



January 2016

For Kids & Teens

Free Family Fun Night



Featuring Pixar's movie: "Inside Out"

Come and relax with your family at our Family Fun Night! Refreshments will be provided.

**Thursday, January 14th
5:45 pm – 8:00 pm
Grace Community Church
424 Garretson Rd
Bridgewater, NJ**

Register now:

Online at www.tinyurl.com/FreeNJfun

Call us at (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, January 8th 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, January 6th
7:00 pm – 9:00 pm at
EmPoWER Somerset
34 W. Main St., Suite 307
Somerville, NJ**

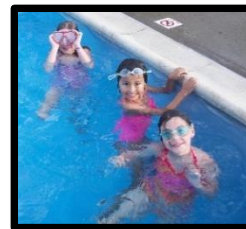
To register call: (908) 223-1191

Family Support Organization's Mindfulness workshop featuring Dr. Ken A. Verni

Participants in this workshop will learn how to respond instead of react when faced with personal and interpersonal stressors using methods for incorporating mindfulness practices into their everyday such as breathing and gentle body movements.

**Thursday, January 28th
10:00 am – 12:00 pm at
EmPoWER FSC**

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



January 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
Starting January 25th
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 12:30 pm-1:00 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