



Family Voices

A Chapter of Federation of Families for Children's Mental Health
January, February and March 2012

774 Eayrestown Road, Lumberton, N.J. 08048 - (609)265-8838, (609)265-0116 fax—familyvoices@fsoburlco.org

CHADD LIVE!

Come and be supported among others who strive to learn about ADHD and best methods to promote your child's success and a healthy self-esteem. Preserve your parent-child relationship by learning to keep a disability perspective. Come and become part of a group who understands the struggles, provides the safe environment, and will listen and help to contribute to tools to add to your tool box to be able to support and advocate for your child in the school system. Learn more about how executive functioning deficits impair your child's organizational and cognitive abilities. Be more aware than the general public; ADHD is much more than an active child who doesn't listen and can't sit still!!

Job Well Done!

It is rare to hear an unsolicited letter of praise for a job well done. State Commissioner, Allison Blake of The New Jersey Department of Children and Families (DCF) has received a letter from a parent that Stephany Underwood, a Family Support Partner for the Family Support Organization is committed to the core values of DCF. However, the most striking remark the caregiver highlighted was her dedication to excellence in service delivery. She was indispensable to her as a new resident of the county.

We congratulate Stephany for an exemplary job performance and best wishes for continued success.

It's Here! Our New Website

We've launched our new website! It's refreshing to design a format that is easy to navigate for our families and community.

You will be able to view our latest newsletter online, review our current training schedule and register. Please go to www.fsoburlco.org. You'll still be able to make inquiries and register for classes by calling our offices Monday thru Friday 9 AM to 5 PM.

Parents Anonymous

24 Hour Parents Anonymous Stressline:
(1-800-The-KIDS)

Do you feel stressed and overwhelmed as a parent? Would it feel good to relate to other parents feeling the same way? Please join us on Tuesday evenings. We will provide free childcare while you relax and share experiences with other parents. It can be helpful to talk to other parents and to share ideas.

Every Tuesday 7—9 p.m. at the:

Family Support Organization of Burlington County, 774 Eayrestown Road, Lumberton, N.J.

Please call 609-265-8838 or register at www.fsoburlco.org. You must also register 24 hours in advance to receive free childcare.

CHADD Support Group

When our children have difficulty sitting still, paying attention, or controlling impulsive behavior the problem interferes with their daily lives. This often occurs at home, school, work and social settings. If someone you love has AD/HD you probably have many questions.

- Is there a simple test to diagnose AD/HD?
- What can be done in school to help my child?
- Does medication help?
- Is medication the only way?

Please join other parents like yourself in this Chadd group. We will gather information and learn strategies that have worked for other families.

Wednesdays January 18, February 15 and March 21 from 7:00-9:00 p.m. at the Family Support Organization of Burlington County, 774 Eayrestown Road, Lumberton, N.J. Call 609-265-8838 to register for childcare.

10 Ways To Turn Around Your Child's Attitude in 1 Minute or

This program has 10 simple techniques that have been developed and used with kids for over 30 years. Presented in a way that parents can put them to use immediately. These tips are made so that you can see quick, positive changes in your kids.

Important Telephone Numbers

Department of Children and Families, Child Behavioral Health Services (PerformCare) 1- 877-652-7624
Children's Mobile Response and Stabilization System 1-877-652-7624
Screening Crisis Intervention Program (SCIP)
Mental Health Crisis Intervention 1-609-835-6180
Contact 24-Hour Helpline 211 or 1-856-234-8888
Division of Youth and Family Services (Child Abuse Hotline) 1-800-792-8610
Community Resources:
www.burlingtonresourcenet.org
New Jersey Office of Advocacy, 1-877-543-7864
Family Support Organization of Burlington County website: www.fsoburlco.org

Monday January 23 from 6:30 p.m. to 8:30 p.m. at the Family Support Organization of Burlington County 774 Eayrestown Road Lumberton N.J. 08077. *If childcare is needed you must call 609-265-8838 in advance to make your reservation.*

We provide free childcare for our families in our Lumberton, N.J. office when you register for a class. We can not guarantee childcare for walk-ins.

LAST ONE PICKED, FIRST ONE PICKED ON

Learning Disabilities and Social Skills

Every child has experienced embarrassment or rejection in social situations. Kids with learning disabilities are often isolated, rejected, and sometimes have a particularly hard time making and keeping friends.

Richard Lavoie, a nationally known expert on learning disabilities, explains why this happens and what parents or teachers can do to help children improve their social skills.

Monday January 30 from 6:30-8:30 p.m. at the Family Support Organization of Burlington County 774 Eayrestown Road, Lumberton, N.J.

The Total Transformation Program

The Total Transformation Program teaches you how to give your child more effective ways to solve his problems without fighting, screaming and defiant attitudes.

Your son or daughter will learn a simple system that will enable him or her to handle problems appropriately, without acting out. The Total Transformation is a system that gets your child . . . and you . . . better results.

The program was created for parents like you who need help in the moment with kids who overwhelm them with defiance and bad behavior.

Thursdays February 16, 23 March 1, 8, 15, 22 from 6:30-8:30 p.m. at the Mt Laurel Public Library, 100 Walt Whitman Ave., Mt. Laurel, N.J. Call 609-265-8838 for more information.

Explosive Child

This class will provide parents with a problem solving approach for the child who is easily frustrated and “explodes” with the slightest frustration. Identify if your child is an explosive child and learn to help them problem solve when they feel angry. Bring a friend.

Mondays Part 1 March 5, Part 2 March 12, from 6:30-8:30 p.m. at Family Support Organization of Burlington County .

Please call 609-265-8838 or at www.fsoburlco.org to register in advance. Childcare is available at no charge.

The CAMWERCs Institute

Presented By “The Mental Health Association in Southwestern New Jersey”

Camwerc is a work readiness and job placement program for young adults between the ages of 16-20. We offer weekly classes to help young adults choose, get and keep a job. Field trips and guest speakers expose participants to various occupations. Job seeking assistance is offered to all graduates and ongoing support is available. An added bonus of \$60 is paid upon the completion of the program.

March 21 thru May 23, 2011 Every Wednesday from 3:30 to 4:30 p.m. at the Family Support Organization 774 Eayrestown Road, Lumberton, N.J.

April, 2012

Learning Disabilities and Discipline

Richard Lavoie, a nationally known expert on learning disabilities, offers practical advice on working with behavioral challenges quickly and effectively. He shows how preventative discipline can stop many issues before they start. And he explains how teachers and parents can create stable predictable environment in which children with learning disabilities can flourish.

Monday March 26 from 6:30-8:30 p.m. at the Mt. Laurel Public Library, 100 Walt Whitman Ave., Mt. Laurel, NJ 08054

Strengthening Families

The program is a seven week, 2 1/2 hour training for parents/caregivers and their child, ages 9-14. Dinner is provided for families to enjoy before each class begins. Families will receive training on goals, house rules, encouraging good behavior, alcohol and family values weekly. The instructors will use role-playing, discussions, videos, learning games and family projects.

Families will receive rewards up to **\$150.00 (VISA Gift Cards)** when they complete 7 sessions. Child-care is available for siblings of participating children at no charge.

Transportation for participating families is available for registered families at no charge. You must register in advance.

Mondays April 2 through May 14, 2012 from 6 p.m. to 8:30 p.m. at Family Support Organization of Burlington Cty 774 Eayrestown Rd Lumberton, NJ.

The Motivational Breakthrough

If you have a child that is struggling in school, this workshop is for you. Have teachers said to you "If Johnny would work harder he would do better in school?" When charts, rewards and punishment are not working, what does a parent do? Many of us don't understand motivation, all human behavior is motivated. In this workshop you will learn the six secrets to turning on the tuned-out child. We will teach you practical strategies you can use at home and in the classroom.

Monday April 9 from 6 p.m. to 8 p.m. at the Cinnaminson Public Library 1619 Riverton Road, Cinnaminson, N.J. 08077.

It's So Much Work to be Your Friend

It is difficult to go through life without friends. Eighty percent of your child's day involve social interaction. Kids with learning disabilities have trouble with friendship skills and social acceptance. A successful social life is immeasurably important to a child's happiness, health and development.

Kids with learning disabilities are more likely to Act inappropriately in public, Not be able to solve social problems, Overreact to minor social problems, Be rejected and isolated by peers and Not engage in community activities.

Please join us as we learn simple practical steps to help your child improve his or her social skills.

Thursday April 12 from 6 p.m. to 8 p.m. at the Evesham Public Library 984 Tuckerton Road, Evesham, N.J. 08053.

CHADD-Children and Adults with Attention
 Deficit/Hyperactivity Disorder
 FSO-Family Support Organization of Burlington
 County
 Camwercs-Camden Work Experience Rehabilitation &
 Collaborative Services
 SASS-Supporting Autism Spectrum Success
 YP-Youth Partnership



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2	3 Parents Anonymous FSO 7-9 p.m.	4	5 Youth Partnership FSO 6:30-8:30 p.m.	6	7
8	9	10 Parents Anonymous FSO 7-9 p.m.	11	12 Youth Partnership FSO 6:30-8:30 p.m.	13	14
15	16 	17 Parents Anonymous FSO 7-9 p.m. SASS FSO 7-9 p.m.	18 CHADD FSO 7-9 p.m.	19 Youth Partnership FSO 6:30-8:30 p.m.	20	21
22	23 10 Ways FSO 6:30-8:30 p.m.	24 Parents Anonymous FSO 7-9 p.m.	25	26 Youth Partnership FSO 6:30-8:30 p.m.	27	28
29	30 Last One Picked, First One Picked On FSO 6:30-8:30 p.m.	31 Parents Anonymous FSO 7-9 p.m.				



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5	6	7 Parents Anonymous FSO 7-9 p.m.	8	9 Youth Partnership FSO 6:30-8:30 p.m.	10	11
12	13	14 Parents Anonymous FSO 7-9 p.m.	15 CHADD FSO 7-9 p.m.	16 Youth Partnership FSO 6:30-8:30 p.m. Total Transformations Program-1 Mt. Laurel Library 6:30-8:30 p.m.	17	18
19	20 	21 Parents Anonymous FSO 7-9 p.m. SASS FSO 7-9 p.m.	22	23 Youth Partnership FSO 6:30-8:30 p.m. Total Transformations Program-2 Mt. Laurel Library 6:30-8:30 p.m.	24	25
26	27 Family Advisory FSO FSO 5:30-7 p.m.	28 Parents Anonymous Two Parents, One Plan FSO 7-9 p.m.	29			

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	 609-265-8838			1 Youth Partnership FSO 6:30-8:30 p.m. Total Transformations Program-3 Mt. Laurel Library 6:30-8:30 p.m.	2	3
4	5 Explosive Child-1 FSO 6:30-8:30 p.m.	6 Parents Anonymous Two Parents, One Plan FSO 7-9 p.m.	7	8 Youth Partnership FSO 6:30-8:30 p.m. Total Transformations Program-4 Mt. Laurel Library 6:30-8:30 p.m.	9	10
11	12 Explosive Child-2 FSO 6:30-8:30 p.m.	13 Parents Anonymous FSO 7-9 p.m.	14	15 Youth Partnership FSO 6:30-8:30 p.m. Total Transformations Program-5 Mt. Laurel Library 6:30-8:30 p.m.	16	17
18	19	20 Parents Anonymous FSO 7-9 p.m. SASS FSO 7-9 p.m.	21 Camwercs-1 3:30-4:30 p.m. CHADD FSO 7-9 p.m.	22 Youth Partnership FSO 6:30-8:30 p.m. Total Transformations Program-6 Mt. Laurel Library 6:30-8:30 p.m.	23	24
25	26 Learning Disabilities Mt. Laurel Library 6:30 p.m.-8:30 p.m.	27 Parents Anonymous FSO 7-9 p.m.	28 Camwercs-2 3:30-4:30 p.m.	29 Youth Partnership FSO 6:30-8:30 p.m.	30	31



Family Voices

Supporting Autistic Spectrum Success

3rd Tuesday of the Month January 17, February 21 &
March 20 from 7-9 p.m.

The Family Support Organization of Burlington County is proud and excited to present our **new** support group for parents raising a child with an autistic spectrum disorder (ASD). This group will be led by parents with personal experience with ASD's. They are passionate about helping others, and have lined up an impressive agenda for the meetings to educate and provide valuable resources. This group also provides time for the class to work together sharing experiences and helping provide support to each other.

The first meeting Tony Attwood's; "The Complete Guide to Asperger's Syndrome" will be discussed and we will have a drawing to win a free copy to kick off our new support group.

Learning opportunities offered at future meetings will include topics such as: Obtaining Guardianship, how to do it yourself, ABA therapy, mental health assessments for children with limited communication skills, siblings and autism. Childcare is available at no charge. Please call in advance for reservations.

TWO PARENTS, ONE PLAN

Part 1, February 21 & Part 2, February 28 at Parents Anonymous 7-9 PM
774 Eayrestown Road Lumberton, NJ 08048

**Can't talk to your spouse or ex? Are you a good cop/bad cop parent?
No support from your spouse? Divorce? When one parent wants to give up?**

WE CAN ASIST YOU TO PARENT EFFECTIVELY WHEN YOU DISAGREE WITH YOUR SPOUSE!

