

Family Support Organization of Burlington County  
**Support Groups & Classes**  
**609-265-8838**

**PARENTS ANONYMOUS**

Every Tuesday, 7:00 – 9:00 PM

A nationally known support group led by family members who are parents/caregivers of children with challenging behavior of all ages. The Program has a network of parents/caregivers and professionals helping each other, working together to bring change into the lives of their sons and daughters. Join other parents who are working towards bringing control and order back into their households.

**BECAUSE I LOVE YOU (B.I.L.Y.)**

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 9:30 a.m.-11:30 a.m.

Meet other people who are going through the struggles of raising their children. You talk about how you feel. You find out how other people learned how to cope with new responsibilities, and you get practical information that could help you solve your current challenges.

**CHADD SUPPORT GROUP**

3<sup>rd</sup> Wednesday of the month from 7:00 p.m. to 9:00 p.m.

This workshop will provide education and support to families who are raising a child with AD/HD. The workshop contains an overview of ADHD, managing the impact on the family, developing parenting strategies, positive behavior interventions and more.

**SPECIAL EDUCATION WORKSHOP & PARENT MEETINGS**— A great opportunity to learn the special education process, organize your child's paperwork and to be an advocate for your child's future. We offer three levels of workshops that range from 2-2 1/2 hour seminars per week. Individual advocacy available.

**SPECIAL EDUCATION RESOURCE LINE** – Get your questions answered on your child's IEP, evaluations and Special Education Law. **609-265-8838**


**GETTING THROUGH TO YOUR CHILD**—A scripted lesson that takes the emotions out of communicating effectively with your child when they break the rules. This lesson teaches the parent how not to get emotionally hijacked during a confrontation of defiant behavior. A two part program by James Lehman, MSW.

**THE TOTAL TRANSFORMATION PROGRAM**- A seven week program by James Lehman, MSW instructs parents/caregivers with a step by step approach to understanding, managing and changing disrespectful, defiant behavior. As advertised on national television and radio.

*We Offer  
CEU's  
For Teachers*







**BULLYING**— A two hour program informing parents of the effects of bullying and what they can do to stop it. Learn how to approach the school and work as a team to stop Bullying. Learn the signs of bullying and teach techniques to empower your child to overcome this problem.

**HANDLING HOMEWORK**— A one hour class instructing parents how to set up a homework environment. Structure helps your child know what is expected of them and helps end the homework hassle.

**DEVELOPING SOCIAL SKILLS**—Learn how to teach social skills in small amounts so that kids can absorb the information and practice it. This is a two hour class.

**TIME MANAGEMENT**—Aimed at teaching parents how to more effectively manage time and organize their lives. A problem solving approach to making time for everything important. A two hour class.

**TEEN DEPRESSION**—A program for parents and caregivers explaining teen depression from the adolescent's point of view. Learn treatment options and who to call for help. A two hour class.

**CUTTING FOR RELIEF**—A program aimed at helping parents and teachers understand the desire to cut and why Parents are encouraged to call professionals to help their child to overcome this dangerous behavior. Learn how to manage triggers and create a positive behavioral plan to stop. A two hour class.

**SIBLING RIVALRY**— Learn how to calm the battles between brothers and sisters.

**CHADD Parent to Parent Family Training AD/HD**—This workshop series will provide educational information and support to families who are raising a child with AD/HD. This program is for caregivers and parents. Seven sessions.

**10 WAYS TO TURN AROUND YOUR CHILD'S ATTITUDE IN ONE MINUTE OR LESS**—Use these tools to develop structure in your child's everyday life. You will see his and her behavior improve.

**EXPLOSIVE CHILD**—A two part class by Dr. Ross Greene and Stuart Ablon provides parents with a workable approach to understanding and helping their inflexible, easily frustrated and sometimes EXPLOSIVE children. The problem solving approach is aimed at reducing family hostility, improving the child's flexibility, frustration and communication.

**TWO PARENTS, ONE PLAN**—A two part program bringing parents/caregivers together so that they can parent effectively as a team. It is important parents are consistent with rules and discipline. Children need consistent structure to be happy and successful. A James Lehman, MSW program.

**CAMWERCs**—A work readiness and job placement program for young adults between the ages of 16-20.

**SPEAKERS BUREAU**— Learn about the children's mental health services in Burlington County. We will make it easy to understand the different services, and how to access them.

**SIGNS OF SUICIDE**—The signs of self injury programs are designed to address self-injury in the school environment. This program includes a DVD and teaching program that provides the tools to prevent and respond appropriately. These tools are targeted for use by students, school staff, and parents. We are offering these programs to schools as teacher-in-service and as student assemblies.

You must call 609-265-8838 to register for free childcare at our Lumberton offices.  
Please specify if childcare is needed when calling.

