



FAMILY EVENTS

Family Fun Night

This month's theme is "Martial Arts Night" Gain confidence and skills through this action packed family fun night!

Sponsored by:
Freedom Martial Arts

**1337 Prince Rodgers Ave.
Bridgewater, NJ.**

**Thursday, May 15th
6:00-8:00 pm**

RSVP
Online:
[www. Tinyurl.com/freeNJFun](http://www.Tinyurl.com/freeNJFun)
or
Call us:
(908) 722-4400

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, May 7th
7:00pm – 9:00pm
at
Empower Family
Success Center**

For more information 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.

**Thursdays
9:30am to 10:30 am
at
Empower Family
Success Center**



Mother's Day Contest!

Treat mom on her special day! To enter, email or post on our facebook page your favorite picture of you and mom with a brief description. All pictures will be uploaded in our facebook page. The more "likes" you get, the greater is your chance to win a gift basket!

The winner will be announced on May 9th

Facebook page:
[Facebook.com/empowerfsc](https://www.facebook.com/empowerfsc)
email:
fsc@empowersomerset.com



For Boys & Girls

PLANET Y

Calling all students from 5th-12th grade!

Get exclusive access to Basketball court, gym, swimming pools, Fitness center, and aerobics room.

There will be weekly activities such as Basketball tournaments, dodgeball tournaments, air hockey, ping pong, Wii games, fitness classes, and much more!

**Join the YMCA Hillsborough every Friday from
6:30 p.m.-10:00 p.m.**



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,

Meets the 1st Friday of each month at the Empower Family Success Center from 5:30 p.m. to 7:30 p.m.

Girls Youth Partnership,

Meets the 2nd Friday of each month at the Vault Youth Center in Washington, NJ from 5:30 p.m. to 6:30 p.m.

Co-Ed Youth Partnership,

Will meet May 16th at Somerville YMCA from 6:30 p.m. to 8:30 p.m.

Please call in advance for transportation at 908-223-1191



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 & Tuesdays
7:00pm – 9:00pm
at
Empower Family Success Center**

For more information:
Contact Fran Leddy
at 908-237-5000 or
email fleddy@hcsc.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
2:00pm-4:00pm
at
Empower Family Success Center**

Citizenship Preparation Class

Classes are available to prepare for the citizenship test on **Mondays from 10:00am -1:00pm** 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



Healthy Living



Empower Walking Club

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

**We meet every Tuesdays and Thursdays from 12:15pm-12:45pm
in front of Empower FSC office building**



Please note: if weather is not suitable, there will be no walking club

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