**MONDAY GROUPS**

**Positive Parenting Support Group**
*Using the Nurtured Heart Approach®*

Every session of this group will start with a bite size lesson on the Nurtured Heart Approach® method of parenting, followed by discussion of ways you can incorporate the new concept into your day. Sharing and discussion time included.

**Mondays from 6 - 7 PM**
Call: 862-354-1039 with any questions or challenges

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**Parent2Parent Support Group**

Join us for an informal gathering of parents and caregivers sharing information and supporting each other!

**To join please call 1-425-585-7644**

**Every Monday from 4:10pm to 5:30pm**

Please contact: Lauren Salvodon with any questions or challenges:

**Phone:** 201-796-6209 Ext: 102
**Email:** Ls@fsobergen.org
FAMILY SUPPORT ORGANIZATION SUPPORT GROUPS

Parents Helping Parents Support Group

This group is designed for caregivers to provide support to each other. Parents, grandparents, and guardians share how much and what information they share with the group. It is a true relief to find you are not alone in your endeavors as a parent. We show parents that taking care of themselves is as important as taking care of their children. Our parents are encouraged to use the group in whatever way works best for them and their families. The Family Engagement Coordinator will also be available to assist families with youth who are Juvenile Justice involved for their individual and peer support needs.

This group meets every Monday from 7:00pm-8:30pm.

If you are interested in participating, please email us your contact information so that you can be included on the email invitation list!

Email: Sqarrity@fsoburlco.org

To find out the latest information on our workshops, join our Facebook page by Clicking Here!

Zoom Afternoons

Need an afternoon break? Join us for Zoom Afternoons to talk with other parents and caretakers about concerns and resources!

This group meets every Monday at 2:00pm.

Registration is required to participate in this group. Please contact Penelope Griffin at pgriffin@fso-hsw.org or Sonia Ron at sron@fso-hsw.org to register.
FAMILY SUPPORT ORGANIZATION SUPPORT GROUPS

Mom Hacks

Join Lori every Monday for *Mom Hacks* on the Ocean County Family Support Organization Facebook Live! Lori will share different recipes of household products you can make with things you may already have in your home. These recipes include how to make dishwasher tabs and more!

**Tune in every Monday at 10:00am.**

Click on the button to the right to take you to the Ocean County Family Support Organization Facebook!

FSO Support Group

Join us for our weekly FSO Support Group that brings families and caregivers with children with behavioral and emotional challenges together for positive support, education, and advocacy networking. This group offers education and training in critical coping and problem-solving skills for parenting enhancement. While networking and sharing with other caregivers experiencing similar challenges, you will begin to realize that you are not alone.

**This group meets every Monday.**
- 1st & 3rd Monday group meets 6:00pm to 7:00pm
- 2nd & 4th Monday group meets 10:30am to 11:30am

To join this group, please register at Eventbrite by clicking the ‘Register Here’ button to the left.

For up to date information, please visit the Middlesex FSO Facebook page at: [www.facebook.com/middlesexfso](http://www.facebook.com/middlesexfso)
**TUESDAY GROUPS**

**Grandparents Raising Grandchildren**

Meetings are held every 4th Tuesday of the Month from 12:55pm-2:15pm

**Dates include:** May 26th and June 23rd

**To join please call 1-425-585-7644**

Please contact: Lauren Salvodon with any questions or challenges:

**Phone:** 201-796-6209 Ext: 102  
**Email:** Ls@fsobergen.org

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**Virtual Parents Support Group**

An informal support group of parents, grandparents and caretakers of children with special, emotional and behavioral needs sharing concerns while supporting one another.

We are here for all of our families during this stressful time.

**This group meets every Tuesday from 1:00pm to 3:00pm**

**Please call or email to register:**  
Phone: 732-569-6334  
Email: [Nina.sonatore@oceanfs.org](mailto:Nina.sonatore@oceanfs.org)

**To join by phone:**  
Please call: 1-877-568-4106  
Access Code: 723-350-157
Parent/Caregiver Support Groups

Join us for our Parent/Caregiver Support Group! Our groups are a safe place to connect with peers, share community & advocacy resources, and have group discussions.

This group meets every Tuesday from 6:30pm-8:00pm.

To register, please contact Nina at:
Phone: 973-979-0508
Email: NReams@fso-pc.org

Nurtured Heart Approach (NHA) Workshop:

Learn it and Live it at Burlington FSO

The Family Support Organization invites parents and caregivers to learn and discuss NHA on Zoom. Each week we will be taking a segment of NHA and discussion it.

This group meets every Tuesday from 4:00pm to 5:00pm.

If you are interested in participating, please email us your contact information so that you can be included on the email invitation list!

Email: Sqarrity@fsoburlco.org
Father’s Support Group

This group serves Fathers/Guardians of children with special needs. The group is meant to help give a safe place for Fathers/Guardians to share resources and support among their male peers on having a child with special needs.

This group meets every 2\textsuperscript{nd} and 4\textsuperscript{th} Tuesday of the month at 7:00pm.

Next meeting dates:
- June 09, 2020
- June 23, 2020

To join the group, please contact:
Rafael Torres at: phaedrus226@gmail.com
Peter Burgos at: peter.burgos@camdenfso.org
WEDNESDAY GROUPS

HERO HUDDLE
Chalk Talk & Social Time for Dads

Come be a part of a team that introduces fathers to strategies that score big points on positivity and improved family relationships. Discuss the challenges of being a Dad during a Pandemic – you need a whole new game plan at home and in the workplace. Teamwork is the best way to meet challenges, set goals and celebrate victories. Have a ball in this judgement-free zone.

Wednesdays from 7 - 8 PM
Call 862-354-1039 with any questions or challenges

LET’S TALK: Relax, Renew & Reset for there’s Hope

Dr. Cheryl Hardy will be the Group Leader and share with about moving forward in hope and how to stay focus in these troubling times. Being a Parent and Grandparent is generational blessings and maintaining our life daily is so important. We will talk about hope, being healthy, optimistic, peaceful and self-care. How can we renew our minds, regain strength and focus on reviving our spirits? It can be done. We will make it happen by living in the present. Come get your peace as you participate in this group on:

Wednesday, June 3, 2020 at 10:00am
Wednesday, June 10, 2020 at 10:00am
Wednesday, June 17, 2020 at 10:00am
Wednesday, June 24, 2020 at 10:00am
Parents, Inc. Support Group

“Where asking for help is a sign of strength!”

Do you feel stressed and overwhelmed as a parent? Can your kids really push your buttons? Want other parents to talk to? Come to a Parents Anonymous Group! Parents can freely share their questions, concerns, problems and solutions about parenting in a safe and supportive atmosphere.

If you would like to call in, please call 1-646-558-8656
Access Code: 775489297#

Every Wednesday at 10:00am
(Meeting ID: 775 489 297)

Please contact Eileen Jensen with any questions or challenges.
Phone: 609-586-1200
Email: Eileenjensen@mercerfso.org

Parent2Parent Support Group

Join us for an informal gathering of parents and caregivers sharing information and supporting each other!

To join please call 1-425-585-7644

Every Wednesday 8:10pm-9:30pm

Please contact: Lauren Salvodon with any questions or challenges:

Phone: 201-796-6209 Ext: 102
Email: Ls@fsobergen.org
**Parent Focus Group**

Join us for our Parent Focus Group where we discuss different topics each week!

Meetings occur Wednesday nights from 6:00pm-8:00pm on Zoom.

For more information, please contact Cinaida Anthony at:
- **Phone:** 732-542-4502
- **Email:** Canthony@fbsanj.org

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**The Morning Connection**

Looking for a quick morning break and resources for the rest of your day? Join Morning Connection to jumpstart your afternoon!

**This group meets every Wednesday at 11:00am.**

Registration is required to participate in this group. Please contact Penelope Griffin at pgriffin@fso-hsw.org or Sonia Ron at sron@fso-hsw.org to register.
Virtual Nurtured Heart Approach® Series Workshop

The Nurtured Heart Approach® is a relationship-focused methodology founded strategically in The 3 Strands™️ for helping children (and adults) build their Inner Wealth®️ and use their intensity in successful ways. It has become a powerful way of awakening the inherent greatness in all children while facilitating parenting and classroom success.

This group meets every Wednesday at 11:00am

Please register at 732-569-6334 or email nina.sonatore@oceanfso.org.

To join, please click on the button to the left or call 1-929-205-6099.

Meeting ID: 828 7315 2952

Advocacy Skill Building Workshop

The Family Support Organization invites caregivers to learn strategies to assist with communication and advocating for their youths in school and other domains in ways that foster the growth of positive relationship.

This group meets every Wednesday from 1:30pm to 2:30pm.

If you are interested in participating, please email us your contact information so that you can be included on the email invitation list!

Email: Tszymane@fsoburlco.org
FAMILY SUPPORT ORGANIZATION SUPPORT GROUPS

Fitness with FSO
Join us in exercising during our Fitness with FSO group. Working out can always be like your happy place, time for yourself, or for the family.
Reasons why to join Fitness with FSO:
- Self-Care
- Work-Out from Home
- NO Judgement
- Improve Work/Life Balance
- No Commute
- Control Over Your Stress Level
- FREE!!!

This group meets every Wednesday.
1st & 3rd Wednesday: English Class
2nd & 4th Wednesday: Bilingual Class

To join this group, please register at Eventbrite by clicking the ‘Register Here’ button to the left.

For up to date information, please visit the Middlesex FSO Facebook page at:
https://www.facebook.com/middlesexfso
THURSDAY GROUPS

Parent Power Hour
ONLINE

This group will introduce you to an expert providing a brief presentation on a topic relevant to parenting in today’s unique environment. Our first topic will be “Tips to Support Your Child in Remote Learning”. There will be time after the 30-minute presentation for questions and answers. Other topics will include, Stress Management, Home Organization in Quarantine and Finding Joy in this Stressful New Normal.

Thursdays from 12 - 1 PM
Call 862-354-1039 with any questions or challenges

Parent Networking Support Group ONLINE

This group will discuss the joys and challenges of raising a child with emotional, behavioral, mental health challenges and/or special needs. Meet other families in the community experiencing similar scenarios, learn about the services available to you and build a support network!

Thursdays from 6 - 7 PM
Call 862-354-1039 with any questions or challenges
FAMILY SUPPORT ORGANIZATION SUPPORT GROUPS

**Fathering in 15**

With Ricardo Salcedo, Facilitator.
Fathers play a large role in their children’s development. Our goal is to educate, equip and empower parents to become effective advocates for their children and to develop the parenting, coping and resilience skills needed to have a happy, healthy and successful family. This Group for Dads is a safe place to connect with other passionate dads to learn innovative approaches to parenting while building on their strengths and supporting them as needed.

Some topics covered are: Being a Man and Dad, Handling Emotions, Grief and Loss, Your Health, Co-Parenting, Fathering Skills, Child Development, Child Discipline, Work-Family Balance, Managing Money

This event will take place from 6:30pm-8:00pm on the 2nd and 4th Thursday of the month

Next Meeting Dates:
June 11, 2020
June 25, 2020

**Parents, Inc. Support Group**

"Where asking for help is a sign of strength!"

Do you feel stressed and overwhelmed as a parent? Can your kids really push your buttons? Want other parents to talk to? Come to a Parents Anonymous Group! Parents can freely share their questions, concerns, problems and solutions about parenting in a safe and supportive atmosphere.

If you would like to call in, please call 1-646-558-8656 Access Code: 775489297#

Group meets every Thursday at 6:00pm. (Meeting ID: 406 192 007)
Lunch & Learn

This event features speakers addressing topics that are important to parents, educators and service providers who care for challenged youth. Attendees can feed their bellies while fueling their motivation and beefing up their resources! This week on Lunch & Learn:

**Coping Through a Pandemic**  
Join us at noon on June 4th for our virtual Lunch & Learn event where representatives from Children’s Mobile Response Stabilization Services (CMRSS) will speak about child and adolescent trauma in relation to public health emergencies and strategies to mitigate the effects. Jessica Daubenberger and Samantha Fischer, both Crisis Intervention Specialists for CMRSS and Domestic Violence Advocates for JBWS, will talk to us about what defines a traumatic event and ways a child or adolescent reacts to trauma. They will outline strategies for parents, school faculty and service providers to strengthen a child or adolescent’s ability to manage their academic success as well as behavioral and mental health.

This group meets every Thursday from 12:00pm to 1:00pm.

Please call 862-354-1039 with any questions.
FAMILY SUPPORT ORGANIZATION SUPPORT GROUPS

**Special Angels Group**

The goal of this support group is for caregivers to become aware and educated about the System of Care and about the available resources within their own community. We offer bilingual support and guidance in a family-oriented environment. Special Angels is designed to enhance its counterpart youth participation program.

This group meets the first Thursday of every month at 5:30pm.

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**Moms Helping Moms**

Talk, connect, & bond in a warm friendly environment. No stigma, no judgement.

Group meets every Thursday from 11:00am to 1:00pm.
Statewide FSO Parent/Caregiver Support Meeting

The goal of this group is to educate, advocate, & support families with children ages 5-21 with mental, emotional, behavioral health challenges, developmental disabilities or special needs.

Group meets every Thursday from 7:30pm to 9:30pm.

Virtual Parents Support Group

An informal support group of parents, grandparents and caretakers of children with special, emotional and behavioral needs sharing concerns while supporting one another.

We are here for all of our families during this stressful time.

This group meets every Thursday from 10:00am to 12:00pm

Please call or email to register:
Phone: 732-569-6334
Email: Nina.sonatore@oceanfs.org

To join by phone:
Please call: 1-877-568-4106
Access Code: 723-350-157
Parents Support Group

Join us for our Parents Support Group! Our groups are a safe place to share your experiences and get advice from other parents.

This group meets every Thursday night from 6:00pm to 8:00pm on Zoom.

For more information, please contact Cinaida Anthony at:
Phone: 732-542-4502
Email: Canthony@fbsanj.org

Parents Helping Parents Support Group

This group is designed for caregivers to provide support to each other. Parents, grandparents, and guardians share how much and what information they share with the group. It is a true relief to find you are not alone in your endeavors as a parent. We show parents that taking care of themselves is as important as taking care of their children. Our parents are encouraged to use the group in whatever way works best for them and their families. The Family Engagement Coordinator will also be available to assist families with youth who are Juvenile Justice involved for their individual and peer support needs.

This group meets every Thursday from 7:00pm-8:30pm.

If you are interested in participating, please email us your contact information so that you can be included on the email invitation list!

Email: Sgarrity@fsoburlco.org

To find out the latest information on our workshops, join our Facebook page by Clicking Here!
Parent/Caregiver Support Group

Join us for our Parent/Caregiver Support Group! Our groups are a safe place to connect with peers, share community & advocacy resources, and have group discussions.

This group meets every Thursday from 6:30pm-8:00pm.

To register, please contact Mignon at:
Phone: 973-681-8975
Email: MHuggis@fso-pc.org

Parent Café

Conversations that will change your life & strengthen your family!

The Family Engagement Program of the FSO would like to invite you to join our peer support group where attendees can offer and receive peer support at their own discretion through shared experience on Zoom.

Please join us the second Thursday of every month from 7:00pm to 8:30pm.

Future Meeting Dates:
- June 11, 2020
- July 9, 2020

If you are interested in participating, please email us your contact information so that you can be included on the email invitation list!

Email: Sgarrity@fsoburlco.org

To find out the latest information on our workshops, join our Facebook page by Clicking Here!
**Lunch and Learn**

This group will introduce you to an expert providing a brief presentation on a topic relevant to parenting in today's unique environment. Our first topic will be “Tips to Support Your Child in Remote Learning”. There will be time after the 30-minute presentation for questions and answers. Other topics will include, Stress Management, Home Organization in Quarantine and Finding Joy in this Stressful New Normal.

This group will meet every Thursday at 12:00pm.

To register for this group, please [click here](#).
FAMILY SUPPORT ORGANIZATION SUPPORT GROUPS

FRIDAY GROUPS

Weekly Wind Down

WOOOOOSAAAAHHH! You’ve done a great job all week! Join other parents and caretakers for a quick wind down, mindfulness tips, and talk to start a more relaxing weekend!

This group meets every Friday at 7:00pm.

Registration is required to participate in this group. Please contact Penelope Griffin at pgriffin@fso-hsw.org or Sonia Ron at sron@fso-hsw.org to register.

Food Zombie

Join Lori every Friday for Food Zombie on the Ocean County Family Support Organization Facebook Live! Lori will share different recipes that you can make with items that may have been leftover in your fridge throughout the week. This will help you reduce waste and keep you out of the stores.

Tune in every Friday at 10:00am!

Click on the button to the left to take you to the Ocean County Family Support Organization Facebook!
Self-Care Workshop

The Family Support Organization invites parents and caregivers to learn about the definition and value of self-care, explore strategies, and discuss ways to implement it in daily living.

This group meets every Friday from 1:30pm to 2:30 pm.

If you are interested in participating, please email us your contact information so that you can be included on the email invitation list!

Email: bkaeser@fsoburlco.org
FAMILY SUPPORT ORGANIZATION SUPPORT GROUPS

SATURDAY GROUPS

FSO Monthly Focus Group

Bilingual support group for caregivers with children with special needs.

Group meets the second Saturday of every month at 10:00am to 12:00pm.

Click to Join!

SUNDAY GROUPS

Together in Song

Feel the healing, joyful effects of music with Together in Song. Join Sandy for community and song during these uncertain times.

This group meets every Sunday from 2:00pm to 3:00pm.

If you are interested in joining the group, please email Together.in.song.CC@gmail.com
Other Resources, Webinars & Support Groups

- **Child Mind Institute**: Live Daily Facebook chats on Parenting through COVID-19

- **Mornings with Margarita!**: Start your day with a dose of Nurtured Heart Approach® morning messages of hope, inspiration and joy! You don’t want to miss this!!!! Like it, Love it, Share if you Care! [https://www.facebook.com/FSOMorrisSussex/](https://www.facebook.com/FSOMorrisSussex/)

- **Family Support Organization Online Support Group**: Online Support Group available 24/7 through Facebook. To join, please go to: [https://www.facebook.com/groups/FSOPC](https://www.facebook.com/groups/FSOPC)

- **Moms & Dads Support Group**: Hosted by DadsMOVE and Exceptional Families Network. This group meets every other Monday from 9:00pm-11:00pm. Future Meeting Dates: 6/1/20, 6/15/20 and 6/29/20. Please register in advance for this meeting by clicking here.

- **Dads Online Support Group**: Hosted by Nelson Rascon and John Bodkins. This group meets every other Thursday from 9:00pm-11:00pm. Future Meeting Dates: 6/11/20, and 6/25/20. Please register in advance for this meeting by clicking here.

- **COVID Coach App**: A new mobile app designed to help both Veterans and civilians cope with feelings of stress and anxiety they may be experiencing during the COVID-19 pandemic.
Coronavirus Grief and Loss Support Group

Have you lost a loved one due to complications of the Coronavirus pandemic? Atlantic Health System offers a forum for you to meet with others experiencing the same grief.

At the time of joining the session, you may choose to share only your first name or full name, and to have your video on or off. Your privacy and comfort level is of the utmost importance.

Atlantic Health System cares about you and your family. Our team of Behavioral Health Clinicians and Social Workers will:

- Provide a safe place for you to express your feelings of bereavement, grief and loss
- Guide you through the grief process
- Connect you with others going through the same experiences
- Provide resources for personal, one-on-one behavioral health supports

This group meets every Wednesday from 12:00pm to 1:00pm.

To register: Contact the hotline at 862-260-3199 and press option #3 to speak with a social worker, who will add your name to the invitation. You will need to provide and e-mail address.
FAMILY SUPPORT ORGANIZATION SUPPORT GROUPS

**Talk To Us**
Parent Advocacy Network
www.spanadvocacy.org

**SPAN**

COVID-19
Join us for open and honest conversations about how families are handling the challenges of COVID-19. Physical distancing, school closures, education, health and mental health issues - we want to hear your thoughts on these and other topics of concern to you.

Weekly 30-minute chats on
Tuesdays at 11:30 am and 7:30 pm

Follow this link to join from your computer, tablet, or mobile device:
https://zoom.us/j/2099872673

You can also call in:
Dial: +1 929 205 6099 and enter
Meeting ID: 209 987 2673

**Virtual Family Support Group**

A virtual support group open to anyone with a family member, friend, or loved one who is in recovery or struggling with substance use disorder

- Engage with other families
- Learn about addiction and recovery
- Learn to set healthy boundaries
- Address fear and anxiety

**Monday & Thursday 6:30 - 7:30 pm**
Virtual Zoom Meeting
For audio call dial 1 (646) 558-8656
Meeting ID # 365-930-824
Password 937891

**Free counseling for those that have tested positive for COVID19**

Through special funding, NJ Center for the Healing Arts is now able to offer free counseling to those that have been diagnosed with Coronavirus and do not have health insurance. All counseling services can be offered via telehealth.

Contact us to schedule by phone (732) 747-2944, email NJCHAgroups@gmail.com, or text us at (732) 800-1615.
Coping with the Coronavirus Crisis & Kids
Free Weekly Virtual Support Chats for Parents
Wednesdays 8pm EST
Register at www.alissaglickmanphd.com/covid-19-support

Free Emotional Support Helpline for Deaf and Hard of Hearing Individuals During COVID-19

Sign language users can communicate with ACCESS of St. Joseph's Health in Paterson

Call 973-870-0677 VP
Monday to Friday 9 am - 5 pm
Connect with trained counselors to help prevent a crisis.
Free, 24/7 support for people in crisis.

Text NJ to 741741

FAMILY HELPLINE
The Family Helpline allows parents facing difficulties to reach out for support to prevent a crisis before it occurs.

Trained counselors will listen and connect you to supports and resources that are available in your own community.

OPEN 24/7
1 (800) 843-5437
1 (800) THE-KIDS
INTERFAITH

Community Prayer
for Spiritual Support

RWJBarnabas Health is offering a community prayer line for the health, healing, strength and recovery of its community during the COVID-19 pandemic. Led by a network of spiritual leaders from the Newark Office of Clergy Affairs and Interfaith Alliance, and the New Jersey Coalition of Latino Pastors and Ministers, the prayer line is a resource for spiritual support for patients and families that have been affected by COVID-19, and collective prayer for the safety and restoration of our community.

People of all faiths are invited to participate
Monday – Friday beginning on April 27, 2020

8:30 – 8:45 a.m. English • 6:00 – 6:15 p.m. En Español
Participant number: 1-888-850-5067 • Participant code: 485589

The Interfaith Prayer Line for Spiritual Support is presented in partnership with the Newark Office of Clergy Affairs and Interfaith Alliance, and the New Jersey Coalition of Latino Pastors and Ministers.
Listening Hearts and Minds Support Groups

These are unusual times - how are you doing?
This is a safe place to talk

Virtual groups for pregnant and parenting women co-facilitated by experienced counselors

Tuesdays: 6:00pm

Preregistration required.
Contact Deena Cohen
dcohen@cfjhc.org
888-633-5502

sponsored by

CJFHC

30 Silverline Drive • 2nd Floor • Suite 1 • North Brunswick, NJ • 08902
www.CJFHC.org
(732) 937-5437 (732) 937-5540
@njCJFHC @CentralJerseyFamilyHealthConsortium
Family Support Organization of Hunterdon, Somerset, & Warren Counties Presents:

NAVIGATING THROUGH GRIEF & LOSS

Presented by: Jesse Bassett, Director of Education for Good Grief

Jesse Bassett is the Director of Education for Good Grief, a nonprofit organization based out of Morristown and Princeton, New Jersey. Good Grief’s mission is to build resilience in children, strengthen families, and empower communities to grow from loss and adversity. For the past five years, Jesse has worked closely with professionals, parents, volunteers, and caring members of the community to train, guide, and support through grief and loss. Jesse has led efforts to develop curriculum and programming for the Good Grief Schools Initiative, which seeks to build resilience in classrooms. Jesse holds a BA in philosophy and a Master of Divinity from Princeton Seminary with a focus on counseling and ethics.

WEDNESDAY, JUNE 3, 2020
7PM - 8PM - ONLINE WEBINAR VIA ZOOM

Learning Goals

- Define grief and the landscape of loss and adversity.
- Describe the process of grief and common misconceptions associated with grieving.
- Identify grief-related challenges related to the COVID-19 pandemic.
- Share strategies to care for ourselves and others facing grief and loss.

Registration Required: Please RSVP to aruiz@fso-hsw.org. Upon registering, participants will receive a unique link to this webinar.