



Family Support Organization of Hunterdon, Somerset, and Warren Counties

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

Helping Anxious Kids

Wednesday, January 8th | 6:00pm – 8:00pm

Hunterdon Medical Center | 2100 Wescott Dr. | Conference Room A & B | Flemington, NJ

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

To RSVP: aruiz@fso-hsw.org

Eating Disorder Workshop

Thursday, January 16th | 6:00pm – 8:00pm

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

Overcoming an eating disorder can be long and challenging. Please join us for this workshop that will cover: types of eating disorders, food addictions, treatment, and nutrition.

To RSVP: aruiz@fso-hsw.org

Identifying Victims of Human Trafficking, Potential Indicators & Red Flags

Thursday, January 23rd | 6:00pm – 8:00pm

Warren County Library | Southwest Branch | 404 County Road 519 | Phillipsburg, NJ

Join us for this free workshop to learn about some potential indicators on human trafficking.

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

Friday, January 3rd | 6:00pm - 8:00pm

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

Warren County Movie Night

Thursday, January 9th | 6:00pm - 8:30pm

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

Hunterdon County - Youth Partnership

Friday, January 17th | 6:00pm - 8:00pm

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

Warren County - Youth Partnership

Friday, January 24th | 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.



Family Support Organization of Hunterdon, Somerset, and Warren Counties

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

The Parent Café - Somerset County Evening Support Group

Friday, January 3rd | 6:00pm - 8:00pm

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

The Parent Café – Hunterdon County Daytime Support Group

Tuesday, January 7th | 9:30am – 12:30pm

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

Mamas Sin Miedo – Spanish Speaking Support Group

Monday, January 13th | 10:30am – 12:00pm

Monday, January 27th | 10:30am – 12:00pm

Salvation Army | 40 East Main Street | Flemington, NJ

Venga a Tomar Café – Spanish Speaking Support Group

Tuesday, January 14th | 10:00am – 12:00pm

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

The Parent Café Support Group – Warren County Daytime Support Group

Tuesday, January 14th | 10:00am – 12:00pm

Envision Center | 535 Fischer Avenue | Phillipsburg, NJ

The Parent Café - Hunterdon County Evening Support Group

Friday, January 17th | 6:00pm - 8:00pm

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

The Parent Café - Warren County Evening Support Group

Friday, January 24th | 6:00pm - 8:00pm

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

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The Parent Café – Somerset County Daytime Support Group

Tuesday, January 28th | 9:30am - 11:30am

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

Lindos Rompecabezas – Spanish Speaking Support Group

Friday, January 31st | 10:00am – 12:00pm

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

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