



November 2015

For Kids & Teens

Fit Family Fun Night



Don't let cold weather stop your family from moving! Come join us and the Hillsborough YMCA to our Fit Family Fun Night! Learn some family group exercise moves, participate in the family fitness challenge to win prizes, and enjoy some Healthy "snacktivities".



Thursday, November 19th
Hillsborough YMCA
6:30 pm-8:30 pm



Register online at: www.tinyurl.com/freenjfun



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, November 6th at
EmPoWER FSC
6:00 pm -8:00 pm

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, November 4th
7:00 pm – 9:00 pm at
EmPoWER Somerset
34 W. Main St., Suite 307, Somerville, NJ

To register, call: (908) 223-1191





November 2015



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 for Spring session, 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 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



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, 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