



September 2015

For Kids & Teens

Family Campfire Night



Say farewell to summer at our Family Campfire Night! Bring your lawn chair or blanket and sit around the campfire while enjoying s'mores and hot dogs



Join us on Thursday
September 24th
6:00pm-8:00pm
Bridgewater YMCA



*Rain date: September 25th

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, September 7th at
EmPoWER FSC
6:00 pm to 8:00 pm

Call in advance for registration and transportation 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 to 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, September 2nd
7:00 pm – 9:00 pm at
EmPoWER Somerset
34 W. Main St., Suite 307,
Somerville, NJ

To register, please call
(908) 223-1191



Do you have questions about how to Navigate the Healthcare System?

Join the Family Support Organization for a day of information sharing. Find how to access coverage and services for children with special needs

Thursday, September 6th at
EmPoWER FSC
5:30 pm to 7:30 pm

More information, contact Dawn Monaco
(973) 642-8100 ext. 193
dmonaco@spannj.org



September 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.

**New session begins
September 28th
7:00 pm- 9:00 pm
At EmPoWER FSC**

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 FSC**



Citizenship Preparation Class

Classes are available to prepare for the citizenship test on

**Mondays, starting October 5th
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.



Family Support Organization Presents

Getting Ready for College: Post-Secondary options for Individuals with Developmental and/or Intellectual Disabilities

Learn about: program options, funding options and financial assistance, how to prepare for college, transition services available, and much more.

**September 29th
6:30 pm-8:30 pm
At EmPoWER FSC**

Guest speaker: Lisa Ford, Director of The Arc of NJ Family Institute

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

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