



*Below is a list of our upcoming **FREE** Workshops for **October***

**Exceptional Plans for Extraordinary People: Special Needs Trusts, Estate Planning & Guardianship**

***Thursday October 3rd*** | 6:00pm - 8:00pm

Pioneer Family Success Center | 50 Division Street | Suite 303 | Somerville, NJ

This 40-minute intensive workshop will focus on trusts, guardianship and estate planning for families with special and unique needs.

To RSVP: [aruiz@fso-hsw.org](mailto:aruiz@fso-hsw.org)

***Tourette Syndrome, ADHD, & OCD Strategies & Accommodations***

***Wednesday October 9th*** | 6:00pm - 9:00pm

Pioneer Family Success Center | 50 Division Street | Suite 303 | Somerville, NJ

This workshop will discuss: Gaining knowledge of the symptoms, possible causes, diagnosis, and treatment for Tourette Syndrome and its associated disorders - ADHD, OCD, learning disabilities, learning about a wide range of strategies and accommodations that can be used, and understanding the impact of these disorders on one's social, emotional, and physical well-being.

To RSVP: [aruiz@fso-hsw.org](mailto:aruiz@fso-hsw.org)

**The Language of Stigma**

***Saturday October 12th*** | 10:30am - 3:00pm

Warren County Library Headquarters | 2 Shotwell Drive | Belvidere, NJ

This event is being offered to the community in conjunction with National Mental Health Awareness Week

To RSVP: Contact Warren County Library Headquarters 908.475.6322

**How to Avoid the \$500 Repair When a \$5 Fill Will Do: A Guide to Home Repair for Women on a Budget**

***Wednesday October 16th*** | 6:00pm - 8:00pm

Hunterdon Medical Center | 2100 Wescott Dr. | Main Entrance Conference Room A/B | Flemington, NJ

This presentation will discuss will provide home maintenance tips and tricks that every homeowner should know. Many topics will be covered including: importance of the right washing machine hoses and ice maker hoses, how to turn water off in a emergency, water heater maintenance, and septic maintenance.

To RSVP: [sron@fso-hsw.org](mailto:sron@fso-hsw.org)

**Nurtured Heart Approach - Part 1**

***Thursday, October 17th*** | 6:00pm - 8:00pm

Hunterdon Medical Center | 2100 Wescott Dr. | Main Entrance Conference - First Floor Board Room |Flemington, NJ

The Nurtured Heart Approach (NHA) has been demonstrated to create transformational changes in children diagnosed with ADHD, Oppositional Defiant Disorder, Reactive Attachment Disorder and other anxiety-related emotional and symptomatic behaviors. These workshops will help parents and professionals create success and positivity while maintaining limits and consequences.

To RSVP: [aruiz@fso-hsw.org](mailto:aruiz@fso-hsw.org)

**Domestic Violence & Sexual Assault 101 for Parents & Caretakers**

**Thursday October 24th** | 6:00pm - 8:00pm

Warren County Library SouthWest Branch | 404 Route 519 | Stewartville, NJ

Topics include: What is Domestic Violence? What is Sexual Assault? Power and control, rights and responsibilities, and reporting.

To RSVP: [aruiz@fso-hsw.org](mailto:aruiz@fso-hsw.org)



**Youth Partnership: For more information, to enroll a youth or to arrange transportation, please contact 908-223-1191 ext. 12**

The mission of **Youth Partnership** 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.

**Somerset County - Youth Partnership**

**Friday October 4th** | 6:00pm - 8:00pm

Pioneer Family Success Center | 50 Division Street | Suite 303 | Somerville, NJ

**Warren County Movie Night**

**Thursday October 10th** | 6:00pm - 8:30pm

Family Support Organization | 315 W. Washington Avenue | Community Center | Washington, NJ

**Hunterdon County - Youth Partnership **\*\*Location Change October Only****

**Friday October 18th** | 6:00pm - 8:00pm

Family Support Organization | 315 W. Washington Avenue | Community Center | Washington, NJ

**Warren County - Youth Partnership**

**Friday October 25th** | 6:00pm - 8:00pm

Family Support Organization | 315 W. Washington Avenue | Community Center | Washington, NJ



**Support Groups: Questions regarding Support Groups please contact:  
908-223-1191 ext. 16**

**Somerset County Support Group**

***Friday October 4th*** | 6:00pm - 8:00pm

Pioneer Family Success Center | 50 Division Street | Suite 303 | Somerville, NJ

Mamas Sin Miedo - Spanish Speaking Support Group

***Tuesday October 8th*** | 10:30am - 12:00pm

***Tuesday October 22nd*** | 10:30am - 12:00pm

Salvation Army | 40 East Main Street | Flemington, NJ

**The Parent Café Support Group**

***Wednesday October 9th*** | 10:00am - 12:00pm

Family Support Organization | 315 W. Washington Avenue | Community Center | Washington, NJ

**Somerset County Coffee & Cake Spanish Speaking Support Group**

***Tuesday October 15th*** | 10:00am - 12:00pm

Pioneer Family Success Center | 50 Division Street | Suite 303 | Somerville, NJ

**Hunterdon County Support Group **\*\*Location Change October Only****

***Friday October 18th*** | 6:00pm - 8:00pm

Family Support Organization | 315 W. Washington Avenue | Community Center | Washington, NJ

***Friday October 18th*** | 6:00pm - 8:00pm

Hunterdon Medical Center | 2100 Wescott Dr. | Main Entrance Conference Room A/B | Flemington, NJ

**Somerset County Daytime Support Group**

***Tuesday October 22nd*** | 9:30am - 11:00am

Pioneer Family Success Center | 50 Division Street | Suite 303 | Somerville, NJ

**Lindos Rompecabezas - Spanish Speaking Support Group**

***Friday October 25th*** | 10:30am - 12:00pm

Harvest Family Success Center | 87 Park Avenue | Flemington, NJ

**Warren County Support Group**

***Friday October 25th*** | 6:00pm - 8:00pm

Family Support Organization | 315 W. Washington Avenue | Community Center | Washington, NJ

*All workshops and support groups are FREE and open to the Public! Workshops are subject to change and cancellation. Seating is limited and registration is recommended. Individuals who have preregistered will be notified of changes/cancellations. Please call the Family Support office at 908.223.1191 to confirm the date, time and location of the workshop if you wish to attend but have not preregistered.*

## OCTOBER 2019

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 Exceptional Plans for Extraordinary People 6:00pm-8:00pm	4 Somerset County SG 6:00pm-8:00pm Somerset Cty. YP 6:00pm-8:00pm	5
6	7	8 Mamas Sin Miedo Hunterdon County Spanish Speaking SG 10:30am-12:00pm	9 The Parent Cafe 10:00am-12:00pm Tourette Syndrome, ADHD & OCD 6:00pm-9:00pm	10 Warren County Movie Night 6:00pm-8:30pm	11	12 The Language of Stigma 10:30am-3:00pm
13	14	15 Somerset County Spanish Speaking SG 10:00am-12:00pm	16 A Guide to Home Repair for Women on a Budget 6:00pm-8:00pm	17 Nurtured Heart Approach Part 1 6:00pm-8:00pm	18 Hunterdon County SG 6:00pm-8:00pm Hunterdon Cty. YP 6:00pm-8:00pm	19
20	21	22 Daytime Somerville SG 9:30am-11:00am Mamas Sin Miedo Hunterdon SG 10:30-12:00	23	24 Domestic Violence & Sexual Assault 101 for Parents & Caretakers 6:00pm-8:00pm	25 Limos Rompecabezas SG 10:30am-11:30am Warren County SG 6:00pm-8:00pm Warren Cty. YP 6:00pm-8:00pm	26
27 	28	29	30	31 		

All workshops and support group programs are FREE and open to the public. Workshops are subject to change and cancellation. Seating is limited and registration is recommended. Individuals who are preregistered will be notified of changes/cancellations. Please call the Family Support Office at 908.223.1191 to confirm the date, time, and location of the workshop if you wish to attend, but have not preregistered.

Click on calendar or any of the below flyers to download a PDF version.

Family Support Organization of  
Hunterdon, Somerset, and Warren Counties Introduces:

## TOURETTE SYNDROME, ADHD, & OCD STRATEGIES & ACCOMMODATIONS



**Presented by:**  
NJ Center for Tourette Syndrome  
AND ASSOCIATED DISORDERS, INC.  
*The nation's first Center of Excellence for Tourette Syndrome*

### Objectives:

Almost 90% of individuals who have Tourette Syndrome are diagnosed with at least one additional mental health, behavioral or developmental disorder -- ADHD, OCD, learning disabilities, anxiety, depression, etc. In fact, these other disorders are often more problematic than Tourette Syndrome itself. Learn why it's important to understand these disorders, its impact on families and one's social and emotional wellness.

### This Workshop Will Discuss:

- Gain knowledge of the symptoms, possible causes, diagnosis, and treatment for Tourette Syndrome and its associated disorders -- ADHD, OCD, learning disabilities, etc.
- Learn about wide range of strategies and accommodations that can be used.
- Understand the impact these disorders have on one's social, emotional, and physical well-being.

**WEDNESDAY - OCTOBER 9TH  
6PM TO 9PM**



Pioneer Family Success Center  
50 Division Street · Suite 303  
Somerville, NJ  
Questions: 908.223.1191  
To RSVP: [aruiz@fso-hsw.org](mailto:aruiz@fso-hsw.org)

**PIONEER**  
Family Success Center  
*(formerly Pioneer Family Success Center)*

## NURTURED HEART APPROACH 6 - Hour Series



Presented by Sonia O. Ron and Jennifer Redlhammer

### WHAT

These workshops will focus on taking the 3 stands:

- ♥ Refusing Negativity
- ♥ Celebrating Success - No Matter How Small
- ♥ Establishing Clear Rules



### WHEN/WHERE

**Thursday - October 17th**  
6:00PM - 8:00PM  
Hunterdon Medical Center  
(Main Entrance)  
First Floor Board Room  
2100 Westcott Drive  
Hunterdon, NJ

**Tuesday - November 5th**  
6:00PM - 8:00PM  
Hunterdon Medical Center  
(Main Entrance)  
Meeting Room C  
2100 Westcott Drive  
Hunterdon, NJ

**Thursday, December 19th**  
6:00PM - 8:00PM  
Hunterdon Medical Center  
(Main Entrance)  
Auditorium  
2100 Westcott Drive  
Hunterdon, NJ

The Nurtured Heart Approach (NHA) is a methodology focused on the relationship strategically founded on the "3 stands" to help children, and adults, build their inner wealth and use their intensity successfully.

The approach has proven impact on all children, including behavioral, social and academic challenges.

The Nurtured Heart Approach (NHA) has been demonstrated to create transformational changes in children diagnosed with ADHD, Oppositional Defiant Disorder, Reactive Attachment Disorder and other anxiety-related emotional and symptomatic behaviors.

These workshops will help parents and professionals create success and positivity while maintaining limits and consequences.

The workshops will be broken up into 3 two-hour sessions.

Family Support Organization  
HUNTERDON · SOMERSET · WARREN

To RSVP: [aruiz@fso-hsw.org](mailto:aruiz@fso-hsw.org)  
or call 908.223.1191

Light Refreshments Will Be Served