



Family Voices

A Chapter of Federation of Families for Children's Mental Health
October, November and December 2015

Hollytown Business Center 1632 Route 38 East, Lumberton, N.J. 08048 (609)265-8838 Website: www.fsoburlco.org

LETTERS FROM PARENTS ANONYMOUS

Thursdays 6:30-8:30 p.m. October 1, 8, 15, 22, 29 November 5, 12, 19 & Dec 3, 10, 17

The first time I went to a Parents Anonymous meeting a new perspective was given to my situation. As I listened to other parents tell their stories, I looked around the room and felt a little relief. As it became my turn to share my story with a room full of strangers it was explained to me that my daughter has an internal struggle of her own that I never took into consideration.

While I am full of apprehension over my situation, I do have a different sense of purpose and what I expect going forward. I enjoy looking forward to the playful banter of the group, watch parents smile despite the struggles they have been through. and to have staff guide us when we are not sure of what to do.

We have each other on Thursday nights. It's so important to make someone happy, start with yourself, join us.

Sue::

I like this organization because I feel that I can relate to people that attend the meeting. People do understand my feelings and problems.

I am glad this organization is there. People are nice too.

Help, Hope, Support!

Dear Yolanda:

Helping each other with information, support, listening and family.

At times you think you don't have anyone that understands or cares and you cannot wait until Thursday night to get here to be with people that you know do understand and care..

I look forward to Thursday nights!

We welcome new members.

THE TOTAL TRANSFORMATION PROGRAM

If you are parenting a child with an attitude, you're probably giving speeches to your child about the importance of good grades, hard work and respectful, responsive behavior. You are probably trying to get him to look ahead and plan for his future. No matter how hard you try, you aren't going to change your child's attitude by simply lecturing, or trying to convince them to see the world as you do. What you can do is change your child's behavior and help them learn the skills they need to make it in the world.

That's where The Total Transformation comes in. The program will give you simple, step-by-step techniques for teaching your child the skills he/she needs to solve their problems and improve their behavior now.

The Total Transformations Program has six sessions. All classes can made up if missed. Listed below are the dates and times:

Wednesdays

- September 30 from 6:30—8:30 p.m.
- October 7 from 6:30—8:30 p.m.
- October 14 from 6:30—8:30 p.m.
- October 21 from 6:30—7:30 p.m.
- October 28 from 6:30—8:30 p.m.
- November 4 from 6:30—8:30 p.m.



Keep Kids in Line
End back talk from your child.

Please call us in advance for registration and free childcare at 609-265-8838.

Parents Anonymous



Parents Anonymous is an amazing support group. It has helped individuals gain friendships, learn useful child rearing skills and discover community resources. The friendships that are made help parents work through the most challenging home situations with our children.

The group is facilitated by volunteer professionals, but is actually run by Parents Anonymous trained parent leaders who help create an environment in which parents help each other learn how to cope with the stress of raising our children. Our group meets weekly.

**Thursdays, Oct 1, 8, 15, 22, 29 Nov 5, 12, 19 & Dec 3, 10, 17
6:30-8:30 p.m. at the Family Support Organization.**

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

Warm Line

Monday thru Friday 9:00 a.m.-5:00 p.m.

609-265-8838

Is your child having difficulty at home, school or in the neighborhood? Do you think you could use some support or services and don't know where to begin? Call us we can get you started.

Our warm line is here to answer questions for parents raising children with developmental disabilities, substance abuse, behavior, emotional or mental health challenges.



Consequences



If you've grounded your child, taken away his cell phone, imposed restrictions and his behavior's still is not changing, you are not alone. Knowing what consequences will work with your child and your situation takes skill. James Lehman teaches you all the secrets to giving effective consequences. This popular program features parents and children in real life behavioral situations. Learn how to give consequences that get through to your child—and how not to give consequences, with analysis and coaching by James Lehman.

Monday October 19 from 6:30-8:30 p.m. at the Willingboro Public Library 220 Willingboro Parkway, Willingboro Town Center, Willingboro. Please call in 609-265-8838 to register.

Supporting Autistic Spectrum Success

SASS provides parents with information on resources available in the community.

Within the group, parents can also be open about their fears and concerns. There is a great benefit in learning that there are other families going through the same kinds of situations. By expressing your concerns and successes to other parents, families can get reactions and advice from others who may have experienced similar situations. Everyone can share the daily coping techniques that help keep families together, as well as tips that can make life run more smoothly.

Wednesdays

**October 21, November 18, December 16
from 7:30-9 :00 p.m.**

*At the FSO in Lumberton, New Jersey
Childcare is available. Call 609-265-8838 in
advance for reservations.*



www.chadd.net/341

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.

Oct 21, Nov 18 and Dec 16 from 7:30-9:00 p.m. at the Family Support Organization of Burlington County. Call 609-265-8838 to register for childcare.

SOCIALLY ASD

(Autistic Spectrum Disorder)



Come join your peers (age 11-16) for fun and laughs at Socially ASD. If your child is on the spectrum and would like to spend time with peers just like them, come out to our youth group and hang out.

This socialization group works on social skills, making new friends and having lots of laughs in a judgment free zone. Don't miss out on the fun!

Oct 21, Nov 18 and Dec 16 from 7:30-9:00 p.m. at the Family Support Organization of Burlington County 1632 Route 38 East Lumberton, NJ. Call 609-265-8838 to register.

10 WAYS

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



There is an effective way to tell your kid to do something or respond to something, and then there is an ineffective way.

This workshop gives 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. You will see quick, positive results in your children.

- **Tuesday October 13 from 6:30 - 8 p.m. at Burlington County Library 5 Pioneer Blvd. Westampton**
- **Wednesday October 28 from 6:15-7 p.m. at the FSO Lumberton**
- **Wednesday November 18 from 6:15-7 p.m. at the FSO Lumberton**
- **Wednesday December 16 from 6:15-7 p.m. at the FSO Lumberton**



Family Voices of Juvenile Justice Involved Youth Support Group

Our support group is open to all family members and caregivers of youth involved with the "Juvenile Justice System."

Come, join us and learn the process of your child's journey through the system and we will provide emotional support, education and life experiences.

Take a chance and come to discover more about our group while opening the doors as you go through this course of change.

Monday - Evenings
October 26, November 9, 23,
December 14, 28
From 6:30 p.m.- 8:30 p.m.

TWO PARENTS ONE PLAN



When parents have difficulty being on the same page, they have a general common theme, to manage their children.

If it is a child with behavior problems and they are stirring and shaking things up at home. This behavior can distract parents from their role of working together effectively. Your child can put a tremendous amount of pressure on you and it can make things harder for you and your mate to communicate.

Learn how to get past the anger, distractions and find ways to reconnect on your common interest: your child.

Tuesdays Part 1, October 20 and Part 2, October 27 from 6:30-8:30 p.m. at the Family Support Organization.

JAMES LEHMAN™

GETTING THROUGH TO YOUR CHILD

A STEP-BY-STEP PLAN FOR STOPPING VERBAL ABUSE



When your child is rude, defiant and verbally abusive, it affects everyone, as well as your child's development. It is possible to stop verbal abuse and turn the behavior around. You will learn a step-by-step, word-for-word way to get kids to look at their abusive language, identify what triggers it, and make better choices next time.

Tuesday Part 1 November 10, Part 2 November 17 from 6:30-8:30 p.m. at the Family Support Organization. Please register in advance for attendance and free childcare.

Anxiety Disorder

This workshop Anxiety Disorder will show parents and caregivers how to help guide their child using the latest techniques.

You will discover the basic principles to teach your child and help them learn how to improve anxiety and manage these difficult challenges effectively.



Tuesday December 1 from 6:30-8:30 p.m. at Family Support Organization of Burlington County 1632 Route 38 East, Lumberton, N.J. Free childcare is available. Please call in advance for reservations.

Important Contact Information

PerformCare & Children's Mobile Response
1- 877-652-7624

Food Bank "Call for Availability"
609-265-8838

Screening Crisis Intervention Program
1-609-835-6180 (SCIP)

Crisis Screening Center
@ Kennedy Hospital
1-856-428-4357

Contact 24-Hour Helpline
211 or 1-856-234-8888

Child Abuse Hotline
1-800-792-8610

www.burlingtonresourcenet.org

New Jersey Office of Advocacy
1-877-543-7864

NJ Parent Link www.njparentlink.nj.gov

CHADD www.chadd.net/341

Office of the Burlington County
Ombudsman 609-518-2530

Email:

BurOmbudsman.mailbox@judiciary.state.nj.us



609-265-8838
www.fsoburlco.org



FREE

Childcare
services
Available



Call: 609-265-8838

T.T. = Total Transformations
SASS = Supporting Autistic Spectrum Success
CHADD = Children Having Attention Deficit Disorder

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Youth Partnership FSO 6:30-8:30 p.m. Parents Anonymous FSO 6:30-8:30 p.m.	2	3
4	5	6	7 Total Transformation #2 FSO 6:30-8:30 p.m.	8 Youth Partnership FSO 6:30-8:30 p.m. Parents Anonymous FSO 6:30-8:30 p.m.	9	10
11	12 	13 10 Ways Burlington County Library Westampton 6:30-8:00 p.m.	14 Total Transformation #3 FSO 6:30-8:30 p.m.	15 Youth Partnership FSO 6:30-8:30 p.m. Parents Anonymous FSO 6:30-8:30 p.m.	16	17
18	19 Consequences Willingboro Public Library 6:30-8:30 p.m.	20 Two Parents One Plan #1 FSO 6:30-8:30p.m.	21 T. T. #4 FSO 6:30-7:30 p.m. SASS FSO 7:30-9 p.m. Socially ASD 7:30-9 p.m. CHADD 7:30-9 p.m.	22 Youth Partnership FSO 6:30-8:30 p.m. Parents Anonymous FSO 6:30-8:30	23	24
25	26 Family Voices of Juvenile Justice Involved Youth 6:30 p.m.-8:30 p.m.	27 Two Parents One Plan #2 FSO 6:30-8:30p.m.	28 10 Ways FSO 6:15 -7 p.m. Total Transformation #5 FSO 6:30-8:30 p.m.	29 Youth Partnership FSO 6:30-8:30 p.m. Parents Anonymous FSO 6:30-8:30	30	31



WARM LINE
609-265-8838

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	 Election Day	Total Transformation #6 /FSO 6:30-8:30 p.m.	Youth Partnership FSO 6:30-8:30 p.m. Parents Anonymous FSO 6:30-8:30 p.m.	6	7
8	Family Voices of Juvenile Justice Involved Youth 6:30 p.m.-8:30 p.m.	Getting Through to Your Child #1 FSO 6:30-8:30 p.m.	Veterans Day 	Youth Partnership FSO 6:30-8:30 p.m. Parents Anonymous FSO 6:30-8:30 p.m.	13	14
15	16	Getting Through to Your Child #2 FSO 6:30-8:30 p.m.	10 Ways FSO 6:15 -7 p.m. SASS FSO 7:30-9 p.m. Socially ASD 7:30-9 p.m. CHADD 7:30-9 p.m.	Youth Partnership FSO 6:30-8:30 p.m. Parents Anonymous FSO 6:30-8:30 p.m.	20	21
22	Family Voices of Juvenile Justice Involved Youth 6:30 p.m.-8:30 p.m.	24	25		27	28
29	30					



PerformCare
1-877-652-7624



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Anxiety Disorder FSO 6:30-8:30 p.m.	2	3 Youth Partnership FSO 6:30-8:30 p.m. Parents Anonymous FSO 6:30-8:30 p.m.	4	5
6	7	8	9	10 Youth Partnership FSO 6:30-8:30 p.m. Parents Anonymous FSO 6:30-8:30	11	12
13	14 Family Voices of Juvenile Justice Involved Youth 6:30 p.m.-8:30 p.m.	15	16 10 Ways/FSO 6:15-7 p.m. SASS FSO 7:30-9 p.m. Socially ASD 7:30-9 p.m. CHADD 7:30-9 p.m.	17 Youth Partnership FSO 6:30-8:30 p.m. Parents Anonymous FSO 6:30-8:30	18	19
20	21	22	23	24	25  Christmas	26
27	28 Family Voices of Juvenile Justice Involved Youth 6:30 p.m.-8:30 p.m.	29	30	31		