



Family Support Organization of Hunterdon, Somerset, and Warren Counties

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

Resiliency in Youth

Tuesday May 1st | 6:00pm – 7:30pm

Hunterdon Medical Center | 1st Floor Board Room | 2100 Westcott Dr. | Flemington, NJ

Resilient youth are happier youth; they cope better with life's curve balls and have lower rates of depression and anxiety. The great thing is that resiliency is not a personal trait that some youth have some don't. Resiliency is a skill that can be taught.

To RSVP: aruiz@fso-hsw.org

SPAN Presents: Health Advocacy: Accessing Health Coverage & Services for Your Family - Somerset County

Thursday May 3rd | 6:30pm – 8:30pm

TriCounty CMO | 3040 Route 22 West | 1st Floor Conference Room | Branchburg, NJ

Many families have difficult accessing health coverage and services for children with special healthcare needs. This workshop will provide information about the various insurance models – who is eligible, what is covered and how to apply.

To RSVP: bit.ly/SPAN_May3rd

Handling the Teenage Years from Both Perspectives

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

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.



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Children's Mental Health Awareness Day Event - Co-Sponsored with TriCounty CMO, and MRSS

Monday May 7th | 5:30pm to 8:00pm

Raritan Valley Community College | Grand Conference Room | 118 Lamington Road |
Branchburg, NJ

We are excited to announce that this event will feature Attitudes in Reverse (AIR) presenting on suicide prevention and awareness. AIR will be showcasing their "In Their Shoes" Exhibit.

To RSVP: Call Trudy or Patricia at CMO: 908.526.3900

Brain & Behavioral Health – *Follow-Up*

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

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

By popular demand, Dr. Buzz is providing a follow-up presentation for parents and professionals on Dr. Amen's Methodology of SPECT Imaging of the brain for trauma recovery. Learn Dr. Amen's methodology in providing comprehensive treatment for trauma using his bio, psych, social, spiritual system of support with 3D imaging.

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.

Girls Empowerment

Wednesday May 2nd | 6:00pm to 7:30pm

Wednesday May 16th | 6:00pm to 7:30pm

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

Youth Partnership – Somerset County

Friday May 4th | 6:00pm to 8:00pm

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

Youth Partnership – Hunterdon County

Thursday May 10th | 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 May 18th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington, NJ

Youth Partnership – Warren County

Friday May 25th | 6:00pm to 8:00pm

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

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Girls Circle – 8 Week Workshop

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 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 May 4th | 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 May 8th | 6:00pm to 8:00pm

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

Autism Support Group

Wednesday May 9th | 6:00pm to 7:30pm

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

DD/ID Support Group - Hunterdon County

Thursday May 10th | 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

Pizza Lunch with Parents

Wednesday May 16th | Noon to 2:00pm

Trattoria Uno | 1067 US 202 | Branchburg, NJ

Hunterdon County Evening Support Group

Friday May 18th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington NJ

Warren County Evening Support Group

Friday May 25th | 6:00pm to 8:00pm

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

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