

Family Support Organization of Essex County

DECEMBER EVENTS

- 5 6:30pm-8pm: “Strategies in dealing with anxiety and depression during the holiday season,” Yanisse Oliveras, FSOEC Office, East Orange, NJ.

- 12 6:30pm-8pm: “Mindfulness Meditation,” Ivette Garcia-Bradford, FSOEC Office, East Orange, NJ

- 19 6:30pm-8pm: “How to get better at the things we care about,” FSOEC Team, FSOEC Office, East Orange, NJ.

- 19 6:30pm-8pm: “Developing Your Self Care Plan” Sharon Webber, Toni’s Kitchen/St. Luke’s Church, located at 73 South Fullerton Avenue, Montclair, NJ

- 21 10:30am-12pm: “Identificar Nuestras Fortalezas (Identifying Our Strengths) Ivette Garcia-Bradford, Bilingual Parent Support Group, FSOEC Office, East Orange, NJ

- 21 6:30pm-8pm: “Say Yes To Saying No” Developmental Disabilities Parent Support Group, Mattie Wilkerson, FSOEC Office, East Orange, NJ.

Register on Eventbrite. For information visit our website: www.fsoec.org

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FAMILY SUPPORT ORGANIZATION OF ESSEX COUNTY

ABOUT US

Family Support Organization of Essex County is a family-centered, family-driven nonprofit that provides peer support, education and advocacy for parents of children who have emotional, behavioral, mental health, substance use, intellectual and developmental challenges.



We hire parents of children with these challenges who are uniquely able to provide one-to-one peer support to families in similar situations. We offer monthly workshops and weekly support groups to aid families.

Our goal is to empower families to take control of their lives by building on their strengths and supporting them as needed. We encourage public and private agencies to work with us and with each other to strengthen families with the goal of keeping children safe and healthy in their homes

OUR SERVICES

Providing services to parents of children with emotional, behavioral, mental health and developmental challenges.

WARMLINE

We offer telephone support, information and referrals through our Warmline. Warmline is a community resource for anyone seeking information and referral to address an individual or family need. Our Warmline staff listens to your situation, helps you identify practical next steps, and offers referrals that may address your needs.



SUPPORT GROUPS

Our support groups provide an opportunity for parents and caregivers to meet regularly for mutual emotional support in matters relating to their child's emotional, behavioral and mental health challenges. Members of our support groups share their personal experiences and offer one another emotional comfort and moral support.

When Parents do better, Children do better !