



August 2015

For Kids & Teens

SUPERHEROES Family Fun Night

Join us for a superfun night! We invite all families to dress up as your favorite superhero. Bring your lawn chair or blanket and watch Pixar's movie "The Incredibles" outdoors, enjoy refreshments, and more at this free community event.

Thursday, August 20th
7:30 pm- 10:00 pm
Washington School,
1st Avenue, Raritan, NJ

Register online at:
www.tinyurl.com/freenjfun

Family Support Organization's Co-Ed Youth Partnership

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.

**Friday, August 7th at
EmPoWER FSC
5:30 pm to 7:30 pm**

**Call in advance for registration
and transportation at
(908) 223-1191**



Somerset County 4-H Fair

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

**Visit the fair on August 12th,
13th, 14th starting at 10 a.m.**

North Branch Park
355 Milltown Road
Bridgewater, NJ

*Join EmPoWER Somerset on
**Wednesday, August 12th at
the Prep Tent and be ready to
dance and sing along with
Nicole!***

*You can also create your own
musical instrument at the arts
and crafts table.*

The show starts at 1:00 p.m.

For Parents

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
11:00 am to 12:00 pm 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, August 5th
7:00 pm – 9:00 pm at
EmPoWER Somerset**

34 W. Main St., Suite 307, Somerville, NJ
To register, please call (908) 223-1191



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Life Skills Programs

English for Speakers of Other Languages (ESOL)

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

**New session begins Fall 2015
At EmPoWER FSC**

For registration,
Please 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
2:00 pm-4:00 pm
At EmPoWER FSC**



Citizenship Preparation Class

Classes are available to prepare for the citizenship test on

**Mondays
10:00 am -1:00 pm
At EmPoWER FSC**

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!
**If weather permits, we meet every Wednesday and Friday from 12:30 pm-1:00 pm
in front of Empower Family Success Center's office building**