



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

Nurtured Heart Approach

Wednesday May 8th | 6:00pm - 8:30pm

Hunterdon Central Regional High School | The Little Theatre | 84 Route 31 (Flemington Junction Road - 11/12 Campus)

This workshop will focus on taking the 3 stands: Refusing negativity, celebrating success - no matter how small, establishing clear rules and consequences

RSVP recommended to: tbaffuto@ccdom.org

Making Youth Agencies Partners in Youth Suicide Prevention

Tuesday May 14th | 11:30am - 1:00pm

Warren County Library | Southwest Branch | 404 Route 519 | Phillipsburg, NJ

This presentation will focus on the critical but limited role agencies have in the suicide prevention process.

To RSVP: kyle@sptsusa.org

Mental Health Field Day

Saturday May 18th | 12:00pm - 6:00pm - *Rain Date: May 19th*

Meadow Breeze Park | 22 Meadow Breeze Lane | Washington, NJ

Live music, food & giveaways, kindness rocks, games, sports, and more!

Raising Resilient Teens in Challenging Times

Thursday May 23rd | 6:30pm

Traditions Family Success Center | 712 South Main Street | Phillipsburg, NJ

This parent presentation focuses on building strength and resilience in our children and teens, with emphasis on: how to talk to your teens on difficult topics, empowering parents & guardians, understanding warning signs and risk factors, data & statistics, and more.

To RSVP: aruiz@fso-hsw.org- *Spanish translation available as well as childcare options. Please indicate if you need either when RSVP'ing.*

Turning 18: Guardianship, Social Security, Medicaid, and Waiting Lists

Thursday May 30th | 6:00pm - 8:00pm

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

This workshop will focus on government programs for adults with disabilities that typically begin at age 18, including Supplemental Security Income (SSI) and Medicaid.

To RSVP: 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 May 3rd | 6:00pm - 8:00pm

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

Warren County Movie Night - Youth Partnership

Thursday May 9th | 6:00pm - 8:30pm

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

Hunterdon County - Youth Partnership

Friday May 17th | 6:00pm - 8:00pm

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

Warren County - Youth Partnership

Friday May 24th | 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**

Hunterdon County Spanish Speaking Support Group

Friday May 3rd | 10:00am - 11:30pm

Friday May 17th | 10:00am - 11:30pm

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

Somerset County Support Group

Friday May 3rd | 6:00pm - 8:00pm

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

Hunterdon County Spanish Speaking Support Group

Tuesday May 8th | 10:00am - 11:30am

Salvation Army | 40 East Main Street | Flemington, NJ

Hunterdon County Support Group - Kick Off Featuring Nurtured Heart

Friday May 17th | 6:00pm - 8:00pm

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

Warren County Spanish Speaking Support Group

Wednesday May 22nd | 10:00am - 12:00pm

Hackettstown Free Public Library | 110 Church Street | Hackettstown, NJ

Warren County Support Group

Friday May 24th | 6:00pm - 8:00pm

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

Somerset County Daytime Support Group

Tuesday May 28th | 9:30am - 11:00am

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

Somerset County Spanish Speaking Support Group

Tuesday May 28th | 5:00pm - 7:00pm

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

MAY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Spanish Speaking SG 10:00am - 11:30am Somerset County SG 6:00pm - 8:00pm Somerset Cty. YP 6:00pm - 8:00pm	4
5	5	7	8 Spanish Speaking SG 10:00am - 11:30am Nurtured Heart Workshop 6:00pm - 8:30pm	9 Warren County Movie Night 6:00pm - 8:30pm	10	11
12	13	14 Making Youth Agencies in Partners in Youth Suicide Prevention 11:30am - 1:00pm	15	16	17 Spanish Speaking SG 10:00am - 11:30am Hunterdon County SG 6:00pm - 8:00pm Hunterdon Cty. YP 6:00pm - 8:00pm	18 Mental Health Field Day 12:00pm - 6:00pm
19	20	21	22 Spanish Speaking SG 10:00am - 12:00pm	23 Raising Resilient Teens in Challenging Times 6:30pm	24 Warren County SG 6:00pm - 8:00pm Warren Cty. YP 6:00pm - 8:00pm	25
26 	27	28 Somerset County Daytime SG 9:30am - 11:00am Spanish Speaking SG 5:00pm - 7:00pm	29	30 Turning 18: Guardianship, SS, Medicaid & Waiting Lists 6:30pm	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.

**In Recognition of
Children's Mental Health Awareness Month
- featuring -
Nurtured Heart Approach**

Presented by Certified Nurtured Heart Trainers:
Dawn Lacy, MS, LMFT, Rutgers University Behavioral Healthcare
Nicole Del Duca, MA, LAC, Catholic Charities, Children's Mobile Response & Stabilization Services
Sonia Rom, Family Support Organization








Date: Wednesday, May 8, 2019
Time: 6:00pm-8:30pm
(registration begins at 6:00pm & presentation begins at 6:30pm)

Where: Hunterdon Central Regional High School
The Little Theatre
84 Rt. 31 (Flemington Junction Rd. - 11/12 Campus)

This workshop will focus on taking the 3 stands:

- ♥ **Refusing negativity**
- ♥ **Celebrating success- no matter how small**
- ♥ **Establishing clear rules and consequences**

~Giveaways and Refreshments Provided~
Art Therapy
& Community Resource Information

Sponsored by Catholic Charities, DOM, The Hunterdon County Children's Interagency
Coordinating Council (CIACC) & Tri County Care Management Organization (TCCMO)

RSVP recommended to: tbaffuto@ccdom.org



1st Quarter Newsletter

**May is Mental Health Awareness Month
National Children's Mental Health Awareness Day - May 9th**

SAMHSA created National Children's Mental Health Awareness Day (Awareness Day) more than a decade ago to shine a national spotlight on the importance of caring for every child's mental health and to reinforce the message that positive mental health is essential to a child's healthy development.

The purpose of Awareness Day is to increase public awareness about the needs of children with serious mental illness (SMI) and severe emotional disturbance (SED) and their families, provide information on evidence-based practices, and encourage those who need help to seek treatment.

More than 1,100 communities and 170 national collaborating organizations and federal programs across the country participate in community events, youth educational programs, health fairs, art exhibits, and social networking campaigns in observance of Awareness Day. Each year, SAMHSA hosts an event in Washington, DC, to complement these local activities.

In 2005, SAMHSA hosted the first Awareness Day event in Washington, DC, in response to requests by systems of care grantees that indicated that a national observance would amplify and support the work they were doing at the community level. Awareness Day began as a grassroots effort among SAMHSA-funded systems of care and has expanded to include other federal programs and national organizations.

Since its inception, Awareness Day has served as SAMHSA's key strategy to:

- Raise awareness of the efficacy of community-based mental health and substance use services for children, youth, young adults, and their families;
- Demonstrate how children's mental health initiatives promote positive youth development, recovery, and resilience; and
- Show how children, youth, and young adults with mental and/or substance use disorders can flourish in their communities.

Over the years, Awareness Day has grown in scope, visibility, and support. As a result of Awareness Day, organizations at the national level and in communities have developed relationships that have led to new collaborations and strengthened existing ones, creating greater opportunities for the long-term sustainability of their programs.

SAMHSA will continue to support community involvement in Awareness Day in 2019. Community-level Awareness Day observances are opportunities for children, youth, young adults, families, child-serving agencies, faith-based organizations, community leaders, and others to come together to focus on relevant topics related to children's mental health. www.samhsa.org

Call the FSO Warmline
Hunterdon - Somerset - Warren
(908) 223-1191

We listen and offer advice, information, and referrals to family members and caregivers in need of support.
Call Monday-Friday 9am to 5pm

Shop at AmazonSmile
and Amazon will donate a portion of the purchase price to Family Support Organization
Hunterdon, Somerset, and Warren Counties

Get Started!
amazon smile

Where to Find Us:


[@FSOofHSW](https://www.facebook.com/FSOofHSW)


[@FSOofHSW](https://twitter.com/FSOofHSW)


 Search: Family Support Organization

Family Support Organization | 908.223.1191 | info@fso-hsw.org | www.fso-hsw.org

STAY CONNECTED:

