



## For Kids & Teens



### Free Family Fun Event

#### Become a November Ninja!

Show your strong, quick moves and build self-discipline, respect, focus & self-confidence at this fun family event!

Participants will Receive 50% Enrollment and light refreshments

*All children participating must be 4 years and older*



**299 Rt. 22 East Colonial Square Mall  
Green Brook, NJ 08812**

**Saturday, November 15th  
2:00 pm- 4:00pm**



*Space is limited!*

Register now: [www.tinyurl.com/FreeNJfun](http://www.tinyurl.com/FreeNJfun) • (908) 722-4400

### 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, November 7th at The Empower FSC  
5:30 p.m. to 7:30 p.m.

#### Girls Youth Partnership,

Friday, November 14th at the Vault Youth Center in Washington, NJ  
5:30 p.m. to 7:30 p.m.

#### Co-Ed Youth Partnership,

Friday, November 21st at Somerville YMCA  
5:30 p.m. to 7:30 p.m.

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

## For Parents

### I'm Not The Baby Sitter: A Workshop For Dads

How do we become the dad our children need- the dad we want to be? How do we improve? Join us as we examine six characteristics of an effective Father.

Positive fathering is beneficial to your children and you!

**Thursday, November 6th  
6:45 to 8:45 p.m.  
Empower Family Success Center**

To register, please call (908) 722-4400 or email at  
[fsc@empowersomerset.com](mailto:fsc@empowersomerset.com)



### Family Support Organization's Empowering Parent Series with Dr. Buzz Mingin

Where parents can learn to increase knowledge of your child's abilities and disabilities, gain confidence in your home management and parenting, and feel empowered to change their home from crisis to structure.

**Tuesday, November 11th  
6:00pm-8:00pm  
At Empower Family Success Center**

To register, please call (908) 223-1191

### 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.

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

### 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, November 12th  
7:00pm - 9:00pm at  
Empower Somerset  
34 W. Main St., Suite 307, Somerville, NJ**

To register, please call (908) 223-1191



## 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  
at**

**Empower Family Success Center**

For more information, please contact Fran Leddy at 908-237-5000 or email [fleddy@hcesc.com](mailto: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  
2:00pm-4:00pm  
at  
Empower Family  
Success Center**



### Citizenship Preparation Class

Classes are available to prepare for the citizenship test on

**Mondays  
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 Wednesday and Friday from 12:30pm-1:00pm  
in front of Empower Family Success Center's office building**



## Empower Family Success Center

34 W. Main St., Somerville, NJ, Suite 201  
(908) 722-4400 • [fsc@empowersomerset.com](mailto:fsc@empowersomerset.com)

Check out [www.empowerfsc.com](http://www.empowerfsc.com) for more information and like us on facebook: [www.facebook.com/EmpowerFSC](http://www.facebook.com/EmpowerFSC)