



Family Support Organization of Hunterdon, Somerset, and Warren Counties

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

Self Esteem

Thursday September 14th | 6:00pm to 8:00pm

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

This presentation discusses what healthy and unhealthy self-esteem looks like and what the consequences are. Tools will be introduced to help build positive feelings of self-worth and acceptance. Activities will also be provided.

To RSVP: aruiz@fso-hsw.org

Eating Healthy On A Budget

Tuesday September 19th | 6:00pm to 7:30pm

Kwenyan & Associates | 200 Main Street | Flemington, NJ

Fun interactive workshop will provide participants with quick tips for healthy meals and snacks. Attendees will learn label reading, unit prices, and how to get the most nutrition on a budget.

To RSVP: aruiz@fso-hsw.org

Mindful Living

Tuesday September 26th | 6:00pm to 8:00pm

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

Excellent starting point to learn tips and skills to effectively manage the daily stressors faced at home, work and in all other facets of our lives with ease and improved self-control. 20-minute meditation and muscle relaxation session.

To RSVP: aruiz@fso-hsw.org

Addressing the Unique Legal & Financial Needs of Special Needs Youth

Thursday September 28th | 6:00pm to 8:00pm

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



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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 September 1st | 6:00pm to 8:00pm

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

Girls Empowerment

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

Wednesday September 20th | 6:00pm to 7:30pm

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

Youth Partnership – Hunterdon County

Thursday September 14th | 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 September 15th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington, NJ

Youth Partnership – Warren County

Friday September 22nd | 6:00pm to 8:00pm

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



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Tough Choices – 8 Week Workshop Series

Tuesday September 26th | 6:00pm to 8:00pm

Tuesday October 3rd | 6:00pm to 8:00pm

Tuesday October 10th | 6:00pm to 8:00pm

Tuesday October 17th | 6:00pm to 8:00pm

Tuesday October 24th | 6:00pm to 8:00pm

Tuesday November 7th | 6:00pm to 8:00pm

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

Tuesday November 21st | 6:00pm to 8:00pm

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

Youth can learn the tools necessary to become fully functional and mature adults. They can gain insight and practice skills needed to recognize a full range of emotions and behaviors and the skills to express them productively.



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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 September 1st | 6:00pm to 8:00pm
EmPoWER Family Success Center | 34 West Main Street | Third Floor Office |
Somerville, NJ

DD/ID Support Group

Tuesday September 12th | 6:00pm to 8:00pm
Montgomery Academy | 188 Mount Airy Road | Basking Ridge, NJ

Autism Support Group

Wednesday September 13th | 6:00pm to 7:30pm
Early Childhood Learning Center | 459 Center Street | Phillipsburg, NJ

DD/ID Support Group - Hunterdon County

Thursday September 14th | 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 September 15th | 6:00pm to 8:00pm
The CEA School | 11 Minneakoning Rd | Flemington NJ

Warren County Evening Support Group

Friday September 22nd | 6:00pm to 8:00pm
Family Support Organization | 315 W. Washington Avenue | 2nd floor Conference Room
| Washington, NJ