



Family Support Organization of Hunterdon, Somerset, and Warren Counties

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

Nurtured Heart Approach

Thursday October 5th | 10:00am – 1:00pm

Human Services Building | 27 Warren Street | 1st Floor Conference Rm. | Somerville, NJ

This workshop will help parents and professionals create success and positivity while upholding limits and consequences.

To RSVP: aruiz@fso-hsw.org

Emotional Regulation & Problem Solving Social Decision Making: An Evidence Based Model

Tuesday October 17th | 6:30pm to 8:30pm

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

Participants will learn about social emotional learning and concrete strategies on how to help youth learn strategies for emotional regulation and problem solving. The overall mission of The Social Decision-Making Solving Program (SDM/PS) is to teach children and adolescents the skills that they need to make healthy, pro-social and effective life decisions, “even under stress”.

To RSVP: aruiz@fso-hsw.org

SPAN – Basic Rights in Special Education

Thursday October 19th | 6:30pm – 8:30pm

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

This presentation provides families with an introduction to their rights and responsibilities as parents of children with special needs under the Individuals with Disabilities Education Act. Parents begin to identify dreams and goals for their children, understand laws and learn advocacy strategies that will help them help their goals.

To RSVP: <http://www.br-warren.eventbrite.com>



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Tourette Syndrome, ADHD, OCD, Learning Disabilities | Much More Common Than You Think

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

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

This workshop will discuss the symptoms, possible causes, diagnosis, and treatment of Tourette Syndrome and its associated disorders – ADHD, OCD, learning disabilities, etc.

To RSVP: aruiz@fso-hsw.org

Understanding School Refusal

Thursday October 26th | 6:00pm to 8:00pm

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

This workshop describes school refusal and offers suggestions on parent/professional partnerships to lessen its frequency.

To RSVP: aruiz@fso-hsw.org

All workshops and support groups are FREE and open to the Public! Workshops are subject to change and cancellation. Seating is limited and registration is recommended. Individuals who have preregistered will be notified of changes/cancellations. Please call the Family Support office at 908.223.1191 to confirm the date, time and location of the workshop if you wish to attend but have not preregistered.



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 Empowerment

Wednesday October 4th | 6:00pm to 7:30pm

Wednesday October 18th | 6:00pm to 7:30pm

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

Youth Partnership – Somerset County

Friday October 6th | 6:00pm to 8:00pm

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

Youth Partnership – Hunterdon County

Thursday October 12th | 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 October 20th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington, NJ

Youth Partnership – Warren County

Friday October 27th | 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 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:
snienstedt@fso-hsw.org or call 908-223-1191 ext. 16**

Proactive Parenting

Friday October 6th | 6:00pm to 8:00pm

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

DD/ID Support Group

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

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

Autism Support Group

Wednesday October 11th | 6:00pm to 7:30pm

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

DD/ID Support Group - Hunterdon County

Thursday October 12th | 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 October 20th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington NJ

Warren County Evening Support Group

Friday October 27th | 6:00pm to 8:00pm

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

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