



*****REGISTRATION IS REQUIRED FOR ALL EVENTS*****

(908) 722-4400 or fsc@empowersomerset.com

“WALKING CLUB”

Every Tuesday & Thursday
(12:15pm – 12:45pm)

Location: Meet in front of EmPoWER Family Success Center (34 West Main St.)

Join EmPoWER Family Success Center for a 30 minute walk around downtown Somerville to improve your health, reduce stress and have an opportunity to meet other members in our community.

“English as a Second Language (ESL)”

Mondays & Tuesdays
(7:00pm – 9:00pm)

Location: EmPoWER Family Success Center

For more information, contact Fran Leddy at 908-237-5000 or fleddy@hcesc.com

“Citizenship Preparation Class”

Facilitator: John Tello & Jenn Goodin

Mondays (except October 14)
(10:00am -1:00pm)

OR

Wednesdays
(6:00pm – 9:00pm)

Location: EmPoWER Family Success Center

FREE Citizenship classes are available to prepare for the Citizenship test.

Please bring a copy of your Green Card. There is a one-time registration fee of \$25.00.

Books will be provided free of charge.

For more information or assistance please call: (732) 777 – 1940 ext. 1153

“Women’s Wellness Support Group”

Facilitator: Mariann Bruno

Thursdays
(9:30am – 10:30am)

September 5

September 12

September 19

September 26

Location: EmPoWER Family Success Center

(Light Refreshments Provided)

Connect with other new moms, share your concerns, challenges and experiences. We will discuss your adjustment to motherhood and practical concerns of parenting.



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Talent Development Group

Facilitator: Haiyan Chen, SPHR

Mondays

(2:00pm – 4:00pm)

October 7 October 21 October 28

Location: EmPoWER Family Success Center

Talent Development Group is a working group formed by job seekers. We support each other's job search through giving peer reviews on mock interviewing, resumes, and marketing plans. We also learn job skills together through presentations and discussions. Some job skills we have discussed include conflict management, leadership, etc.

“Girls Youth Partnership”

Facilitator: Liz Hicks and Karl Craft, Youth Coaches

Thursday October 10

(5:30pm -7:30pm)

Location: EmPoWER Family Success Center

(Dinner Provided)

Our Mission is to provide social, recreational, empowerment, leadership and community service opportunities in a diverse and supportive environment for our youth. FSO's Youth Partnership is for youth 13 - 21 years of age with emotional, behavioral or mental health challenges. This group will serve as an opportunity for girls with emotional, behavioral, or mental health challenges to discuss and share their experiences with other girls battling the same issues.

“Proactive Parenting”

Wednesday, October 16

(6:00pm – 8:00pm)

Location: EmPoWER Family Success Center

If you're a parent/caregiver of a child with emotional, behavioral, or mental health needs, please join us to gain knowledge of positive, proactive strategies of handling your child's challenging behavior. Tell your story. Listen to the experiences of others.
Gain a network of support in your community.



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SAVE THE DATE!

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“Dining to Donate” at Applebee’s

**SAVE
THE
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Tuesday, **October 22, 2013** from 11am – 9pm

Eat at Applebee’s of Bridgewater and 10% of your bill will be donated to the EmPOWER FSC!

Ask us for a flyer!

Downtown Somerville’s Spooktacular Halloween!



Thursday, October 31, 2013

3:30pm-5:30pm: Trick or Treat in Downtown ‘Ville

5pm-6pm: Division St BOOgie Kids Dance Party