



## **Family Support Organization of Hunterdon, Somerset, and Warren Counties**

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

### **Health Advocacy - Accessing Health Coverage & Services for your Family**

***Thursday April 5th*** | 6:30pm to 8:30pm

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

Many families have difficulty accessing health coverage and services for children with special needs care. This workshop will provide information about the various insurance models who are eligible.

To RSVP: <http://bit.ly/SPANApril5th>

### **Brain & Behavioral Health**

***Tuesday April 10th*** | 6:00pm to 8:00pm

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

Participants in this workshop will learn what SPECT (Single-Photon Emission Computed Tomography) Imaging is, using Dr. Daniel Amen's methods of study brain function, understand how SPECT displays 3 dimensional pictures to identify what regions of the brain work too hard versus what works just fine, and which do not work hard enough. Dr. Buzz, who is an affiliate of the AMEN Clinic, will show how ADHD, Anxiety Disorders, Drug and Alcohol Abuse and Trauma are viewed from SPECT Imaging.

To RSVP: [aruiz@fso-hsw.org](mailto:aruiz@fso-hsw.org)

### **Handling the Teenage Years from Both Perspectives**

***Thursday April 12th*** | 6:00pm to 7:30pm – Session One: Your Teens World

***Thursday April 19th*** | 6:00pm to 7:30pm – Session Two: Communicating &  
Adolescents

***Thursday April 26th*** | 6:00pm to 7:30pm – Session Three: Dating & Beyond

***Thursday May 3rd*** | 6:00pm to 7:30pm – Session Four: Drugs, Alcohol, & Adolescents

***Thursday May 19th*** | 6:00pm to 7:30pm – Session Five: When to Get Help

Pioneer Family Success Center | 50 Division Street | Suite 303 | Somerville, NJ

The purpose of this five-week workshop is two-fold. One section will be for parents of teenagers, where they will learn more about their child, the world they live in, and how to best parent in the modern age. The second group will be for teenagers who want to learn a little more about why parents act the way they do and how to navigate adolescence. Each group will be run simultaneously and will include psychoeducation, instruction on interventions and much more to help ensure attendees get the most out of their time.

To RSVP: [aruiz@fso-hsw.org](mailto: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 – Look to the Future: Transition from School to Adult Life**

***Tuesday April 17th*** | 6:00pm to 8:00pm

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

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/April17th\\_SPAN](http://bit.ly/April17th_SPAN)

### **Information Night: Transition into Adulthood**

***Wednesday April 18th*** | 6:30pm to 8:00pm

The CEA School | Building 2 | 11 Minneakoning Road | Flemington, NJ

Find out about: Pre-Employment Transition Services, a new DVRS Funded Program for In-School Students, Paid Internships, The CEA Schools and the CEA School Transition Program, and Post-Graduation Options through DVRS and DDD

To RSVP: [aruz@fso-hsw.org](mailto:aruz@fso-hsw.org)



## **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](mailto: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 April 4th*** | 6:00pm to 7:30pm

***Wednesday April 25th*** | 6:00pm to 7:30pm

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

### **Youth Partnership – Somerset County**

***Friday April 6th*** | 6:00pm to 8:00pm

Pioneer Family Success Center | 50 Division Street | Suite 303 | Somerville, NJ

### ***Youth Partnership – Hunterdon County***

***Thursday April 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 April 20th*** | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington, NJ

### **Youth Partnership – Warren County**

***Friday April 27th*** | 6:00pm to 8:00pm

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

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](mailto:sbillitz@fso-hsw.org) or 908-223-1191 ext. 12**

### ***Girls Circle – 8 Week Workshop***

***Tuesday April 3rd*** | 6:00pm to 7:30pm

***Tuesday April 10th*** | 6:00pm to 7:30pm

***Tuesday April 17th*** | 6:00pm to 7:30pm

***Tuesday April 24th*** | 6:00pm to 7:30pm

***Tuesday May 1st*** | 6:00pm to 7:30pm

***Tuesday May 8th*** | 6:00pm to 7:30pm

***Tuesday May 15th*** | 6:00pm to 7:30pm

***Tuesday May 22nd*** | 6:00pm to 7:30pm

Pioneer Family Success Center | 50 Division Street | Suite 303 | 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 relationships with peers.

To RSVP: Contact Stephanie at [sbillitz@fso-hsw.org](mailto:sbillitz@fso-hsw.org) or 908-223-1191 ext. 12

*Space IS limited.*

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

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

### **Proactive Parenting**

***Friday April 6th*** | 6:00pm to 8:00pm

Pioneer Family Success Center | 50 Division Street | Suite 303 | Somerville, NJ

**DD/ID Support Group – Please note we will be having a workshop in lieu of support group. See workshop information for Brain & Behavioral Health**

***Tuesday April 10th*** | 6:00pm to 8:00pm

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

### **Autism Support Group**

***Wednesday April 11th*** | 6:00pm to 7:30pm

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

### **DD/ID Support Group - Hunterdon County**

***Thursday April 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 April 20th*** | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington NJ

### **Pizza Lunch with Parents**

***Thursday April 26<sup>th</sup>*** | Noon to 2:00pm

Trattoria Uno | 1067 US 202 | Branchburg, NJ

### **Warren County Evening Support Group**

***Friday April 27th*** | 6:00pm to 8:00pm

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

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.