



Family Support Organization of Hunterdon, Somerset, and Warren Counties

Suggested Webinars Hosted by FSO in August.

2020 Virtual Mind, Body & Soul – Lunch & Learn Summer Series

The discussion of physical health and its interconnectedness with mental health, including substance use, and stigma over the lifespan can be difficult in these uncertain times. We are all seeking relief from the anxiety and stress of daily trauma. Our minds, bodies, and souls are seeking nourishment to grow in a positive, healthy direction. Join us in this four-part series to explore how our overall wellness includes our mental wellness and what we can do to be healthy, particularly in times of crisis.

A Wellness Model: Connecting Mind, Body & Spirit

Friday, August 7th | 12:00pm – 1:30pm

Registration is Required: Email: humanservices@co.warren.nj.us

Exercise, Nutrition & Sleep

Friday, August 14th | 12:00pm – 1:30pm

Registration is Required | Email: humanservices@co.warren.nj.us

Connecting with Nature

Friday, August 21st | 12:00pm – 1:30pm

Registration is Required | Email: humanservices@co.warren.nj.us

Speak Up. Speak Out

Friday, August 28th | 12:00pm – 1:30pm

Registration is Required | Email: humanservices@co.warren.nj.us

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: Important Note: Registration is required for our Youth Partner Via Zoom. Please contact Roy Kurre (rkurre@fso-hsw.org) for more details.

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.

Friday, August 7th @ 4:00pm

Friday, August 14th @ 4:00pm

Friday, August 21st @ 4:00pm

Friday, August 28th @ 4:00pm

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Support Groups: Please note: All Support Groups will be held via Zoom for the month of August. No registration is needed! Please contact Penelope Griffin (pgriffin@fso-hsw.org) with any questions.

Zoom Afternoons (Monday's at 2pm) Click [HERE](#) for link to webinar.

Need an afternoon break? Join us for Zoom Afternoons to talk with other parents and caretakers about concerns and resources!

Monday, August 3rd @ 2:00pm
Monday, August 10th @ 2:00pm
Monday, August 17th @ 2:00pm
Monday, August 24th @ 2:00pm
Monday, August 31st @ 2:00pm

The Morning Connection (Wednesday's at 11:00am) Click [HERE](#) for link to webinar.

Looking for a quick morning break and resources for the rest of your day? Join us for The Morning Connection to jumpstart your afternoon!

Wednesday, August 5th @ 11:00am
Wednesday, August 12th @ 11:00am
Wednesday, August 19th @ 11:00am
Wednesday, August 26th @ 11:00am

The Supportive Peer Network (Thursday's at 4:00pm) Click [HERE](#) for link to webinar.

A network support group for the community to come together for open discussion and share resources. This group is open to everyone including but not limited to parents, caregivers, guidance counselors, teachers, and agency partners.

Thursday, August 6th @ 4:00pm
Thursday, August 13th @ 4:00pm
Thursday, August 20th @ 4:00pm
Thursday, August 27th @ 4:00pm

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Tenga en cuenta: todos los grupos de apoyo se realizarán a través de Zoom durante el mes de Agosto. Por favor, póngase en contacto con Sonia Ron (sron@fso-hsw.org). con cualquier pregunta

"Zoom Tardes" (martes a las 2pm)

Haga clic [AQUÍ](#) para ver el enlace a la reunión web.

¿Necesita un descanso por la tarde? ¡Únase a nosotros para **"Zoom Tardes"** para hablar con otros padres y cuidadores sobre inquietudes y recursos!

****Copatrocinado por la Organización de Apoyo Familiar y Healing Partners****

Apoyo familiar

Martes 2-3pm

Martes, Agosto 4th @ 2pm

Martes, Agosto 11th @ 2pm

Martes, Agosto 18th @ 2pm

Martes, Agosto 25th @ 2pm

"Zoom de Apoyo" (jueves a las 5pm)

Haga clic [AQUÍ](#) para ver el enlace a la reunión web.

¿Necesita soporte emocional? ¡Únase a nosotros para **"Zoom de Apoyo"** para hablar sobre inquietudes y recursos para personas con sobrepeso y diabetes!

****Copatrocinado por la Organización de Apoyo Familiar y Healing Partners****

Soporte emocional

Jueves 5pm-6pm

Jueves, Agosto 6th @ 5pm

Jueves, Agosto 13th @ 5pm

Jueves, Agosto 20th @ 5pm

Jueves, Agosto 27th @ 5pm