



FSOBC NEWS

0-108 29TH STREET, FAIR LAWN, NJ 07410



WINTER 2011-2012

The Family Support Organization of Bergen County (FSOBC) is a family-run, county-based organization that provides direct family-to-family peer support, education and advocacy to family members of children with emotional and behavioral challenges. We are here for you. Give us a call!

Adult Supervision available for children/youth at least 5 years old while parents/caregivers participate in support group and FSOBC programs located in Fair Lawn

PROGRAMS SPONSORED BY THE FSOBC-NO COST TO ATTEND

A Daytime Parenting Program

A 6 week parenting program for parents/caregivers with children/youth (ages 8-11) provided during the day.

The Coping Power Program is an interactive skill building program that will provide you with tools to help you with setting clear rules, learn appropriate discipline practices, parental stress management and family communication.

Six Mondays: February 6, February 13th, February 27th, March 5th, March 12th, March 19th. (10:00-11:30am)

To register: 201-796-6209 x102

FSOBC Support Groups

Every Wednesday, 7:00-8:30PM

Wednesday Support Group at the FSOBC

Through sharing experiences we can help you find options or discover approaches that may help you cope. Talking with and listening to others in similar circumstances can be just what you need to get through a tough time.

Special Wednesdays, Light Supper, 3rd Wednesday, 6:30PM,

January 18th, February 15th, March 21th, April 18th

Grandparents Raising Grandchildren Monthly Support

Group in Englewood

Fourth Tuesday, 10-1:30AM

Support, Resources and Monthly Speakers

Call 201-796-6209, 102 for further information

January 24th, February 28th, March 27th, April 24th

Mark Your Calendars! FSOBC Educational



Series Winter 2012

Monday, January 23rd, 2012 (7:00-8:30pm)

Topic: **“ADHD, Oppositional and Conduct Disorder”
A Clear Understanding and Effective Parent Responses**

Presenter: Joan Catheryne Badin, Ph.D. Bergen County
Department of Human Services

Monday, February 13th, (7:00-8:30pm)

Topic: **“Educational Issues and the Oppositional Defiant Child”**

Presenter: Mr. Gregory Janz, Principal, Piermont Career
Campus, Bergen County Special Services

Monday, March 19 (7:00-8:30pm)

Topic: **Learn How to Strengthen Your Parenting
Techniques for Your Child (ages 3-5).**

Presenter: Jason Johnson, LCSW, (The In-Home Parent Coach)

Monday, April 9th (7:00-8:30pm)

Topic: **Learn How to Strengthen Your Parenting
Techniques for Your Child (ages 6-8).**

Presenter: Jason Johnson, LCSW, (The In-Home Parent Coach)



Warm Line

The FSOBC offers telephone support to family members, caregivers and to those that reach out from the Bergen County community that need support with resources.

Call 201-796-6209 Ext. 102

Greetings of the Season



Best Wishes for a Happy and Healthy New Year 2012



Parenting Corner

A Special THANK YOU!!! (Fall/ 2010)

Your presentations for the FSOBC Educational Series/Support Groups

- ✚ Courtney Deleasa, Bergen County Division of Family Guidance
- ✚ Nancy Ellson, RN, MSN, APN, Coordinator, Center for Healthy Living at Holy Name Hospital
- ✚ Sarah Gregor, BA, Program Manager for Kinship Care Services, a program of Care Plus, NJ
- ✚ Dana Fried, Assistant Director, KinKonnnect program
- ✚ Carolyn Hayer, Director, Parent & Professional Development, Statewide Parent Advocacy Network (SPAN)
- ✚ Dr. John Loveland, Bergen County Division of Family Guidance
- ✚ Relections cast members and their director Staci Block, MSW, LCSW; program of the Bergen County Division of Family Guidance
- ✚ Scott Rossig, M. Ed., BCBA
- ✚ Sandra Saul, M.A., L.P.C.
- ✚ Nancy Smith, Kripula Yoga Instructor, 'Essence of Self'
- ✚ Joanne Stickels, SAC, L.P.C.
- ✚ Kathi Viola, Prevention Specialist, The Center for Alcohol and Drug Resources, A program of Children's Aid and Family Services
- ✚ Caroline Wright, Bergen County Division of Family Guidance

Thanks for supplying the delicious food for the third Wednesday dinner.

- ✚ Gotham City Diner, Fair Lawn
- ✚ Que Pasta Restaurant, Saddle Brook
- ✚ Stefano's Restaurant & Pizza, Elmwood Park

In the Spring

Parenting with Love and Limits

A 6 week **parenting program** for parents/caregivers with children/youth (ages 11-18)

This is an interactive skill building program that will provide you with seven concrete steps to increase communication with your child!

The goal of the program is the development of a contract between you and your child.

Six Tuesdays, May 1st, May 8th, May 15th, May 22th, May 29th, June 5th (6:30pm-9:00pm) Attendance at all 6 sessions is expected. Advance registration required by April 26, 2012, call 201-796-6209 102

Youth Partnership of Bergen County

Attention Bergen County Youth (Ages 14-21) - This is your opportunity to promote mental health awareness by participating in community service projects as well as educational and cultural events. For more information and a meeting schedule, please contact:

Eldar Ganiev, the Youth Partnership Coach.

(201) 796-6209 x 112 or at YFBSOBC@covad.net

Check the FSOBC website for details: www.fsobergen.org

Thank you to all who contributed bottle caps for the FSOBC Youth Leadership Project. These pictures show how the Youth utilized the bottle caps in the murals located at the FSO. Please visit the FSO to see this exciting art work.



Holiday Tips provided by the Mental Health Association in Southwestern New Jersey

Website: www.mhaswnj.org 'Keep expectations for the holiday season manageable. Try to set realistic goals for yourself. Pace yourself. Organize important activities'.

