



Family Support Organization of Hunterdon, Somerset, and Warren Counties

*Below is a list of our **FREE** upcoming workshops for **December**.*

The Dangers of Vaping

Thursday, December 5th | 6:00pm – 8:30pm

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

Learn about the dangers of vaping and what everyone should know.

To RSVP: aruiz@fso-hsw.org

The Benefits of Reiki

Thursday, December 12th | 6:00pm – 8:00pm

Pioneer Family Success Center | 50 Division Street | 3rd Floor | Somerville, NJ

Join Reiki Practitioner Gagi who will cover a reiki overview for people and animals, honing your own energy, and open reiki circle. A free energy gift will be given to all participants. **Space is limited and only a few spots remain!**

To RSVP: aruiz@fso-hsw.org

Nurtured Heart Approach – Part 3

Thursday, December 19th | 6:00pm – 8:00pm

Hunterdon Medical Center | 2100 Wescott Dr. | Main Entrance – Auditorium |
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



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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.

Somerset County - Youth Partnership **CANCELLED******

Friday, December 6th | 6:00pm - 8:00pm

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

Warren County Movie Night

Thursday, December 12th | 6:00pm - 8:30pm

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

Hunterdon County - Youth Partnership

Friday, December 20th | 6:00pm - 8:00pm

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

Warren County - Youth Partnership

Friday December 27th | 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**

Mamas Sin Miedo – Spanish Speaking Support Group

Wednesday, December 3rd | 10:30am – 12:00pm

Salvation Army | 40 East Main Street | Flemington, NJ

Somerset County Support Group **CANCELLED******

Friday December 6th | 6:00pm - 8:00pm

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

Venga a Tomar Café – Spanish Speaking Support Group

Tuesday December 10th | 10:00am – 12:00pm

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

The Parent Café Support Group

Wednesday December 11th | 10:00am – 12:00pm

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

Lindos Rompecabezas – Spanish Speaking Support Group

Friday December 13th | 10:00am – 12:00pm

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

Somerset County Daytime Support Group

Tuesday December 17th | 9:30am - 11:00am

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

Hunterdon County Support Group

Friday December 20th | 6:00pm - 8:00pm

Hunterdon Medical Center | 2100 Wescott Dr. | Main Entrance Room C | Flemington,
NJ

Warren County Support Group

Friday December 27th | 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.