

# Mercer County Family Support Organization



3535 Quakerbridge Road

IBIS Plaza

Suite 400

Hamilton, NJ 08619

609-586-1200 Fax: 609-586-0278

[www.mercerfso.org](http://www.mercerfso.org)

FAMILY VOICES



## Mercer County Family Support Organization

Oct, Nov, Dec 2019

### Mission Statement

Mercer County Family Support Organization is a non-profit 501 (c)3 organization committed to providing support, education & advocacy to families of children with emotional, behavioral & mental health challenges.

Mercer County FSO brings compassion & cultural sensitivity while working with families. We are dedicated to ensuring that all families are well educated & effectively able to navigate The New Jersey Children's System of Care that can be complicated & challenging.

We facilitate support with other parents, provide education & training as well as offer referrals and information to caregivers.

Our goal is to empower families to utilize the New Jersey Children's System of Care & resources effectively for their children & to improve the quality of family life.

### Estado de la mision

La Organización de Apoyo Familiar del Condado de Mercer es una organización sin fines de lucro 501 (c) 3 comprometida a brindar apoyo, educación y defensa a las familias de niños con problemas emocionales, de comportamiento y de salud mental.

Mercer County FSO brinda compasión y sensibilidad cultural al trabajar con familias. Estamos dedicados a asegurar que todas las familias estén bien educadas y sean capaces de navegar efectivamente por el Sistema de Cuidado Infantil de New Jersey, que puede ser complicado y desafiante.

Facilitamos apoyo con otros padres, brindamos educación y capacitación, así como también ofrecemos referencias e información a los cuidadores.

Nuestro objetivo es capacitar a las familias para que utilicen el Sistema de Cuidado de Niños de Nueva Jersey y los recursos de manera efectiva para sus hijos y para mejorar la calidad de la vida familiar.

## Hours of Operation/Horas de operación

Monday-Friday 9am-5pm/Lunes a viernes de 9 am a 5 pm

Tiene preguntas acerca del comportamiento de su niño? Estamos aqui para escuchar.

Somos padres que han criado a niños con dificultades, y en situaciones similares.

Por favor llamer 609-586-1200

Envienos un correo electronico:

[info@mercerfso.org](mailto:info@mercerfso.org)

IBIS Plaza 3535 Quakerbridge Rd.

Ste. 400, Hamilton, NJ 08619



## Warm Lines

Our "warm lines" are available 9am-5pm Monday-Friday for parents/guardians & community members who need a friendly, supportive voice to speak with regarding community services and children's mental health. Please call 609-586-1200.

## Líneas de calor

Nuestra "línea caliente" está disponible de 9 am a 5 pm de lunes a viernes para padres / tutores y miembros de la comunidad que necesitan una voz amable y de apoyo para hablar con ellos. En relación con los servicios comunitarios y la salud mental infantil. Por favor llame al 609-586-1200.

## Free tuition expands to all of N.J.'s community colleges, Murphy says

Updated May 3, 2019; Posted May 3, 2019

<https://www.nj.com/politics/2019/05/free-tuition-expands-to-all-of-njs-community-colleges-murphy-says.html>

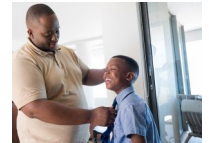
All of New Jersey's community colleges will now offer some students the opportunity to [get a tuition-free education](#), Gov. [Phil Murphy](#) announced this week.

The current system is limited, with stipulations, to students coming from families who earn \$45,000 or less. The 13 community colleges students will be eligible to attend tuition - and fee-free in the spring semester of 2019 are:

Atlantic Cape Community College; Bergen Community College; Camden County College; Cumberland County College; Hudson County Community College; Mercer County Community College; Middlesex County College; Ocean County College; Passaic County Community College; Rowan College at Gloucester County; Salem Community College; Union County College; Warren County Community College. To qualify for the [Community College Opportunity Grants](#), students also must enroll in at least six credits — typically two classes — this spring, make satisfactory academic progress, and have completed an application for federal and state financial aid.

## 5 ways to beat the back-to-school blues

*A few top tips from a local school principal on how to make the transition from holiday mode to study mode as smooth as possible for your kids.*



### **Ensure your child gets enough rest**

Ease your child back into a routine that ensures that they get a full, eight hours of sleep each night. This will get them ready for the busy days ahead, making sure that they are alert and ready to learn.

### **Focus on the positives**

Have your child identify five things that they are excited about for the upcoming term, this could be anything from being reunited with their friends to getting back into their sporting or cultural activities.

### **Set goals together**

Get a pen and paper, sit down with your child and identify three key goals for the next six months. These should be academic, sport, social and family goals. Stick them up where they can be easily seen and make sure to revisit them at the end of the term.

### **Leave an uplifting note**

A lunchbox or pencil case is the ideal place to leave a special note for your child to find the next day. This method is especially effective for sensitive children who miss the safety and comfort of their home environment.

### **Encourage talking (and listening)**

Communication should be your number-one motivational tool. Talk to your children about their experience at school and listen to what they say. Hopefully these tips will prove helpful and while it may have just begun, the adjustment period will soon be followed by tests and exams.

## Upcoming Events

October 2019

S	M	T	W	TH	F	S
29	30 YP 6-8pm	1	2 PA 10-12	3 PA 6-8pm	4	5
6	7 YP 6-8pm	8	9 PA 10-12	10 PA 6-8pm	11 1	12 1
13	14 YP 6-8pm GPSG 10-12	15 5	16 PA 10-12	17 PA 6-8pm	18 8	19 9
20	21 YP 6-8pm	22 2	23 PA 10-12	24 PA 6-8pm	25 5	26 6
27	28 YP 6-8pm GPSG 10-12	29 9	30 PA 10-12	31 PA 6-8pm 		



### Navigating the Journey

Sponsored by:

**Friday**

October 11, 2019  
@ Mercer FSO  
For more info or to register, Please call:

Sandra Johnson

908-301-5944 or  
sjohnson@childrens-specialized.org

November 2019

S	M	T	W	TH	F	S
					1	2
3	4 YP 6-8pm	5	6 PA 10-12	7 PA 6-8pm	8	9
10	11 YP 6-8pm GPSG 10-12	12	13 PA 10-12	14 PA 6-8pm	15 5	16 6
17	18 YP 6-8pm	19	20 PA 10-12	21 PA 6-8pm	22 2	23 3
24	25 YP 6-8pm GPSG 10-12	26	27 PA 10-12	28 PA 6-8pm	29 9	30 0



Support groups



Parents, Inc.  
**Join Us!!**

Every Wednesday  
10:00AM – 12:00 PM  
Every Thursday from  
6:00PM - 8:00 PM  
Mercer FSO Office  
3535 Quakerbridge Rd.  
Suite. 400, Hamilton, NJ  
609-5861200



Grandparents  
Support Group

**Join Us!!**

The Group Meets  
on the  
2nd & 4th Monday's  
of Every Month  
10am to 12noon

Youth Partnership  
(YP for short)

Mercer County Youth Partnership is an advocacy group for youth ages 13-21. The mission of Mercer County Youth Partnership is to reduce the stigma & discrimination associated with those who are labeled 'different' in our society.  
**MCYP is youth driven!**  
We meet every Monday evening 6pm-8pm (except holidays/otherwise stated) @ the Mercer FSO office  
3535 Quakerbridge Rd, Suite 400, Hamilton, NJ 08619 609-586-1200  
Please call to come in & fill out an application.

Asociación Juvenil  
(YP para abreviar)

Sociedad Juvenil del Condado de Mercer es un grupo de defensa para jóvenes de 13 a 21 años de edad. La misión de Mercer County Youth Partnership es reducir el estigma y la discriminación asociados con aquellos que están clasificados como "diferentes" en nuestra sociedad.

**¡MCYP está dirigido por jóvenes!**

Nos reunimos todos los lunes por la tarde 6 pm-8pm

(except festivos/de lo contrario indicado)

@ la oficina de Mercer FSO

3535 Quakerbridge Rd, Suite 400, Hamilton, NJ 08619 609-586-1200

Por favor llame para entrar y llenar una solicitud.

## Grupo de apoyo "Un lugar para padres"



La Organización de Apoyo Familiar del Condado de Mercer (FSO), se complace en ofrecer ahora un grupo de apoyo mensual para padres/cuidadores.

Este es un grupo gratuito y te permitirá conectarte con otros padres que están experimentando problemas diarios similares. Esta es una zona libre de juicios, lo que se diga en el grupo, permanece en el grupo.

Por favor llame a: Maritza Markus para registrarse- 609-586-1200 ext. 240



This Spring & Summer  
was AMAZING!



### Summer Camp & Recreation Resource Fair and Youth Partnership Youth Resource Fair.

Participating vendors Included:

Artworks Trenton, CMO, Greenwood Ave Farmers Mkt, NJ Camp Jaycee, The Arc of Mercer, Sovereign Care Services, City Life Health, Greater Mercer TMA, City & Many more!

Mercer FSO participated in many community events & meetings including:

YMCA's Healthy Kids Day, DCPM Mercer North Local Office Resource Fair 2019, CIACC, Education Partnership, I/DD Sub Committee, Youth Services, Youth Stat, JDAI/JJC, Youth Fire Setters, MCCYC, Disability Rights, Children's Mental Health Awareness Day @ Martin Luther King Jr Elementary School, Children's Specialized Hospital clinical staff presentation, we appeared on The Age-Out Angels Radio Hour, Mercer CIACC Resource Fair, Tuning Into Kids, MCCYC Father's Night, hosted SPAN presentations, attended many I&RS school meetings to support our families, Shiloh Baptist Church Teen Employment Fair & Back to School Festival, Mentor Summit, Hamilton School District's Opioid presentation, Paint the Mall Purple, GenPsych clinical staff presentation, Life Back Mom's Group, HomeFront presentation, Henry J. Austin clinical staff presentation, Trenton Board of Education's Back to School Extravaganza, A Place For Parents Support Group @ Twin Rivers Library & our Girls Circles are a SUCCESS & every month we have new youth joining Youth Partnership. Our FSO ladies are bringing a new support group to the Trenton Public Library, 120 Academy St, every other Thursday from 5-7pm "Hand In Hand" please call the Mercer FSO office for dates 609-586-1200 x227.



If you are looking for a place where you can:

Talk & listen to one another respectfully about concerns and interests. Girls will learn to express themselves further through creative or focused activities such as role playing, journaling, poetry, yoga, dance, drawing, collage, etc.

From the One Circle Foundation, What Girls Say About Girls Circle:

"This is the first time I felt understood by other girls and by an adult" "I thought I was the only one who felt like this, but Circle made me realize that I am not alone."

Give our office a call to start a Girls Circle!

