



## **Sidewalk University Economic Empowerment Parent Rescue Program Family Support Programs**

Sidewalk University Economic Empowerment (SUEE) partners with various organizations throughout New Jersey in order to bring the best care possible to young people. One of our partnerships is with *The Family Support Organization (FSO) of Union County* ([www.fso-union.org](http://www.fso-union.org)). The FSO is a system partner within the *New Jersey's Division of Child Behavioral Health Services (DCBHS)* which is designed to help children with complex emotional, mental health or behavioral issues. The DCBHS is a system of care that focuses on family *strengths* and the utilization of community resources. The outreach program is the part of the organization which consists of support groups. The purpose of DCBHS community groups is to educate and support parents and caregivers on matters of behavioral and mental health.

**The FSO in partnership with SUEE will present and facilitate a weekly support group at  
Parent Rescue Program on**

**Tuesday evenings from 6:30 p.m. - 9:30 p.m.**

Light refreshments will be provided by the FSO

**Attendance by R.S.V.P. only  
THIS EVENT IS FREE!!!**

Please email or call to reserve your space at:  
[April@sidewalkuniversity.org](mailto:April@sidewalkuniversity.org) or call **732-382-3233**

Please include your full name and telephone number.

In the subject line please include: **"FSO support group and the date"**

*Victoria Leigh (Vickie) is an experienced caregiver and has raised a behaviorally challenged child. She has worked as a Program Coordinator for FSO of Union County since 2004 as a Coordinator of family assignments with care management organizations. Vickie has also served as an advocate for family services and created a coalition of FSO Union County youth programs.*

### **Calendar:**

- January 25, 2010:** *The Explosive Child* (based on the study of Drs. Greene and Avolon)  
**February 1, 2010:** *A Broad Overview of the IEP (individual education plan) process*  
**February 8, 2010:** *How to Advocate to Have Your Child Classified*  
**February 15, 2010:** *A Broad Overview of DSMIV, What Is It?, How Is Diagnosis Determined and Supportive Resources*  
**February 22, 2010:** *An introduction to "Mindfulness" an easy way to manage stress and anxiety (Based on techniques taught in the Overlook Behavioral Health Clinic)*

**Disclaimer:** Ms. Leigh is not a psychiatric professional. She is a concerned parent who has a significant amount of experience in the behavioral health world and wants to help other parents navigate through their county behavioral health system