



The New Jersey Alliance of Family Support Organizations

✨ Celebrating Youth Leadership & Community Connection! ✨
Congratulations to Youth Coach Peter Burgos



🏆 Recognition in Action

Congratulations to Youth Coach Peter Burgos, who was honored by the Kroc Center for his outstanding contributions to youth partnership work! 🙌



We're excited to highlight some amazing updates from [Camden County FSO](#)

Youth Voice in Action

Our Youth Partnership was recently featured on [The Listening Room podcast!](#) A special shoutout to Dylan and his mom, who joined us for a watch party to celebrate this incredible moment.

Mark your calendars! Camden FSO is hosting a "Take a Mental Health Day" Resource Fair on May 14 at Cooper's Poynt Park. Come out to connect, recharge, and access valuable resources for families and youth.

 Together, we continue to uplift youth voices, strengthen families, and build healthier communities.



Order in the Court!

CGS Youth Partnership Leaders Take Over Rutgers Law

The gavel rang out in Camden as our youth stepped into the halls of Rutgers School of Law. This wasn't just a tour, it was a trial. Our students took on the ultimate responsibility: serving as the jury for a high-stakes mock trial. After hearing witnesses and weighing the evidence, they headed into the deliberation room to debate the facts and decide the fate of the case.

By the time the verdict was read, our young leaders had gained more than just legal knowledge, they gained the confidence to know that their voices and decisions matter in the pursuit of justice. A huge thank you to the Rutgers faculty and law students for hosting us and inspiring the next generation of legal minds!

[Visit CGS FSO](#)



The AlsoHuman™ movement was co-founded by families of individuals with disabilities who refuse to remain silent while their loved ones suffer abuse and neglect in state-licensed treatment facilities.

At the heart of this effort is one of its founders, Yana Mermel, a dedicated Family Support Partner at **FSO Bergen**, who works every day with local families to help them navigate the often confusing and difficult pathways to disability services.

Facilities meant to provide care and community—such as psychiatric hospitals, treatment centers, institutions, and group homes—too often become places of neglect. In New Jersey, families have endured immense pain as state agencies charged with protecting individuals with disabilities have repeatedly failed to act. The movement arose from the urgent need to protect vulnerable individuals, many of whom are nonverbal, medically fragile, and entirely dependent on others for care. It calls on New Jersey's Governor, legislators, protective agencies, and citizens to uphold the rights of individuals with disabilities with the same vigilance afforded to everyone else.

The AlsoHuman Team focuses on advancing legislation that protects the basic human rights of individuals with disabilities. Just this week, we went to Trenton to advocate for three such bills.

Bill A4008 Establishes "Justice for Vulnerable Residents Act"; creates Justice Center for the Protection of Individuals with Intellectual or Developmental Disabilities.

Bill A4009 "Fair Funding for Vulnerable Residents Act"; establishes direct care ratio requirement for certain providers of services to adults or children with intellectual or developmental disabilities.

Bill A2705 Requires certain group homes to install electronic monitoring



devices in common areas, upon request and with uniform resident consent.

We ask everyone to join our efforts, follow us on **Facebook**, and subscribe to our site **www.AlsoHuman.org**.

[DOWNLOAD DOCUMENT](#)



Bergen County Leaders Unite at 3rd Annual Legislative Breakfast to Champion Youth Mental Health

On April 17, Bergen's Promise hosted the 3rd Annual Bergen County Legislative Breakfast, bringing together over 350 community leaders, elected officials, and advocates to support youth and families.



The event highlighted the importance of collaboration during ongoing uncertainty around services, including potential Medicaid cuts. Speakers emphasized the need to expand access to care, strengthen outcomes for families, and deepen the connection between public safety and mental health.

A powerful keynote from Chris and Martha Thomas reinforced the urgency of youth suicide prevention, while a moving family story shared by Natalee Thompson highlighted the real impact of wraparound, family-driven support. Together, these stories served as a reminder that behind every policy discussion are real families whose lives are changed through coordinated, compassionate care.

[Visit Bergen County FSO](#)

Support . Education . Advocacy

Participate in
team-building
exercises

Develop public
speaking skills

Learn how
government
works

YOUTH LEADERSHIP *Workshops*

Leadership is a
lifetime of
learning... We
can help you get
started!

May 6th, May 27th, June 3rd, June 10th, June 17th

110 S. Broadway, Pennsville, NJ 08070

Time: 5pm to 7pm

Made with PosterMyWall.com

CUMBERLAND GLOUCESTER SALEM
Family Support
Organization

The NJ Council on
Developmental Disabilities
Advocate · Collaborate · Educate njcdd.org





MAY SCHEDULE

CUMBERLAND COUNTY

3739 N Delsea Dr. Vineland, NJ 08360

May 5th- Parent cafe

May 12th

May 19th - CFFS Workshop (YP)

May 26th

SALEM COUNTY

110 S Broadway, Pennsville, NJ 08070

May 6th - Leadership Workshop (YP)

May 13th

May 20th - Leadership Workshop (YP)

May 27th

GLOUCESTER COUNTY

758 N Broadway, Pitman, NJ 08071 - 2nd Floor

May 7th - Nurtured Heart - Caregivers

May 14th - Nurtured Heart - Caregivers (Listening Session)

May 21st- Nurtured Heart- Caregivers

May 28th - Nurtured Heart - Caregivers (Atkinson Park)

GLOUCESTER COUNTY - GLASSBORO

252 Holly Bush Gardens, Glassboro, NJ 08028

May 4th - YP

May 11th - Parent Cafe



The Caregivers' Circle is a supportive community for women caregivers—moms, adoptive moms, grandmothers, aunts, and any woman caring for a child with challenges. It's a safe, welcoming space to share experiences, connect, and support one another.

This is a hybrid support group, with the option to join in person or virtually. Register using the QR code provided. Registration is required, and the Zoom link will be emailed the morning of the session.

We look forward to creating a space where caregivers feel understood, valued, and empowered.

- Every Third Thursday of the Month
- 6:00pm - 7:30pm
- 111 Howard Blvd.
Suite 201 2nd Floor
Mt. Arlington, NJ
07856
- Diane - 862-273-5046

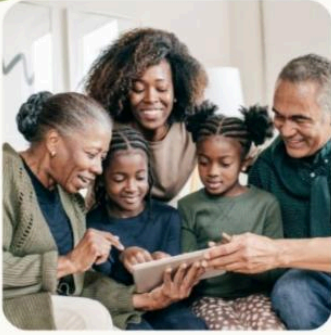


www.msfsso.org



The Nurturing Nest
Support Group

Virtual Grandparent Support Group



A supportive online group for grandparents involved in caring for grandchildren with mental, emotional, behavioral, developmental challenges, as well as substance abuse and/or juvenile challenges.

Connect with other grandparents who understand, share experiences, gain helpful resources, and find encouragement all from the comfort of your home. Scan the QR code to fill out a one-time registration to Zoom. Contact **Shauna Gregory** if you have any questions at 862-354-1039.



Wednesday May 20th
11am-12:30pm

www.msfsso.org



Parenting Workshop



- Learn how to "energize" the good behavior
- Learn "The Three Stands"
- Learn to build Neutral Consequences
- Communication skills

Location:

**758 N. Broadway
Pitman, NJ 08071
2nd Floor**

Dates:

**May 7th
May 14th
May 21st
May 28th**

Time:

6pm to 8pm

CUMBERLAND | GLOUCESTER | SALEM

**Family Support
Organization**



May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1
	 Warren Youth Partnership 5:00PM-7:00PM	Cinco de Mayo Somerset Youth Partnership 5:00PM-7:00PM	Warren County Confidence Collective 5:30-7:30pm Grupo de Apoyo en Español 12:00-1:45 PM	7	8 Girls' Night Out with NJAS! 6:00pm-10:00pm
10	FSO Virtual Operations II TALKING TOGETHER Dad's Support Group 6:00PM-7:00PM	12 Somerset Youth Partnership 5:00PM-7:00PM	13 Special Needs Financial Consultant Webinar: ABLE Accounts 6:30-7:30PM	Thriving Together Mom Support Group 12:00-1:30pm Warren Youth Partnership 5:00PM-7:00PM	14
17	Grupo de Apoyo en Español EN PERSONA 6:30-8:00PM	18 Somerset Youth Partnership 5:00PM-7:00PM	19  National Rescue dog day!	21 Warren Youth Partnership 5:00PM-7:00PM	22
24	MEMORIAL DAY FSO CLOSED TALKING TOGETHER Dad's Support Group 6:00PM-7:00PM	25 Somerset Youth Partnership 5:00PM-7:00PM	26	27 Thriving Together Mom Support Group 12:00-1:30pm Warren Youth Partnership 5:00PM-7:00PM	28
31					29

Michelle Roussos
Community Outreach
Coordinator
mroussos@fso-hsw.org

May is Mental health Month!!!

Melody Stubbs
Youth Coach
mstubbs@fso-hsw.org


TAKE CARE OF YOUR MIND



Introducing Anxiety and OCD Care with InStride Health

In collaboration with the Family Support Organization of Bergen County

Join us for a series of informative sessions on how InStride Health delivers effective, evidence-based treatment for children, teens, and young adults with anxiety and OCD. We'll explore our therapeutic approach, including CBT and exposure therapy, and walk through presentation-specific case studies.

Events:

April 7: Clinical Overview and OCD Case Study

- <https://meet.google.com/npu-gadr-vwc>

June 2: Anxiety Case Study

- <https://meet.google.com/isu-zpgc-udp>

September 1: School Avoidance Presentation

- <https://meet.google.com/ffz-ubng-vm>

[View Events and Register Here](#)



Contact:

Lauren Yarmula, Territory Manager

(e) lauren.yarmula@instride.health

(p) 201-400-0954

www.InStride.Health





FAMILY SUPPORT ORGANIZATION OF HUNTERDON SOMERSET WARREN

315 W. Washington Ave. Suite 3 Washington New Jersey 07882

Tel: 908.223-1191 Email: amarabuto@fso-hsw.org

“Of all the love your soul craves, it craves yours the most”- unknown



Informational Session:

Monday, June 29, 2026 from
6:00-7:00 PM—via Zoom

Join us for our in-person Summer Series 2026!

Wednesday, July 1
Wednesday, July 15
Wednesday, July 22
Wednesday, August 5
Wednesday, August 12
Time: 5:30-8:00 PM

*If interested in participating, please
RSVP by Monday, June 22, 2026 to
Melody Stubbs, YP/Community
Outreach Coordinator at
mstubbs@fso-hsw.org*

“CONFIDENCE COLLECTIVE” -- Female Mentoring Program

“CONFIDENCE COLLECTIVE” is a five-week female mentoring series of 3-Parts facilitated by the Family Support Organization of Hunterdon Somerset Warren Counties (FSO-HSW) for young women between the ages of 13-18 in Warren County. Our mission is to empower young women by fostering self-love, building strong community connections, and cultivating lasting self-esteem, equipping them with the confidence to thrive.

Our program is designed to foster self-love in young women through engaging activities and mentorship. Caring and experienced mentors will lead workshops on topics, such as yoga and meditation, emotional awareness, interpersonal skill development, body positivity, and more. Upon completing the program, participants will be honored in a special ceremony recognizing her growth, achievements, and journey towards self-empowerment.



Atlantic Cape May

-Junior Youth Group 1st and 3rd Tuesday

-Youth Group 2nd and 4th Tuesday

-Cape May Caregivers Support Group 1st & 3rd Thursday

-Northfield Caregivers Support Group 2nd & 4th Thursday

(609) 485-0575
[Click here for MORE!](#)



Camden County

-IEP Clinic & Learning Sessions

-Open Office Hours Expanded-Schedule an appointment with a seasoned Certified Family Support Partner

(856) 662-2600
[Click here for MORE!](#)



Bergen County

Support Groups For Parents & Caregivers Every Wednesday Evening: 7:00 p.m. – 8:30 p.m.

Talking with and listening to others in similar circumstances can be just what you need to get through a tough time.

These support groups consist of families and caregivers who are dealing with the challenges of youngsters with complex emotional and behavioral needs.

(201) 796-6209
[Click here for MORE!](#)



Cumberland Gloucester Salem

- ✓ Caregiver Groups (NJCTS, Wonders of Wellness)
- ✓ Parent Cafes
- ✓ Youth Programs (YP)
- ✓ Wellness Activities (Yoga at Atkinson Memorial Park)

Find your local group below:

- Cumberland County: 3739 N Delsea Dr. Vineland, NJ
- Salem County: 110 S Broadway, Pennsville, NJ (Rm 312)
- Gloucester County: 758 N Broadway, Pitman, NJ, Mosaic FSC & Hollybush Gardens, Glassboro, NJ



Burlington County

-Parents Helping Parents Support Group 3rd & 4th Thursday

-Parent Cafe 2nd Thursday

-Youth Partnership game night, movie night, and more!

((609) 265-8838
[Click here for MORE!](#)



Essex County

Let's Talk: Parent Support Group
Topic: Open Forum
March 24 from 6:30 to 7:30pm
[Zoom Link](#)

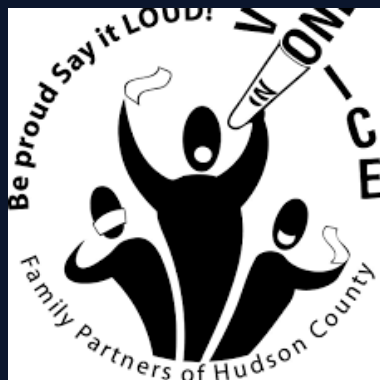
-Navigating transition to adult life workshop March 28th 11:00 am-2:00pm 340 Franklin Ave Belleville NJ. Lunch will be served.

[Registration required](#)

-Volunteer Opportunities
Call for more information on support groups and educational programming

For more information on
specific programing click
here!

(973) 395-1441
Click for MORE!



Hudson County

- Mujeres Maravillosas (Spanish Speaking)
- Special Angels (Youth on the Spectrum)
- Mom's Helping Mom's (English Speaking)
- Youth Partnership of Hudson County
- Club de Lectura (Spanish Speaking)
- Hablemos con Jeffry (Spanish Speaking)
- Lest's Talk w/ Keith (English Speaking)

(201) 915-5140
Click here for MORE!

Hunterdon Somerset Warren March Calendar

- Somerset County Youth Partnership- Weekly on Tuesdays from 5:00-7:00 PM In-Person
 - Warren County Youth Partnership- Weekly on Thursdays from 5:00-7:00 PM In-Person
 - Mom Support Group-Virtual (Bi-weekly) on Thursdays from 12:00-1:30 PM
 - Grupo de Apoyo Familiar Hispano-Virtual-3rd. Wednesday of the month from 12:00-1:15 pm.
 - Grupo de Apoyo Familiar Hispano-In-Person - 3rd. Or 4th. Monday of the month from 7:00-8:00 pm.
- Download the Calendar Here**
(908) 223-1191

Mercer County

- Youth Partnership life skills class Support and Social group for youth 13-21 yrs old.
- Reach one Teach One Support Group with a focus on mental/behavioral health, special education, health & wellness, self care resources and more
- Pop Out Food Drive distributes food to families in need every Tuesday!

((609) 586-1200
Click here for MORE!



Monmouth County

- Youth Partnership program



Middlesex County

-Youth Partnership program

-Parent Support Groups

-Educational Programming

For more information on specific programming click here

-Parent Support Groups

-Educational Programming

For more information on specific programming click here!

Morris Sussex Counties

-Youth Partnership Program
5:30pm - 7:00pm

-Grupo de Apoyo en Espaniol 6:00pm - 7:00pm 1st Wednesday of every month

-The Caregivers Circle
Support group for Mom's 6:00pm - 7:00pm 3rd Thursday of every month

Download the Flyer
(973) 940-3194



Ocean County

-Caregivers Connection Group 6:30pm - 8:00pm

-Virtual Caregiver Connection Group at Noon

-Grandparents Support Group 11:00am - 1:00pm

(973) 569-6334
Click Here for MORE!



Passaic County

-Youth Partnership – Woodland Park Weekly on Wednesday Evenings

-Youth Partnership Extended – Upper County Bi-weekly on Tuesdays Evenings

-Parent Support Groups
Woodland Park – Weekly on Thursday Evening
West Milford – Weekly on Tuesday Evening

-Spanish Parent Support Groups Woodland Park – Weekly on Wednesday Afternoon

(973) 681-8968
Click here for MORE!



Union County

-Youth Partnership program

-Male mentoring program

-Parent Support Groups

-Educational Programming

-Intern Opportunities

For more information on specific programing click here!

(908) 755-0090

BOARD MEMBERSHIP OPPORTUNITIES

INTERESTED IN BECOMING A COUNTY LEVEL FAMILY SUPPORT ORGANIZATION BOARD MEMBER?

If you are passionate about empowering families and have the experience to back it up, we want you on our team! Apply for local County Level board membership!

Statewide Board Membership Application

New Jersey's Family Support Organizations are family-led, community-based, non-profit agencies whose mission is to provide support, advocacy, and education to families and caregivers of children with emotional, behavioral and mental health needs and are funded by New Jersey's Department of Children and Families.

The Alliance supports the Family Support Organizations through training, technical assistance, policy development, identification of best practices, data collection and resource development.

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