



Please register by phone or email - (908) 722-4400 or fsc@empowersomerset.com

“Girls Youth Partnership”

Facilitator: Liz Hicks and Karl Craft, Youth Coaches

Friday, January 3rd

(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.

“Proactive Parenting”

Wednesday, January 8th

(7:00pm – 9:00pm)

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.

“Citizenship Preparation Class”

Facilitator: John Tello & Jen Goodin

Mondays (no class Jan. 13th & 20th)

(10:00am -1:00pm)

OR

Wednesdays (no class Jan. 1st & 22nd)

(6:00pm – 9:00pm)

Location: EmPoWER Family Success Center

FREE Citizenship classes are 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



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Talent Development Group

Facilitator: Haiyan Chen, SPHR

Mondays (except Jan. 20th)

(2:00pm – 4:00pm)

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.

“English as a Second Language (ESL)”

Mondays, Tuesdays, & Thursdays (no class Jan. 2nd, 6th, 7th, 9th, 16th)

(7:00pm – 9:00pm)

Location: EmPoWER Family Success Center

For more information, contact Fran Leddy at 908-237-5000 or fleddy@hcesc.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.

“Women’s Wellness Support Group”

Facilitator: Mariann Bruno

Thursdays

(9:30am – 10:30am)

Location: EmPoWER Family Success Center

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