



March 2016

For Kids & Teens



Free Family Fun Night

Celebrating Heroes

Come and show your appreciation for our local real life heroes who serve the community by making thank you cards and crafts, enjoying pizza, and creating your own ice cream sundae!

**Thursday, March 31st
Hillsborough Municipal Building**

379 S Branch Rd, Hillsborough Township, NJ

6:00 pm – 8:00 pm

Register now,

Online: www.empowerfsc.com

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, March 4th 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.

**Tuesday, March 22nd
6:00 pm – 8:00 pm at
EmPOWER FSC**

To register call: (908) 223-1191

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

Family Support Organization's Yoga for Families

Immerse yourself in a class that allows you to develop the strength of your body, the focus of your mind as well. This class will leave you feeling an inward strength in your body, mind and heart as well as totally refreshed

**Friday, March 4th
3:30pm to 4:30pm
Empower Family Success Center**

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





March 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.

Prom Dress Drive!

Help EmPoWER FSC and Franklin High School's Sisters in Training for Life Program to help High School students offset the high cost of prom!

**Donate new or gently used formal dresses, jewelry and shoes
by April 6th, 2016**

Call the EmPoWER FSC for drop-off information or email at nicole@empowersomerset.com



EmPoWER Family Success Center

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Check out www.empowerfsc.com for more information and like us on Facebook: www.facebook.com/EmpowerFSC