

NEW YEARS NEWS

Family Support Organization Of Middlesex County

January 2008
Volume 4, Issue 1

A TIME FOR GIVING, A TIME FOR SHARING

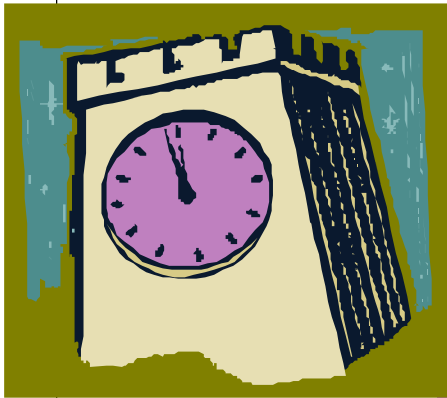
Our heartfelt thanks goes to the following organizations and individuals who adopted 14 families for the holidays.

- Robert Wood Johnson University Hospital
- Old Navy Through United Way Of Central Jersey
- New York Life
- Mr. & Mrs. Alan Fox

Our families received presents from their “Wish List” and some had Thanksgiving & Holiday dinners. In addition 2 families had tickets for “Nutcracker” again donated by Robert Wood Johnson University Hospital and tickets for “Annie” donated by Mr. Joe Natiello.

Your kindness and generosity brought a lot of joy to our families. Again thank you for all the donations. Together, we have all made a positive difference in the lives of our families.

- We are so proud of our Youth Partnership. For the 4th year in a row, they were able to donate winter coats to the Middlesex County Youth Shelter and Willentz School in Perth Amboy. Special thanks to Lee Mandelbaum & the Doneger Group of New York for donating the coats for a second year.



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SPECIAL POINTS TO

NOTE:

- Next **B.I.L.Y** starts 1/9/08
Registration already in progress!!
- Weekly Evening Support Group
- **Warm Line**
Contact:
(732) 940-2837

We will hear. We will listen.

We will point you in the right direction.

UPCOMING EVENTS FOR 2008

We wish you and your family a “Happy New Year”. We are kicking off the year with a cool array of new supports as follows:

- Early Bird P.A.C.E.S (Parents and Caregivers Emotional Support) for parents who find it difficult to come to support group meetings in the evening, we are starting an intimate breakfast session at Ihops in Menlo Park hosted by Bryn our untiring Parent Partner Coordinator.
- Grandparents P.A.C.E.S for grandparents who are caregivers of children. Kelly our Parent Partner who is also a grandmother caregiver will be the host for this breakfast at Ihop in Menlo Park.
- Daytime B.I.L.Y with light lunch. Come enhance your parenting skills and be empowered.
- Homework support for the children, while their parents are in support group

Come with your challenges, find resources, get help & support.

A Special Thank You To Our Speaker

This special thanks goes to our Speaker for November, Ms. Aparna Balasundaram from Carrier Clinic, who spoke on Stress Management. On behalf of the entire team from FSO Middlesex, we say thanks.

Volunteers Needed

We Need Your Help

- Provide office support
 - Fold & distribute flyers
 - Share a hobby or skill
 - Join us to advocate
 - Communicate to state and local representatives
- Call: (732) 940 2837

Employment Opportunities

Parent Partners

The Family Support Organization is looking to hire a full time/part time Parent Partner. The requirements are:

Past or present caregiver of a child with emotional or behavioral challenges and has some experience with the mental health system.

Call (732) 940 2837 for more information.

Volunteers Appreciation

FSO Middlesex, will like to take this opportunity to again recognize our wonderful board members and Ms. Veronica Washington.

Thank you once again for all you do, your efforts and continued support and dedication to our organization.

FAMILY RESOURCE CORNER

Energy Assistance

- Low Income Energy Assistance Program (LIHEAP) 1 (800) 510- 3102
- Universal Service Fund (USF) 1 (866)240- 1347
- NJ Statewide Heating Assistance and Referral for Energy Services 1 (866) 657- 4273
- Oil Heat Program 1 (877) 563- 4645

Food

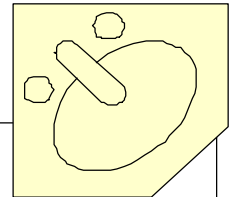
- Food Stamps 1 (800) 687- 9512
- Call our office (732) 940- 2837 for assistance with a food pantry near you

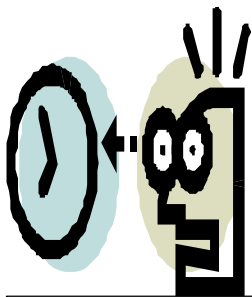
Prescription Assistance

- Rx4NJ 1 (888) 793- 6765

Kinship Care

- Child care subsidies for grandparents caregivers
1 (877) 816- 3211 & 1 (800) 332- 9227





SPEAKER NIGHT
ASPERGERS/AUTISM SPECTRUM

Our speaker for February is Dr. L. Jantos , Program Director of “FOR KEEPS” (Kids Embraced through Psychological Services) a regional psychiatric service for children between the ages of 5 to 15 years.

Topic: **“Aspergers/Autism Spectrum”**.

When: Monday February 11th

Time: 6:30-8:30pm

Location: FSO Middlesex
1950 Route 27 North, Suite D
North Brunswick, NJ 08902

- Our Executive Director, Bobbie Locke would drop by at the P.A.C.E.S support group meeting on Monday, January 28th, and take questions on “Aging Out Youth”

This is your opportunity to have all your questions answered. Join us for a very productive evening!!!

ALL THE NEWS THAT’S FIT TO SHARE

If you have an interesting story to share, we would like to hear from you. This is your newsletter, so please let us know what you would like to see added. Your input would help us make this newsletter a source of sharing, hope and inspiration to our families and colleagues..
Send your stories and pictures to us via email to dkfsomiddlesex9@msn.com, or Mail to:

Family Support Organization of Middlesex
Community Outreach,
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