

Family Support Organization of Middlesex County 1 Ethel Road, Suite 108, Edison, NJ 08817

Family Support
Middlesex County

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(732)287-8701
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(732) 287-8708

**From the
Executive
Directors Desk**

**Many Thanks to
our Holiday
Donors**

UMDNJ

Fox Family

**Comprise
Technologies, Inc.**

**“Coming together is
a beginning,
keeping together is
a process, and
working together is
a success”.**

Happy New Year!

From the Executive Directors Desk



The Family Support Organization of Middlesex County has finally moved to our new location at 1 Ethel Road, Suite 108, Edison, NJ 08817. Moving to a new facility means new ideas and hopes for families. First of all let me wish you all a very Happy, Healthy New Year and hope that it will bring some new Ideas and hope that can enrich your families' lives. I would like to take a moment in reflection over the past five year, we often think about our families that have come to us and left with hopes. The FSO has helped and hopefully made some significant contribution in families lives

during the five years that we have worked with them. We understand that the journey is long and at times seems hopeless, but as parents we know in what direction to go and that there is always hope. As we begin our sixth year it is rewarding to know that we have had over 2500 families attending our support Groups, over 10,000 hour of Peer to Peer support time spent with CMO families, we have ran over 400 Support Groups in the course of five years. The FSO Successfully has been running B.I.L.Y. Group for the past 2 years helping our parents to enhance their parenting skills and provided speakers on different topics as per

parents' interests. We have all been humbled at the FSO to meet with all of you over the years and will always be humbled by the endurance and hope that you all exhibit. We are also so thankful to you for welcoming us into your lives when at times all it so seemed hopeless. In Closing I would like to say that, I as Executive Director and parent will always see that our staff supports our families by educating them with compassion and understanding for their needs.

Bobbie Locke, E.D

Family Support of Middlesex County

Many Thanks to Our Holiday Donators

In this time of economic needs, there are people, and organizations that we would like to thank for helping make this holiday season a happy one for our families. Thanks to Robert Wood Johnson Hospital for providing Thanksgiving Dinners to five families this year, and generous gifts to our 5 Holiday families and their children

making their Holiday Season a little happier

Thanks, to the Fox family for their donation and making the holiday possible for a family of six.

Also, Thank, you to Comprise Technologies, Inc. for their in kind donation to our families

Because of families and corporations like this we are able to make a difference in our families lives.

The Family Support Organization of Middlesex County was able to donate food cards and gift cards to 15 families this year.

Again, on behalf of me and Board of Directors we would like to thank you all for your great Participation in the Season of giving.

IEP Education Hotline

Automated Phone System

Grandparents Group

Youth Partnership Mission

Our mission is to educate the public, youth, families and organizations, that we, the Youth Partnership of Middlesex County are no different than other people.

We want to become a youth oriented voice in the state, helping to reduce the stigma of mental health challenges while helping others in the community.



B.I.L.Y. Group

IEP Education Hotline

In January, we will start our new IEP (Individual Education Plan) Information line. This Line will be open on Wednesdays from 11am: 1:00pm to answer any questions or voice any concerns about your child's IEP. To reach this hotline call 732-287-8701 Ext. 17

Automated Phone System

We will shortly be starting our new automated phone system. This new system will remind our families when there are meetings, guest speakers or anything that may be of interest of your family. The calls will be on weekly bases. When you hear the automated call don't hang up it's us with important information.

Grandparents Group

Grandparents Group will meet each month on the third Wednesday of the month from 10:00am to 12:00pm at the FSO office. This group helps grandparents share with others their concerns. Please refer to the calendar for the exact date of meeting, or call us to confirm date and time.

Youth Partnership Program.

Our youth partnership is a program for youth ages 13-21 years old with emotional and behavioral challenges. Our youth group is actively involved in presentation, community services, recreation activities, peer -to -peer activities, fundraising and other fun activities such as bowling, movies and field trips. The group is facilitated by Naldo Raphael Youth

Coordinator, Naldo is a special needs Teacher Assistant and has been working with our youth partnership group for over one year. Our youth partnership group fundraised money, and was able to donate over 43 winter coats to needy youth in the Middlesex County Shelter and students of Wilentz Elementary School. Our Youth Partnership meets every Friday from 6:00pm to

8:00pm. The group comes as a supportive environment to teach our youth to share, learn and grow in their successes and challenges.

Registration is required; please call (732)287-8701 in advance to register your child for youth group.

“Because I love you” B.I.L.Y. Group

Parenting group designed to help enhance the parenting skills of caregivers of children with emotional and behavioral challenges. The group meets once a week for six consecutive Classes. The weekly topics can range from day to day challenges, like messy

rooms, chores not being done, to destructive teenagers behaviors of drug abuse and failure at school. This program helps parents to develop structure in their home (set up milestones, consequences and rewards). After completing

the class of six consecutive Weeks, parents receive a certificate of competition. Our next B.I.L.Y. group starts January 14, 2009. Please call (732)287-8701 for registration. B.I.L.Y. group is facilitated by Dyls Koney Support Partner, Extension 14.

Food Banks

There are many food banks in the area that are available to help you during your time of need. For information in location a food bank near you, call the Middlesex County Food Organizations and Outreach Distribution Services (MCFOODS) at: (732)727-0880. Or go to: www.angelfoodministries.com/contact.asp

Community Resources

Need some general information about community resources? Call "211" or visit www.nj211.org. This service is available 24 hours a day.



Need Transportation?



All CMO families that want to attend our support groups, but have no way of getting here? Speak with your parent partner about arranging for transportation. We are looking forward to seeing you!!!!

[Food Banks](#)

[Community Resources](#)

[Transportation](#)

[Helpful Links and numbers](#)

[Welcoming new Parent Partner](#)

[Breakfast P.A.C.E.S. at Skylark Diner Route 1, Edison](#)

[P.A.C.E Monday nights 6:30-8:30 at the child care provided](#)

Helpful Links and Numbers

Low Income home Energy Assistance (LIHEAP):
1-800-510-3102

FOOD STAMPS: 1-800-687-9512

CHILD SUPPORT HOTLINE:
1-877-655-4371

NJ FAMILYCARE/MEDICAID CALL CENTER: 1-800-356-1561

NJ FAMILY CARE:
1-800-701-0710

NJ HOUSING RESOURCE CENTER (HRC): 1-877-428-8844

CHILD CARE HELP LINE:
1-800-332-9227

NJ SELF HELP GROUP CLEARINGHOUSE:
1-800-367-6274

2FLOOR YOUTH HELPLINE:
1-888-222-2228 or:
www.2ndfloor.org
24 hours a day-7 days a week.

CHILD BEHAVIORAL HEALTH SERVICES: 1-877-652-7624

NAMI NEW JERSEY: 1-732-940-0991
www.NAMINJ.org

UNIVERSAL SERVICE FUNDS (USF) (help with bills for low-income families and individuals)
1-800-792-9773

WORK FIRST NJ (Welfare for Families and Individuals) 1-800-792-9773

Family Support of Middlesex County would like to welcome our new Parent Partner Laura Assael. To reach Laura please call (732)287-8701 Ext. 13

[Breakfast P.A.C.E.S at Skylark Diner](#)

Every second Tuesday of the month from 10:00a.m. To 11:30a.m. At the Skylark Diner, Route 1, and Edison. Please call in advance to RSVP so we can make arrangements for food. The group is designed for the parents and caregivers of children with emotional and behavioral challenges that cannot attend our evening P.A.C.E.S. groups. Please refer to the calendar of events for the Breakfast P.A.C.E.S. Group is facilitated by Bryn Schain Family Coordinator.