

# FAMILY SUPPORT ORGANIZATION OF MIDDLESEX COUNTY

Summer 2008 Newsletter

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## FSO Groups Meeting in July / August

Families Helping  
Families in Middlesex  
County Since 2003!



### Family Support Org.

1950 Rt. 27 North  
Suite D  
North Brunswick,  
NJ 08902  
(732) 940-2837  
[njfamily.org](http://njfamily.org)

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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 facili-



At the FSO we're always here for support, advocacy, education, information, and a friendly ear. Give us a call!

tated 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.

## Mental Health Month Proclaimed in Middlesex and NJ



We passed out hundreds of Mental Health Ribbons during Mental Health Month and Children's Mental Health Awareness Week!

This May, the Family Support Organization was honored by the Freeholders of Middlesex County and the Legislature of New Jersey. May was proclaimed Mental Health Month on both a county and a state level. Also, May 4th - May 10 was made Children's Mental Health Awareness Week. Stephen Ortega, a member of the Youth Partnership since 2006, spoke at the Freeholders meeting on May 1. Freeholder Valenti intro-

duced him, and with three cameras rolling, Stephen graciously accepted the Proclama-

tion on behalf of the FSO. His speech was wonderful and we were happy to catch it all on tape! Now you can see it on DVD at our office!

The next day in the office, we received another Mental Health Proclamation from the State of NJ! Now we can celebrate Mental Health at the county and state levels. Thank you legislators, Stephen, and everyone who helped us out! It was a great Mental Health Month!



Stephen poses outside the Middlesex County Administration Building after receiving the Proclamation.

"Mental illness is just another challenge to find treatment for, like diabetes. I'm still learning about mental health, but I understand that all people are the same no matter what. Everybody's the same no matter where you are on your journey. Stigma can get you down, but at the Family Support Organization, we can bring you back up on your way." - From Stephen's speech



## Drew Horn Welcomed at the FSO on May 9th!

On May 9th, we enjoyed having Drew Horn come to visit our office in North Brunswick. He entertained the parents in Bryn Schain's PACES group. PACES stands for Parents and Caregivers

Emotional Support, and on this night, the support was comedic. Drew is known as New Jersey's greatest mental health comedian. He tours hospitals and other health facilities throughout the state.



Drew entertained the parents for a while and everyone had a great time. Then, he talked with the youth and had even more fun!

His goal is to bring joy to the people who need it the most! Check his organization out on youtube.com and search for Turn A Frown Around Foundation! Thanks Drew, thanks again TAFE!