



Family Support Organization of Hunterdon, Somerset, and Warren Counties

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

Mindful Self-Compassion and Compassion for Others: A way to Inner Peace in our Complex World

Thursday, February 13th | 6:15pm – 8:15pm

Hunterdon Medical Center | 2100 Wescott Dr. | First Floor Board Room | Flemington, NJ

Participant will learn and practice together several Self-Compassion practices to avoid the ups and downs of the rollercoaster of life while learning to maintain an inner centeredness, balance and peace-towards ourselves as well as others.

To RSVP: aruiz@fso-hsw.org

Youth Mental Health First Aid – Only 15 Spots Available!

Wednesday, February 19th | 9:00am – 1:15pm

Wednesday, February 26th | 9:00am – 1:15pm

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

This course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 3-step action plan for how to help young people in both crisis and non-crisis situations.

To RSVP: pgriffin@fso-hsw.org

Suicide: The Ripple Effect

Thursday, February 20th | 6:00pm

Warren County Community College | Room A108, Annex | 475 Route 57 | Washington, NJ

This film chronicles the story of Kevin Hines, who at age 19 attempted to take his life by jumping from the Golden Gate Bridge. Since then Kevin has been on a mission to use his story to help others stay alive and find recovery.

To RSVP: pgriffin@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, February 7th | 6:00pm - 8:00pm

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

Warren County Movie Night

Thursday, February 13th | 6:00pm - 8:30pm

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

Hunterdon County - Youth Partnership

Friday, February 21st | 6:00pm - 8:00pm

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

Warren County - Youth Partnership

Friday, February 28th | 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 – Warren County Daytime Support Group

Tuesday, February 4th | 9:30am – 12:30pm

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

Venga a Tomar Café – Spanish Speaking Support Group

Tuesday, February 4th | 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, February 11th | 10:00am – 12:00pm

Envision Center | 535 Fischer Avenue | Phillipsburg, NJ

The Parent Café - Somerset County Evening Support Group

Friday, February 11th | 6:00pm - 8:00pm

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

Mamas Sin Miedo – Spanish Speaking Support Group

Tuesday, February 11th | 10:30am – 12:00pm

Tuesday, February 25th | 10:30am – 12:00pm

Salvation Army | 40 East Main Street | Flemington, NJ

The Parent Café - Hunterdon County Evening Support Group

Friday, February 21st | 6:00pm - 8:00pm

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

The Parent Café – Somerset County Daytime Support Group

Tuesday, February 25th | 9:30am - 11:30am

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

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Lindos Rompecabezas – Spanish Speaking Support Group

Friday, February 28th | 10:00am – 12:00pm

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

The Parent Café - Warren County Evening Support Group

Friday, February 28th | 6:00pm - 8:00pm

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

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