



\*\*\*\*\*REGISTRATION IS REQUIRED FOR ALL EVENTS\*\*\*\*\*

(908) 722-4400 or [fsc@empowersomerset.com](mailto:fsc@empowersomerset.com)

## “Girls Youth Partnership”

*Facilitator: Liz Hicks and Karl Craft, Youth Coaches*

**Friday, August 2**

**(5:30pm -7:30pm)**

**Location: EmPoWER Family Success Center**

*(Dinner Provided)*

Our Mission 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. This group will serve as an opportunity for girls with emotional, behavioral, or mental health challenges to discuss and share their experiences with other girls battling the same issues.

## “Citizenship Preparation Class”

**August 5**

**August 12**

**(10:00am -12:00 noon)**

**Location: EmPoWER Family Success Center**

FREE Citizenship classes are now available to prepare for the Citizenship test. Please bring a copy of your Green Card. There is a one-time registration fee of \$25.00.

Books will be provided free of charge.

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

## Talent Development Group

*Facilitator: Haiyan Chen, SPHR*

**Mondays**

**(2:00pm – 4:00pm)**

**August 4**

**August 11**

**August 18**

**August 25**

**Location: EmPoWER Family Success Center**

Talent Development Group is a working group formed by job seekers. We support each other's job search through giving peer reviews on mock interviewing, resumes, and marketing plans. We also learn job skills together through presentations and discussions. Some job skills we have discussed include conflict management, leadership, etc.



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## Book Club

*Facilitator: Ruth Prothero*

**Tuesdays**

**(9:30am – 10:30am)**

**July 23**

**July 30**

**August 6**

**August 13**

**August 27**

**Location: EmPoWER Family Success Center**

This club is intended for students entering 4<sup>th</sup> – 6<sup>th</sup> grades. Parents/guardians can enjoy a cup of coffee while the children are engaged in book discussion. Homework will be assigned.

Participants must be able to commit to 4 out of 5 weeks.

**REGISTRATION IS REQUIRED!**

Email Ruth Prothero: [ruth@empowersomerset.com](mailto:ruth@empowersomerset.com)

## “WALKING CLUB”

**Every Tuesday & Thursday**

**(12:15pm – 12:45pm)**

**Location: Meet in front of EmPoWER Family Success Center (34 West Main St.)**

Join EmPoWER Family Success Center for a 30 minute walk around downtown Somerville to improve your health, reduce stress and have an opportunity to meet other members in our community.

## “English as a Second Language (ESL)”

**Tuesdays**

**(7:00pm – 9:00pm)**

**August 6**

**August 13**

**August 20**

**Location: EmPoWER Family Success Center**

## “Women’s Wellness Support Group”

*Facilitator: Mariann Bruno*

**Thursdays**

**(9:30am – 10:30am)**

**August 1**

**August 8**

**August 15**

**August 22**

**August 29**

**Location: EmPoWER Family Success Center**

*(Light Refreshments Provided)*

Connect with other new moms, share your concerns, challenges and experiences. We will discuss your adjustment to motherhood and practical concerns of parenting.



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## Reading Readiness Group

*Facilitator: Ruth Prothero*

**Thursdays**

**(11:00am – 11:45am)**

**August 1      August 8      August 15**

**Location: EmPoWER Family Success Center**

This group is intended for 4 - 6 yr. olds with their parent/guardian. All are welcome, but registration is preferred.

## SAT Writing & Critical Reading Prep.

*Facilitator: Ruth Prothero*

**Thursdays**

**(1:30pm – 3:00pm)**

**July 18      July 25      August 1      August 8      August 15      August 29**

**Location: EmPoWER Family Success Center**

This group is for students entering 10<sup>th</sup> – 12<sup>th</sup> grades. Space is limited! Participants must be able to commit for at least 4 out of 6 weeks. No walk-ins allowed.

**REGISTRATION IS REQUIRED!**

Email Ruth Prothero: [ruth@empowersomerset.com](mailto:ruth@empowersomerset.com)

## “Proactive Parenting”

**Wednesday, August 21**

**(6:00pm – 8:00pm)**

**Location: EmPoWER Family Success Center**

If you're a parent/caregiver of a child with emotional, behavioral, or mental health needs, please join us to gain knowledge of positive, proactive strategies of handling your child's challenging behavior. Tell your story. Listen to the experiences of others.

Gain a network of support in your community.



**Thursday, August 22**

**(6:00pm – 8:00pm)**

**Location: EmPoWER Family Success Center - 34 West Main St. in Somerville, NJ 08876**

We invite you and your family to join us for a Family Movie Night at our center! We will be showing “*Daddy Day Care*” starring Eddie Murphy.