



June 2015



For Kids & Teens

Free Family Fun Day 2nd Annual Flag Day Festival

Show your spirit at the Flag Day Festival! This event will have live music, historic reenactment demonstrations, scavenger hunt, prizes, and much more!

Stop by the EmPoWER FSC section where we will have fun activities for children.

**Saturday, June 13th
11:30 am- 4:00 pm
Somerset County Courthouse
Steps**

Main St. Somerville, NJ.

*For more information, call us
(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, June 5th at EmPoWER FSC
5:30 pm to 7:30 pm

Girls Youth Partnership,
Friday, June 12th at FSO, Washington, NJ
5:30 pm to 7:30 pm

Co-Ed Youth Partnership,
Friday, June 19th at Spring Run School,
Flemington, NJ
6:00 pm to 8:00 pm

**Please, call in advance for
registration and transportation at
(908) 223-1191**



Girl's Circle



This free 8-week workshop creates, restores, and sustains healthy relationships for girls ages 11-13.

We'll have fun activities and provide refreshments.

Topic: Friendship

**Join us Tuesdays,
starting June 23rd
6:00 pm-7:30 pm
at**

**Empower Family Success
Center**

Space is limited!
Register at (908) 722-4400

For Parents

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, June 3rd
7:00 pm – 9:00 pm at
EmPoWER Somerset
34 W. Main St., Suite 307, Somerville, NJ**

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
9:30 am to 10:30 am at
EmPoWER Family Success Center**



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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 Family Success Center

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 Family Success Center**

Citizenship Preparation Class

Classes are available to prepare for the citizenship test on

**Starting Monday May 18th
10:00 am -1:00 pm
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



Looking for a Job?

Check our new Job Posting Webpage!



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

Healthy Living

FREE Chair Yoga Class

Learn ways of reducing stress and promoting health and wellness through simple movement

Certified Instructor: Dani Goldberg from Scorpion Club Yoga

**Saturday, June 27th
10:00 am-11:00 am at
EmPOWER FSC**



RSVP: (908) 223-1191 or chuff@fso-hsw.org

EmPOWER Walking Club

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

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

To sign-up, please call: (908) 722-4400.



EmPOWER Family Success Center

34 W. Main St., Somerville, NJ, 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