



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

*Below is a list of our **FREE** upcoming workshops for **October***

### **Exceptional Plans for Extraordinary People: Special Needs Trusts, Estate Planning & Guardianship**

**Thursday October 3rd** | 6:00pm – 8:00pm

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

This 40-minute intensive workshop will focus on trusts, guardianship and estate planning for families with special and unique needs.

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

### **Tourette Syndrome, ADHD, & OCD Strategies & Accommodations**

**Wednesday October 9th** | 6:00pm – 9:00pm

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

This workshop will discuss: Gaining knowledge of the symptoms, possible causes, diagnosis, and treatment for Tourette Syndrome and its associated disorders – ADHD, OCD, learning disabilities, learning about a wide range of strategies and accommodations that can be used, and understanding the impact of these disorders on one's social, emotional, and physical well-being.

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

### **The Language of Stigma**

**Saturday October 12th** | 10:30am – 3:00pm

Warren County Library Headquarters | 2 Shotwell Drive | Belvidere, NJ

This event is being offered to the community in conjunction with National Mental Health Awareness Week

To RSVP: Contact Warren County Library Headquarters 908.475.6322

### **How to Avoid the \$500 Repair When a \$5 Fill Will Do: A Guide to Home Repair for Women on a Budget**

**Wednesday October 16th** | 6:00pm – 8:00pm

Hunterdon Medical Center | 2100 Wescott Dr. | Main Entrance Conference Room A/B | Flemington, NJ

This presentation will discuss will provide home maintenance tips and tricks that every homeowner should know. Many topics will be covered including: importance of the right washing machine hoses and ice maker hoses, how to turn water off in a emergency, water heater maintenance, and septic maintenance.

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



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

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### **Nurtured Heart Approach – Part 1**

**Thursday, October 17<sup>th</sup>** | 6:00pm – 8:00pm

Hunterdon Medical Center | 2100 Wescott Dr. | Main Entrance Conference – First Floor Board Room | Flemington, NJ

The Nurtured Heart Approach (NHA) has been demonstrated to create transformational changes in children diagnosed with ADHD, Oppositional Defiant Disorder, Reactive Attachment Disorder and other anxiety-related emotional and symptomatic behaviors. These workshops will help parents and professionals create success and positivity while maintaining limits and consequences.

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

### **Domestic Violence & Sexual Assault 101 for Parents & Caretakers**

**Thursday October 24<sup>th</sup>** | 6:00pm – 8:00pm

Warren County Library SouthWest Branch | 404 Route 519 | Stewartsville, NJ

Topics include: What is Domestic Violence? What is Sexual Assault? Power and control, rights and responsibilities, and reporting.

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

### **Somerset County - Youth Partnership**

***Friday October 4th*** | 6:00pm - 8:00pm

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

### **Warren County Movie Night**

***Thursday October 10th*** | 6:00pm - 8:30pm

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

### **Hunterdon County - Youth Partnership **\*\*Location Change October Only****

***Friday October 18th*** | 6:00pm - 8:00pm

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

### **Warren County - Youth Partnership**

***Friday October 25th*** | 6:00pm - 8:00pm

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



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

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

### **Somerset County Support Group**

***Friday October 4th*** | 6:00pm - 8:00pm

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

Mamas Sin Miedo – Spanish Speaking Support Group

***Tuesday October 8th*** | 10:30am – 12:00pm

***Tuesday October 22nd*** | 10:30am – 12:00pm

Salvation Army | 40 East Main Street | Flemington, NJ

### **The Parent Café Support Group**

***Wednesday October 9th*** | 10:00am – 12:00pm

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

### **Somerset County Coffee & Cake Spanish Speaking Support Group**

***Tuesday October 15th*** | 10:00am – 12:00pm

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

### **Hunterdon County Support Group **\*\*Location Change October Only****

***Friday October 18th*** | 6:00pm - 8:00pm

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

***Friday October 18th*** | 6:00pm - 8:00pm

Hunterdon Medical Center | 2100 Wescott Dr. | Main Entrance Conference Room A/B |  
Flemington, NJ

### **Somerset County Daytime Support Group**

***Tuesday October 22nd*** | 9:30am - 11:00am

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

### **Lindos Rompecabezas – Spanish Speaking Support Group**

***Friday October 25th*** | 10:30am – 12:00pm

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

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**Warren County Support Group**

***Friday October 25th*** | 6:00pm - 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.