



Family Support Organization of Hunterdon, Somerset, and Warren Counties

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

How to Facilitate a Self-Help Group

Tuesday January 16th | 10:00am to 2:00pm

Arc of Hunterdon County | 1465 Route 31 South | Suite 23 | Annandale, NJ

Facilitating a support group can be extremely rewarding, yet challenging at times. This workshop is designed for persons who are currently, or will be, facilitating any type of self-help support group. This interactive workshop uses a variety of learning techniques including open discussions, self-evaluation quizzes, role playing, strategy sharing, and small group exercises to create a fun and informative workshop. It is an opportunity for group leaders to meet with others to exchange ideas, solutions and techniques to make the role of facilitator easier and more rewarding.

To RSVP: aruiz@fso-hsw.org

Understanding Disordered Eating

Tuesday January 23rd | 6:00pm to 8:00pm

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

Find out how to take a truly healthy, balanced approach to eating in a diet obsessed society. Discover the biological, environmental, and emotional factors that impact our food choices. Learn to spot the signs of a developing eating disorder and how to support a loved one who may be struggling with an unhealthy relationship with food.

To RSVP: aruiz@fso-hsw.org

SPAN – Basic Rights in Special Education

Thursday January 25th | 6:00 to 8:00pm

Harvest Family Success Center | 87 Park Avenue | Flemington, NJ

This presentation provides families with an introduction to their rights and responsibilities within the school system as parents of children with special needs.

To RSVP: <http://bit.ly/2BnDa0T>



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SPAN – Look to the Future: Transition from School to Adult Life

Wednesday January 31st | 6:30 to 8:30pm

Bridgewater Library | 1 Vogt Drive | Bridgewater, NJ 08807

Transition planning is crucial to increasing successful outcomes for life after high school.

This workshop will discuss the issues related to transitioning from school to adult life.

To RSVP: <http://bit.ly/2z4y7fD>

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 January 3rd | 6:00pm to 7:30pm

Wednesday January 17th | 6:00pm to 7:30pm

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

Youth Partnership – Somerset County

Friday January 5th | 6:00pm to 8:00pm

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

Youth Partnership – Hunterdon County

Thursday January 11th | 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 January 19th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington, NJ

Youth Partnership – Warren County

Friday January 26th | 6:00pm to 8:00pm

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

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Touch Choices – Beyond Anger Management – 8 Week Series

Tuesday January 23rd | 6:00pm to 8:00pm

Tuesday January 30th | 6:00pm to 8:00pm

Tuesday February 6th | 6:00pm to 8:00pm

Tuesday February 13th | 6:00pm to 8:00pm

Tuesday February 20th | 6:00pm to 8:00pm

Tuesday February 27th | 6:00pm to 8:00pm

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

Tuesday March 13th | 6:00pm to 8:00pm

Family Support Organization | 315 West Washington Avenue | Community Center | Washington, NJ

Youth ages 13-18 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.

To Register: sbillitz@fso-hsw.org



Family Support Organization of Hunterdon, Somerset, and Warren Counties

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

Proactive Parenting

Friday January 5th | 6:00pm to 8:00pm

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

DD/ID Support Group

Tuesday January 9th | 6:00pm to 8:00pm

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

Autism Support Group

Wednesday January 10th | 6:00pm to 7:30pm

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

DD/ID Support Group - Hunterdon County

Thursday January 11th | 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 January 19th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington NJ

Warren County Evening Support Group

Friday January 26th | 6:00pm to 8:00pm

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

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