

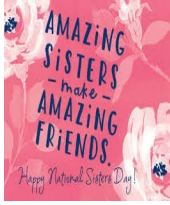







August 2019

Family Support Organization of Middlesex County

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>Address: 1 Ethel Suite 108 Rd, Edison, NJ, 08817</i></p>	<p><i>Office: 732-287-8701 Fax: 732-287-8708 FB: MiddlesexFSO</i></p>		1 Girls Focus Group @ FSO 6-7:30pm Youth Partnership 6-8pm@FSO	2 NHA in Spanish @HFSC 10am-12pm 	3 
4 	5	6 National Night Out 4pm-8pm@ Joyce Kilmer Park New Brunswick	7	8 Girls Focus Group @ FSO 6-7:30pm Youth Partnership 6-8pm@FSO	9 NHA in Spanish @HFSC 10am-12pm 	10 2019 CSOC Youth Conference 8:30am-3:30pm@Busch Campus
11	12 	13 DD Socialization 6pm-7:30pm @ ACI DRUM CIRCLE	14 Autism BBQ Cookout 5pm-7pm@Merril Park Colonia 	15 Girls Focus Group @ FSO 6-7:30pm Youth Partnership 6-8pm@FSO	16 NHA in Spanish @HFSC 10am-12pm 	17 
18 THINGS TO REMEMBER <i>You don't have to be perfect</i> <i>Having a bad day is ok</i>		20	21 Grandparents Tea Time!! 10am-12pm @ HFSC Sensory Friendly Movie 5:30pm-7:30pm@Perth Amboy YMCA	22 Girls Focus Group @ FSO 6-7:30pm Youth Partnership 6-8pm@FSO	23	24 I AM IN CHARGE OF HOW I FEEL AND TODAY I AM CHOOSING HAPPINESS.
25 <i>Small steps are also progress</i> <i>Asking for help is strenght</i> <i>People love and appreciate you</i>		27 Support Group 10am-12pm@FSO	28	29 2 nd Annual BBQ & School Supplies Drive @Johnson Park 5pm-7pm	30	31

Special Events

08/01/19: Wellspring Girls Focus Group at FSO

Location: 1 Ethel Rd Suite 108 Edison Time: 6pm-7:30 pm

Wellspring presents an interventional program for youth to share experiences, learn coping skills and discuss topics that are unique for girls ages 10-17.

The Girls Group will be focused on educating and empowering young women to make healthy choices knowing their risk and protective factors for substance use.

Must Register, Limited Space!!

08/02/19: Nurture Heart Approach FSO at HFSC.

Location: 255 Livingston Ave, New Brunswick Time: 10am-12pm.

(Spanish.) See additional Dates. Build your child's Inner Wealth™! The Nurtured Heart Approach® is a relational approach that instills greatness and transforms children's intensive behaviors in positive ways.

08/06/19 National Night Out at Joyce Kilmer Park, 143 Joyce Kilmer Ave New Brunswick. **National Night Out** is a community event held annually on the first Tuesday in August, intended to build relationships between neighbors as well as between residents, elected officials and police and fire officials. Picnics and barbecues are held throughout the City, organized by community and crime watch groups that work with the police department year-round on quality of life issues.

08/13/19: Developmental Disabilities Socialization Group at 629 Amboy Ave Edison 08837

DRUM CIRCLE MUSIC Time: 6pm-7:30pm

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Thursday Nights

08/14/19: Autism BBQ Cookout

@ Merrill Park, Colonial NJ. Time: 5pm-7pm

*This event is primarily for families with children on the Autistic Spectrum. Come to Merrill Park for games, prizes, and free food! Registration is required.

08/21/19: FSO Grandparents Teatime at HFSC.

Location: 255 Livingstone Ave, New Brunswick Time: 10am-12pm.

Raising grandchildren can be a tremendous challenge. Grandparent caregivers need to develop a support system to help them with the many tasks at hand. It's also important for grandparents to take good care of themselves so they can stay mentally and physically healthy enough. Come out and Join Us, meet other Grandparents that are facing similar challenges. You are not alone.

08/21/19: Sensory Friendly Movie Night @ The YMCA of Perth Amboy
357 New Brunswick Ave, Perth Amboy.

We will be offering a unique movie showings where we turn the lights up and turn the sound down! Popcorn and Refreshments are included.

08/27/19: Support Group at FSO. Location 1 Ethel Rd Suite Edison.

Time : 10am-12pm

A support group that brings families and caregivers with children with behavior and emotional challenges together for a positive support, education, advocacy, and networking. We are all in this together!!

08/29/19: In an effort to bring fun and resources to residents of Middlesex county, we will host a Backpack Drive August 29, 2019, at Johnson Park Grove # 1, from 5:00 pm to 7:00 pm. In case of bad weather, have scheduled the rain date for August 30th at Buccleuch Park.

Eventos especiales

08/01/19: Wellspring Girls Focus Group en FSO Ubicación: 1 Ethel Rd Suite 108 Edison Hora: 6pm-7:30 pm

Wellspring presenta un programa de interacción para que las jóvenes compartan experiencias, aprendan habilidades de afrontamiento y discutan temas que son únicos para niñas de 10 a 17 años.

El Grupo de Niñas se centrará en educar y empoderar a las mujeres jóvenes para que tomen decisiones saludables conociendo sus factores de riesgo y protección para el consumo de sustancias.

Debe registrarse, espacio limitado!!

08/02/19: Fomentar el enfoque del corazón FSO en HFSC. Ubicación: 255 Livingston Ave, New Brunswick Hora: 10am-12pm. (Español.) Ver fechas adicionales ¡Construye la TM de Riqueza Interior de tu hijo! El Enfoque del Corazón Nutrido [®] es un enfoque relacional que infunde grandeza y transforma los comportamientos intensivos de los niños de manera positiva.

08/06/19 Noche Nacional Salida Joyce Kilmer Park 143 Joyce Kilmer Ave New Brunswick. Hora: 4pm-8pm. **National Night** Out es un evento comunitario que se celebra anualmente el primer martes de agosto, con la intención de construir relaciones entre los vecinos, así como entre los residentes, funcionarios electos y policías y oficiales de bomberos. Picnics y barbacoas se llevan a cabo en toda la ciudad, organizado por la comunidad y grupos de vigilancia del crimen que trabajan con el departamento de policía durante todo el año en cuestiones de calidad de vida.

08/13/19: Grupo de Socialización de Las Discapacidades del Desarrollo en 629 Amboy Ave Edison 08837

Circulo de tambor Hora: 6pm-7:30pm

Presentado por: ALLIANCE CENTER for INDEPENDENCE

Conoce familias que tienen historias similares.

08/14/19: Autismo BBQ Cookout - Merrill Park, Colonial NJ. Hora: 5pm-7pm *Este evento es principalmente para familias con niños en el Espectro autista. Ven a Merrill Park para juegos, premios, y comida gratis! Se requiere registro.

08/21/19: FSO Abuelos Tea time en HFSC.

Ubicación: 255 Livingstone Ave, New Brunswick Hora: 10am-12pm.

Criar nietos puede ser un desafío tremendo. Los cuidadores de abuelos necesitan desarrollar un sistema de apoyo para ayudarlos con las muchas tareas que se presentan. También es importante que los abuelos se cuiden bien para que puedan mantenerse lo suficientemente saludables mental y físicamente.

Salga y únase a nosotros, conozca a otros abuelos que se enfrentan a desafíos similares. No estás solo.

08/21/19: Noche de cine sensorial amigable –

Ubicación: YMCA 357 New Brunswick Ave, Perth Amboy. Hora: 5:30pm-7:pm Vamos a ofrecer una película única que muestras donde giramos las luces arriba y bajar el sonido! Incluye palomitas de maíz y refrescos.

08/29/19: En un esfuerzo por llevar diversión y recursos a los residentes de Middlesex County, vamos a organizar una mochila Drive 29 de agosto, 2019, en Johnson Park Grove 1, de 5:00 pm a 7:00 pm. En caso de mal tiempo, han programado la fecha de lluvia para agosto 30 en el arca Buccleuch P.

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Thursday Nights