

September 2026

Monday	Tuesday	Wednesday	Thursday	Friday
  NATIONAL SUICIDE PREVENTION MONTH	1	2	3	4
 Happy Labor Day --- FSO CLOSED ---	8	9	10	11
TALKING TOGETHER Dad's Support Group 6:00PM-7:00PM Parent Empowerment Session 3: 6:00-7:00PM	15	16	17	18
Warren Youth Partnership Orientation 5:00PM-7:00PM Parent Empowerment Session 4: 6:00-7:00PM	22	23	24	25
Warren Youth Partnership 5:00PM-7:00PM Grupo de Apoyo en Español 6:30-8:00 PM TALKING TOGETHER Dad's Support Group 6:00PM-7:00PM Parent Empowerment Session 5: 6:00-7:00PM	29	Michelle Roussos Community Outreach Coordinator mroussos@fso-hsw.org Melody Stubbs Youth Coach mstubbs@fso-hsw.org		
	Somerset Youth Partnership Orientation 5:00PM-7:00PM		Thriving Together Mom Support Group 12:00-1:30pm	Somerset County Confidence Collective 5:30-8:00pm
		Grupo de Apoyo en Español 12:00-1:15 PM	Thriving Together Mom Support Group 12:00-1:30pm	
			Hunterdon Youth Partnership Orientation 5:00PM-7:00PM	

SEPTEMBER EVENTS – A CLOSER LOOK

Youth Partnership Program

5:00PM-7:00PM

Come join us for our in person youth group!! Each week we host dinner, games, movies, field trips, art activities, and MORE!!

Our 2026-2027 year begins in September with our orientation in each of our three counties. Caregivers and youth should plan to attend. And groups continue to meet weekly from then on!

Talking Together Dad Support Group

September 14th & 28th

6:00PM-7:00PM On Zoom

Bi-Weekly Support Group for dads to meet and discuss the challenges navigating fatherhood. This virtual support group is an opportunity to talk with with peers with a unique understanding of this journey.

Confidence Collective Female Mentoring

Somerset: 5:30-8:00pm

In Person on Friday, September 4th

Confidence Collective is a five week female mentoring program that focuses on fostering self love, confidence, and building community. Girls ages 13-18 will learn coping skills and strategies to deal with life's ever-growing challenges

Virtual Mom Support Group

September 3rd & 17th

12:00PM-1:30PM On Zoom

Online Support Group for **all three counties**. An opportunity for Moms to meet and discuss the challenges of everyday life.

This support group is an opportunity to talk with with other Moms with a unique understanding of this journey.

Grupo de Apoyo en Español

**9 de septiembre En Zoom
12:00-1:15PM**

**y
28 de septiembre En PERSONA
6:30-8:30PM**

Únase a nosotros en este grupo de apoyo para padres y cuidadores con una discusión abierta e intercambio de recursos y apoyo.

5 Week Parent Empowerment Course

September 14th, 21st, & 28th

6:00PM-7:00PM On Zoom

This course lead by Jasmine Nehring, MSW, LCSW, is a great opportunity to learn new strategies for supporting your family. Emphasis in this program is on strengthening your advocacy skills, organization, self care, emotional regulation, and support for you. Remember there's never a wrong time to learn or reinforce some ways to both help your child, and make life a little more manageable.

To register or inquire about any of our groups please contact:

**Community Outreach Coordinator Michelle Roussos mroussos@fso-hsw.org
Or Youth Coach Melody Stubbs mstubbs@fso-hsw.org**