



Family Support Organization of Hunterdon, Somerset, and Warren Counties

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

Seasonal Depression

Thursday November 2nd | 6:00pm – 8:00pm

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

We often hear about the “Winter Blues” and how they impact moods and behaviors. Come join us in exploring what this means, how it impacts your life, and what you can do to cope. This will be an interactive evening where people can share their own experiences with mood changes as the seasons change.

To RSVP: aruiz@fso-hsw.org

Helping Anxious Kids – A Concerned Adults Guide

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

Hunterdon Medical Center | Conference Room C | 2100 Westcott Drive | Flemington, NJ
Participants will learn some of the causes for increased anxiety among teens, relationship strategies to help mitigate teens' anxiety - communication & behavior, and specific skills to teach teens that mitigate anxiety

To RSVP: aruiz@fso-hsw.org

SPAN – Interventions & Supports for Struggling Parents

Partnered with our DD/ID Support Group

Tuesday November 14th | 6:30pm – 8:30pm

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

This workshop will provide information on resources and helpful strategies for use at school and at home to help avoid student failure.

To RSVP: <http://bit.ly/2xOVVn6>

How to Start a Self-Help Group

Thursday November 16th | 6:00pm – 8:00pm

Kwenyan & Associates | 200 Main Street | Flemington, NJ 08822

This workshop will cover the nuts & bolts of starting an effective self-help support group. It will include topics such as: creating a mission statement, developing formats and ground rules, finding a meeting location, publicizing the group, and keeping group members.

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

SPAN – Northwest Regional Parent Leadership Roundtable

Tuesday November 28th | 6:00pm – 8:00pm

The Arc of Hunterdon | 1465 Route 31 South, Suite 23

This roundtable is an opportunity to meet face-to-face and exchange ideas around what worked to enhance and sustain family engagement in schools to improve outcomes for children. This workshop is open to current parent leaders, parent interested in developing a SEPAG in their own district, and District Administration who want to know more about the benefits of a SEPAG.

To RSVP: <https://northwestfallroundtable.eventbrite.com/>

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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 November 1st | 6:00pm to 7:30pm

Wednesday November 15th | 6:00pm to 7:30pm

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

Youth Partnership – Somerset County

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

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

Youth Partnership – Hunterdon County

Thursday November 9th | 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 – Warren County **DATE CHANGE DUE TO HOLIDAY******

Friday November 10th | 6:00pm to 8:00pm

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

Youth Partnership – Hunterdon County

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

The CEA School | 11 Minneakoning Rd | Flemington, NJ

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Tough Choices – 8 Week Workshop Series

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.

Girls Circle

Monday November 27th | 6:00pm to 7:30pm

Thursday November 30th | 6:00pm to 7:30pm

Monday December 4th | 6:00pm to 7:30pm

Thursday December 7th | 6:00pm to 7:30pm

Monday December 11th | 6:00pm to 7:30pm

Thursday December 14th | 6:00pm to 7:30pm

Monday December 18th | 6:00pm to 7:30pm

Thursday December 21st | 6:00pm to 7:30pm

REACH Beyond Therapy | 466 NJ-12 | Flemington, NJ 08822

Girls Circle is an eight-week workshop for girls ages 13-18. 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 Stephanie at sbillitz@fso-hsw.org or 908-223-1191 ext. 12

Space IS limited.

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

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

Autism Support Group

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

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

DD/ID Support Group - Hunterdon County

Thursday November 9th | 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

Warren County Evening Support Group **DATE CHANGE DUE TO HOLIDAY******

Friday November 10th | 6:00pm

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

DD/ID Support Group

Followed by “Interventions for Struggling Students Presentation” by SPAN

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

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

Hunterdon County Evening Support Group

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

The CEA School | 11 Minneakoning Rd | Flemington NJ

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