

Family Support Organization of Middlesex
County
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www.njfamily.org

Programs Running In May and June

Early Bird P.A.C.E.S. NEW LOCATION! It will be at the Skylark Diner on Rt. 1 in Edison. It is on the Northbound side, 1/4 mile North of Plainfield Ave. PACES, or Parents and Caregivers Emotional Support meets every second Tuesday of the Month from 10:00 AM—NOON for breakfast. It is hosted by Bryn Schain, Family Coordinator. Please call the office and RSVP in advance, so we can make proper arrangements for food.

Monday Night P.A.C.E.S. P.A.C.E.S. will take place every Monday night from 6:30

- 8:30 PM at our office. The group is open to all Middlesex residents and is facilitated by Bryn Schain, Family Coordinator.

Night BILY (Because I Love You) Parenting Group will take place every Wednesday at our office from 6:30 PM - 8:30 PM. Please register for the 6 week program, instructions are below:

ALL BILY Parenting Groups, with light food provided, are facilitated and enhanced by Parent Partner Dyllys Koney. For information, please contact Dyllys at 732-940-2837 ext 14. You have to register to attend, and commit for 6 weekly components!

Youth Partnership of Middlesex County runs every Friday from 6-8 PM. It serves 13-21 year olds in Middlesex with an emotional or behavioral challenge. Talk to Sam or Naldo for info at ext 16.



At the FSO, we talk mental health all year long.

Leave Stigma Behind! May is Mental Health Month! Come Celebrate with Us!

Here at Family Support Middlesex, we are celebrating Mental Health Month in style. The color is green, so break out your St. Patrick's Day apparel. We have ribbons we're giving

away at the office, and as you can see in our insert, the ribbons signify growth and new beginnings. We have lots! Please also read the other reasons we wear green.

You're encouraged to pick one up, or maybe wear the ribbon you can cut out from the insert. For all FSO families, we're having a dinner at the Monmouth Jct. (cont.)

SINCE 2001

"FAMILIES" IN MIDDLESEX

"FAMILIES HELPING FA

Family Support Organization

Mental Health Month and Children's Mental Week Continued...

A Quote for Mental Health Month...

The definition of insanity is doing the same things over and over again and expecting different results.

~Albert Einstein

(cont. from pg 1)
Friendly's Restaurant (bring the included flyer and 10 percent of your meal will go to the Youth Partnership). What they spend the money on isn't known yet, but we'll put it to good use as always. There will be no trips to the mall or additional minutes on cell phones. Furthermore, we are looking forward to the Mental



Wear a green ribbon for mental health!

Health Proclamation on

May 1st! We have a youth arranged to speak at the Freeholders Meeting on 75 Bayard St. in New Brunswick. He'll be up in front of the cameras and making his family (and us) proud. Even more importantly, he'll be proclaiming our mission, that our youth can overcome the stigma of a mental health challenge. Say it loudly and proudly!

Happy Mothers' Day May 11th / Happy Fathers' Day June 15th!

The great baseball announcer for the Mets, Ralph Kiner once said, "On Father's Day, we again wish you all a happy birthday." I would like to join Ralph in this wish to you all...sort of. This year, I hope you all get a chance to say "I love you" to Mom and Dad. And for you Mom's and Dad's you may not get those three words back, but hold that loving felling in your heart, and keep loving!

As members of our own

unique families, we know just where you're coming from. Almost the whole office is staffed by Moms.



**Family Support
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These Moms show a LOT of love to their families and coworkers. And I can speak for myself and Naldo, we're not Dads yet, but we want to be "Dad," like the quote on the left. Regardless, we love our parents, and the chance to work for these wonderful families in Middlesex! Let our Parent Partners know about your Mothers' and Fathers' Days and we'll be good listeners. Here's to you, parents!

Changes at Your Friendly Family Support Organization

FSO Middlesex is undergoing some hot new changes. We have two staff changing hats as well as one new staff settling in nicely. This should be a family friendly Summer in 2008!

First, we are happy to announce that Dylis Koney is now a Parent Partner, and she holds onto her position as the facilitator of BILY groups. Her concern and diligence for her families will remain great! Sam will keep his Youth

Partnership job while enthusiastically taking on outreach as Community Resource Specialist. Naldo Raphael joins Sam as YPMC Co-Coordinator. Naldo has performed fantastically over the last months. Our best!

Quotes for Mothers and Fathers...

The phrase "working mother" is redundant.

~ Jane Sellman

Any man can be a father. It takes someone special to be a dad.

~ Old American expression