

About The Family Support Organization

Our Family Support Organization (FSO) is currently responsible for serving families or caregivers of children who are living with behavioral or emotional challenges in Middlesex County, NJ. We offer a variety of caregiver support groups and information sessions to bring families and caregivers together for continuous family friendly - child-centered - advocacy, education, networking and training in critical coping skills and positive problem solving techniques. We provide over the phone support to any and all families. We find resources, give referrals and offer guidance to families in Middlesex County who need help navigating the children's mental health system, as well as, the availability of services within the Department of Children and Families.

The FSO of Middlesex County welcomes you and your family to visit our "family-friendly" office so we can tell you more about our various support group programs and Youth Partnership.

www.fsomiddlesexcounty.net
732-287-8701 Phone
732-287-8708 Fax

1 Ethel Road Suite 108
Edison, NJ 08817

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The Family Support Organization of Middlesex County

~ Families Helping
Families ~

A FREE Program provided by:



Family Support Organization

Middlesex County

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**Our goal is to provide the help,
guidance, reassurance and support
needed to strengthen families in a
collaborative, positive and family
friendly, child-centered
atmosphere**

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1 Ethel Road, Suite 108
Edison, New Jersey 08817**

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Fax: (732) 287-8708**

*The
Family Support Organization
of
Middlesex County*

The Family Support Organization (FSO) is a non-profit, county-run, family-to-family organization.

The FSO was created to provide a support system with the unique family-oriented perspective.

The FSO provides direct family-to-family, peer-to-peer support groups, advocacy, education and other services to family members and caregivers of children living with behavioral or emotional challenges.

One of the primary responsibilities other than community collaboration is to serve as a "Family Support Partner" to families whose children are receiving services from Unified Case Management (UCM), Coordinated Family Care. The FSO's "Family Support Partner" is required by the State of New Jersey to have a child in the mental health system.

Family Support Partners have a unique understanding of the mental health system through their own experiences as caregivers to children who are living with behavioral or emotional and challenges. This allows them to provide mutual understanding and the very best perspective as to supports needed by the families they serve.

For questions about or access to The State of New Jersey's services for children and youth please call:
PerformCare ~ 24 hour toll free access line:

1-877-652-7624

Contact or visit us today for our meeting and group schedules!!

**Family Support Organization
Of Middlesex County
(732) 287-8701
www.fsomiddlesexcounty.net**

FSO's Programs

P.A.C.E.S.

~ Monday Evenings ~ 6-8pm

A support group that brings families or caregivers with children ages 13-21 with behavioral or emotional challenges together for positive support, education, advocacy and networking. We also offer education and training in critical coping and problem-solving skills for parenting enhancement. While networking and sharing with other caregivers experiencing similar challenges, they begin to realize they are not alone. Any caregiver will feel a sense of empowerment by gaining knowledge and perspective meeting those who have already found success through our support group programs.

C.O.P.E.S

~ Wednesday Evenings ~ 6-8pm

A support group that brings families or caregivers with children ages 5-13 with behavioral or emotional challenges together for positive support, education, advocacy and networking. We also offer education and training in critical coping and problem-solving skills for parenting enhancement. While networking and sharing with other caregivers experiencing similar challenges, they begin to realize they are not alone. Any caregiver will feel a sense of empowerment by gaining knowledge and perspective meeting those who have already found success through our support group programs.

"Because I Love You" ~ (B.I.L.Y.)

6 Week Parent Enhancement Course ~ Call for schedule
Parental and Caregiver enhancement course ~ A six (6) week nationally acclaimed, leading self-help program used to enhance caregiver skills. This course will help identify and address daily encounters in raising a child with behavioral or emotional challenges. By building-up positive problem-solving and critical coping skills, it allows the caregiver to become empowered to develop and promote structure, consequences and consistency needed to harmonize family dynamic.

Youth Partnership ~ Friday Evenings 6-8PM

Open to youth ages 13-21 living with behavioral or emotional challenges. Group encourages peer to peer support camaraderie through discussions with various community supports, advocates and educational speakers dealing with real-time subjects. Youth with challenges find their voice, discuss their concerns and share ideas to diminish stigma in the community. As they begin to work on positive life-skills, they are gaining a prospective knowledge regarding their future aspirations, expectations and responsibilities. Not only does this support program promote positive coping and problem-solving skills, it also enhances self-esteem, life-skills and self-advocating abilities. The youth are encouraged to participate during interactive speaker-nights, completing thought provoking projects and presentations, volunteering in their community and attending social events.

All of our support groups are open to the public. There is never a charge for any of our groups. You can join at any time, with the exception of BILY, which is a 6 week course. Please feel free to speak to your parent support partner or call the office anytime Monday thru Friday from 9AM to 4:30PM for any additional information.

**~ FSO & Youth Partnership ~
Mission Statements**

FSO MISSION

The mission of the Family Support Organization of Middlesex County is to provide support to families of children with behavioral or emotional challenges. Our goal is to ensure that high quality, family friendly, child-centered services are created, delivered and maintained.

The Family Support Organization hopes to achieve this goal with the highest respect for values, preferences, beliefs and culture competency in the community. Through culturally respectful trainings, speakers and advocacy, we hope for the best outcome possible.

The vision of the Family Support Organization of Middlesex County is a system in which families of children with behavioral or emotional challenges encounter user-friendly, needs based, and unconditional care services.

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."