren County Evening Support Group

Friday March 24th | 6:00pm to 8:00pm

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