



Family Support Organization
HUNTERDON • SOMERSET • WARREN



5-Week Parent Empowerment Course

Monday, August 24th
Advocacy

Building the confidence to work with schools and community providers to advocate for your child's needs.

Monday, August 31st
Organizing Records

Building a family binder and other tools to organize daily life.

Monday, September 14th
Self Care to Avoid Burnout

Exploring feelings of shame and guilt that get in the way of taking care of ourselves.

Monday, September 21st
Self- Regulation Skills for Parents

Managing our responses to difficult behaviors at home.

Monday, September 28th
Parenting Skills

Providing validation, choices, and coping skills for children with emotional and behavioral needs.

Please RSVP by Wednesday, August 19th , 2026



Facilitated by:

Jasmine Nehring, MSW, LCSW

Phone: 908-367-3707

Owner/Founder

Nearing A Better You Psychotherapy, LLC

VIA ZOOM from
6:00-7:00pm