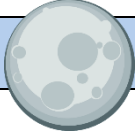




February 2016



For Kids & Teens

Free Family Fun Night

Experience an "Out of this World" adventure at our family fun night! Join Jack and Annie as they discover the secrets of the Sun, Moon, planets, space travel, and more. This show is based on the same-titled, best-selling series of novels. *Refreshments will be provided.*



Thursday, February 25th
Planetarium
Raritan Valley Community College
118 Lamington Road, Branchburg, NJ



Two showings:

1st showing, 6:00 pm – 7:00 pm

2nd showing, 7:15 pm-8:15 pm



Register now,

Online: www.tinyurl.com/FreeNJfun

Phone: (908) 722-4400



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, February 5th at

6:00 pm -8:00 pm

EmPoWER FSC

Call in advance to register at (908) 223-1191

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- 12:00 pm at
EmPoWER FSC



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, February 3rd

7:00 pm – 9:00 pm at

EmPoWER Somerset

34 W. Main St., Suite 307 Somerville, NJ

To register call: (908) 223-1191

Family Support Organization, in partnership with EmPoWER FSC, present:

Oppositional Defiant Disorder - How to Best Help the Defiant Child/Adolescent

This workshop on ODD will teach parents and professionals who supervise children and adolescents with behavioral and emotional disturbances, what ODD is, what it looks like behaviorally and emotionally, the impact of ODD on social development, education and family structure.

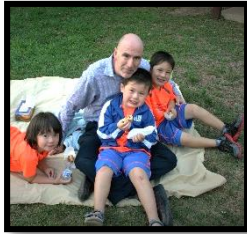
Tuesday, February 2nd | 6:00 pm – 8:00 pm at EmPoWER FSC

Life Planning: Helping Families Plan for the Future of a Loved One with a Disability

This workshop will address future planning issues such as independent living supports, estate planning, legal and financial processes. Topics include how to implement a future life plan for people with disabilities; Special Needs Trusts, advance directives for mental health, home visit monitoring, advocacy and guardianship. Forms for developing a life plan will be provided to guide families in planning for the future of their children.

Thursday, February 25th | 1:00 pm - 3:00 pm at EmPoWER FSC

To RSVP email aruiz@fso-hsw.org or call (908) 223-1191



February 2016



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 and Wednesdays
7:00 pm- 9:00 pm at
EmPoWER FSC**

To register,
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



Looking for a Job?

Check our Job Posting Webpage!



Go to www.empowerfsc.com, click on link **Get Involved** in the main menu. Click on **Job/training opportunities** and check the listings sourced by various community partner organizations and businesses.



Healthy Living



EmPoWER Walking Club

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

If weather permits, we meet Mondays in front of Somerville Senior Center and Wednesdays and Fridays in front of Empower Family Success Center's office building from 12:45 pm-1:15 pm



EmPoWER Family Success Center

34 W. Main St., Somerville, NJ, 08876 • 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