



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.***

Helping Anxious Kids

Wednesday November 14th | 6:00pm – 8:00pm

Hunterdon Medical Center | 1st Floor Boardroom | 2100 Westcott Drive | Flemington, NJ

Participants will learn: Some of the causes for increased anxiety, relationship strategies to help mitigate teens' anxiety – communication and behavior, and specific skills to reach teens that mitigate anxiety.

To RSVP: aruiz@fso-hsw.org

The Nurtured Heart Approach Workshop

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

The CEA School | 11 Minneakoning Road | Flemington, NJ

The Nurtured Heart Approach is a relationship focused methodology – founded strategically on “The 3 Stands” – for helping children, and adults, build their Inner Wealth and use the intensity in successful ways. This workshop will help parents and professionals create success and positivity while upholding limits and consequences.

To RSVP: sron@fso-hsw.org

Understanding & Improving Challenging Behavior

Tuesday November 20th | 6:00pm – 8:00pm

Phillipsburg Free Library | 200 Broubalow Way | Phillipsburg, NJ

Participants will learn about identifying common functions of challenging behaviors, implement strategies for preventing and changing behaviors, and monitoring progress.

Learn a 7-step plan involving proactive steps that can be taken to teach more appropriate behaviors and significantly improve quality of life.

To RSVP: aruiz@fso-hsw.org

El Taller de Enfoque del Corazón Nutrido - En español

21 de Noviembre | 10:00am – 11:00am

Salvation Army | 40 East Main Street | Flemington, NJ

El enfoque de corazón estructurado es una metodología centrada en las relaciones, fundada estratégicamente en "Los 3 Stands", para ayudar a los niños y adultos a construir su riqueza interna y utilizar la intensidad de manera exitosa. Este taller ayudará a los padres y profesionales a crear éxito y positividad a la vez que mantiene los límites y las consecuencias.

To RSVP: sron@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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Youth Partnership: For more information, to enroll a youth or to arrange transportation, please contact 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.

Youth Partnership – Somerset County

Friday November 2nd | 6:00pm to 8:00pm

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

Girls Empowerment

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

Wednesday November 21st | 6:00pm to 7:30pm

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

Youth Partnership – Warren County

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

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

Rock the Borough

Friday November 9th | 6:00pm – 10:00pm

The Vault Youth Center |

19 Belvidere Avenue | Washington, NJ

Youth Partnership – Hunterdon County

Friday November 16th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington, NJ

Youth Partnership – Warren County

****Please note date change due to holiday****

Friday November 30th | 6:00pm to 8:00pm

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

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**Support Groups: Questions regarding Support Groups please contact:
908-223-1191 ext. 12**

Proactive Parenting Support Group – Believe in the Therapeutic Value of One Family Helping Another!

Friday November 2nd | 6:00pm to 8:00pm

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

Opioid Use Disorder Support Group – 12 Week Group

Monday November 5th | 6:00pm – 8:00pm

Tuesday November 12th | 6:00pm – 8:00pm

Monday November 19th | 6:00pm – 8:00pm

Monday November 26th | 6:00pm – 8:00pm

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

Hunterdon County Evening Support Group

Friday November 16th | 6:00pm to 8:00pm

The CEA School | 11 Minneakoning Rd | Flemington NJ

Warren County Evening Support Group

****Please note date change due to holiday****

Friday November 30th | 6:00pm to 8:00pm

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

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