



FAMILY EVENTS



Family Fun Night

Say goodbye to winter and welcome summer at our Family Fun Night! Bring your beach chair or blanket and join us for an outdoor movie featuring **Disney's film: Frozen!**

Ice pops, popcorn and light refreshments will be provided.

**Friday, June 27th
8:30pm to 10:00 pm**

**Washington School,
1st Avenue, Raritan, NJ**

RSVP

Online:
www.tinyurl.com/freeNJFun

Call us:
(908) 722-4400

Family Support Organization's Proactive Parenting



Learn proactive skills, support and share your story with similar parents and caregivers looking to strengthen their families.

**Wednesday, June 11th
7:00pm – 9:00pm
at
Empower Family Success Center**

For more information call:
908-223-1191

Father's Day Contest

Win a special gift for Dad!

To enter, email us your favorite picture of you and dad or you and your children.

All pictures will be uploaded to our facebook page's Father's Day Contest Album.

Encourage your friends to vote by "liking" your photo and our facebook page as well!

The more "likes" your photo and our page get, the greater your chance to win!

The winner will be announced on June 13th

Facebook page:
[Facebook.com/empowerfsc](https://www.facebook.com/empowerfsc)

email:
fsc@empowersomerset.com

Journey of Hope



Join this interactive workshop where you will explore what stress does to the body and mind, learn how to take care of yourself and cope with the multiple layers of stress that we endure daily coupled with the advent of traumatic events.

Learn the differences between stress in adults and in children and how to help reduce children's stress during these events.

**Wednesday, June 25th
10:00am-12:00pm**

**at
Empower Family Success Center**

Space is limited! Call us to register today at (908) 722-4400

Women's Wellness Support Group

Connect with other new mothers.

Share your concerns, challenges and experiences; discuss your adjustment to motherhood and practical concerns of parenting.

Light breakfast provided

**Thursdays
9:30am to 10:30am
at
Empower Family Success Center**



Somerville Municipal Alliance Committee (MAC)

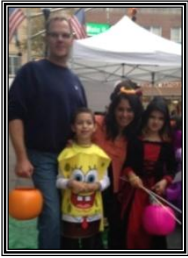
The MAC is a group of concerned citizens working to identify and implement alcoholism and drug prevention and education needs in their local community. Membership includes representatives of schools, courts, law enforcement, religious and social service organizations, parents, businesses, recovering persons and concerned citizens.

This meeting is open to all who live or work in Somerville and will be held on

**Thursday, June 5th
7:00 pm-8:15 pm**

**at
Empower Family Success Center**

Please RSVP by contacting Amanda Vaughn-O'Neill at aevoneill@gmail.com



For Boys & Girls

PLANET Y

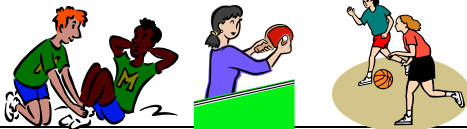
Calling all students from 5th-12th grade!

Get exclusive access to Basketball court, gym, swimming pools, Fitness center, and aerobics room.

There will be weekly activities such as Basketball tournaments, dodgeball tournaments, air hockey, ping pong, Wii games, fitness classes, and much more!

All activities are free! All you have to do is mention Empower FSC at the door.

Join the YMCA Hillsborough Friday, June 6th 6:30 p.m.-10:00 p.m.



Family Support Organization's Youth Partnerships

Have fun, make new friends and improve your community!
Youth partnership events provide social, recreational and community service events for boys and girls, ages 13-21.

Boys Youth Partnership,

Meets the 1st Friday of each month at the Empower Family Success Center from 5:30 p.m. to 7:30 p.m.

Girls Youth Partnership,

Meets the 2nd Friday of each month at the Vault Youth Center in Washington, NJ from 5:30 p.m. to 6:30 p.m.

Co-Ed Youth Partnership,

Will meet June 20th at Somerville YMCA from 6:30 p.m. to 8:30 p.m.

Please call in advance for transportation at 908-223-1191

Girl's Circle



This 8-week workshop creates, restores, and sustains healthy relationships for girls ages 12-14. We'll have fun activities and provide refreshments.

Topic: Body Image

Join us Mondays, starting June 23rd 5:30pm-7:00 pm

at Empower Family Success Center

Space is limited! So call us at (908) 722-4400 to register today.

Life Skills Programs



English for Speakers of Other Languages (ESOL)

Hunterdon County Education Service helps individuals learn how to speak and write in English.

If you are interested in enrolling in September, contact Fran Leddy at (908) 237-5000 or email fleddy@hcesc.com For more information

Talent Development Group

Looking to enhance your talents in today's competitive job market? Join this job seekers group and strengthen your skills through resume reviews, discussions and mock interviews.

Mondays 2:00pm-4:00pm at Empower Family Success Center

Citizenship Preparation Class

Classes are available to prepare for the citizenship test on **Mondays from 10:00am -1:00pm at Empower Family Success Center.**

There is a one-time registration fee of \$25. Book will be provided.

For more information or assistance please call: (732) 777 - 1940 ext. 1153





Healthy Living



Empower Walking Club

Do you feel like you're not exercising enough?
Join our walking group!

**We meet every Tuesdays and Thursdays from 12:15pm-12:45pm
in front of Empower Family Success Center's office building**




Join us for the
**CAMPFIRE & S'MORES
THANK YOU NIGHT**

Help us celebrate Empower Volunteers
& Community Partners, like yourself, who
give back to Somerset County families

June
12
7:30-9PM

YMCA
601 Garretson Rd,
Bridgewater, NJ 08807

**LIVE MUSIC,
VOLLEYBALL, &
ENDLESS COMBINATIONS OF S'MORES**

Your family & friends are welcome!



RSVP 908-722-4400
fsc@empowersomerset.com

Empower Family Success Center

34 W. Main St., Somerville, NJ
Suite 201
908-722-4400
fsc@empowersomerset.com

Check out www.empowerfsc.com for more information and
Like us on facebook: www.facebook.com/EmpowerFSC