



FAMILY EVENTS

Family Pool Party

Join us for a refreshing and fun time!
Enjoy pizza, swimming for all ages, games, and more at this free community event

Thursday, August 14th
6:00 pm- 8:00 pm

Memorial Park Pools
Located on Colorado Ave. off of Roosevelt Ave.
Manville, NJ, 08835

Sponsored by:
The Regional Chronic Disease Coalition



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,
Friday, August 1st at The Empower FSC
5:30 p.m. to 7:30 p.m.

Girls Youth Partnership,
Friday, August 8th at the Vault Youth Center in Washington, NJ
5:30 p.m. to 7:30 p.m.

Co-Ed Youth Partnership,
August 15th at Bridgewater YMCA
5:30 p.m. to 7:30 p.m.

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



How to trick your children into eating healthier



For teens and pre-teens, healthy eating can be challenging because they are often spending time eating with friends, making poor choices at school, eating fast food and snacking on energy-dense foods and beverages.

This eating pattern can lead to an excessive intake of calories, mostly from unhealthy fat and sugar, which increases the risk for obesity.

Bilingual Nutritionist Julia K. Sotomayor will conduct an interactive talk in regards to healthy eating habits, focusing in pre-teens and teenagers.

Refreshments will be provided.



Tuesday, August 26th
10:30am -11:30am

At Empower Family Success Center

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



Somerset County, NJ 4-H Fair



Every year, the 4-H fair offers 3-day free fun packed activities for all the family!

Come visit the fair on August 6th, 7th, 8th
Starting at 10 a.m. at North Branch Park, located on 355 Milltown Road, Bridgewater, between Routes 22 and 202.

Join the Empower Family Success Center on Friday, August 8th at the Prep Tent and be ready to dance and sing along with

Ms. Becca's Music Fun Time!

The show starts at 6:00 p.m.

For more information visit the website:
somerset.njaes.rutgers.edu/4hfair/

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,
August 6th, 2014
7:00pm - 9:00pm at
Empower Family Success Center



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.

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



Life Skills Programs

English for Speakers of Other Languages (ESOL)

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

**Mondays & Wednesdays
7:00pm – 9:00pm
Starting October 6th, 2014
at
Empower Family Success Center**

For Registration and testing:
Contact Fran Leddy
at 908-237-5000 or
email fleddy@hcesc.com

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, starting
September 1st
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



Help Somerset County Families, one cup at a time

For every purchase you make at Somerville Rita's on
August 4th and August 18th
10% will support the Empower Family Success Center



Empower Family Success Center

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