



## *FSOBC Educational Series, Fall, 2015*

### **Monday, September 28th (7:00-8:30pm)**

**Topic:** Social Anxiety usually begins in childhood and adolescent years. Parents play an important role in identifying and helping children overcome social anxiety. Learn to distinguish a shy child from one with social phobia, and learn how parents can empower—rather than enable—children with social anxiety.

**Presenter:** Sue Heguy, LCSW CarePlusNJ Clinician & Trainer

**Register by Thursday, September 17th** (201)796-6209,102 email: [lb@fsobergen.org](mailto:lb@fsobergen.org)

### **Monday, October 5<sup>th</sup> (7:00-8:30pm)**

**Topic:** “Positive Parenting: Core principles to Modify your Child’s Behavior”

**Presenter:** AIM Positive, Mr. Scott Rossig, M.Ed, BCBA and Zach Ikkanda, M.S. Ed, BCABA

**Register by Thursday, October 1<sup>st</sup>** (201)796-6209,102 email: [lb@fsobergen.org](mailto:lb@fsobergen.org)

### **Monday, November 9th (7:00-8:30pm)**

**Topic:** Come learn about ‘Mindful Meditation’ and how these techniques can make a difference for you and your family!

**Presenter:** Lucien Duquette, Ph.D.

**Register by Thursday, November 5th** (201)796-6209,102 email: [lb@fsobergen.org](mailto:lb@fsobergen.org)

### **Monday, December 14th (7:00-8:30pm)**

**Topic:** Winter Wellness-Minus the Scale

Wellness means much more than eating right and exercising. Come explore the 8 dimensions of wellness (physical, emotional, social, intellectual, spiritual, environmental, occupational and financial) and learn practical techniques you can use to promote health and wellness at home this winter, without that pesky scale.

**Presenters:** Ellen Indoe, MA, CHES; Amy Faus MPH, CPH, CHES, Bergen’s Promise Behavioral Health Home

**Where:** Family Support Organization of Bergen County

0-108 29<sup>th</sup> Street

Fair Lawn, New Jersey 07410

**Phone:** 201-796-6209, 102

**Email:** [lb@fsobergen.org](mailto:lb@fsobergen.org)

We have adult supervision for children/youth at least 5 years old while Parents/Caregivers participate in the FSOBC Educational Workshops located in Fair Lawn.

**All FSOBC Programs are at NO COST to participants.**