

The FSO is please to announce the following groups.
Services are FREE and is open to all of Ocean County Families

Parents Empowering Parents (PEP1) TOMS RIVER (FSO)

2nd & 4th Tuesdays-Monthly
7pm-9pm
We offer Food and Childcare.



Parents Empowering Parents (PEP2) LITTLE EGG HARBOR (Sr. Center)

1st & 3rd Wednesdays-Monthly
6:30pm-8:30pm
We offer Food and Childcare



Parents Empowering Parents (PEP3) SEA SIDE HEIGHTS

Meet 1st Thursday & 4th Mondays (subject to change)
Seaside Heights Community Center, (Bay & Sherman Ave)
6:00pm-8:00pm
We offer Food & Childcare

Children Inter-Agency Coordinating Council (Family CIACC)

CIACC acts as a go-between the local community and the State DCBHS:
to inform the community about children's behavioral health services, and to inform and
advocate to the State DCBHS about the needs of our community.

And who knows the needs of children better than their families?

Group meets on the 4th Tuesday every other month beginning at 7pm.

We offer food and Childcare.



**For more information on groups and registrations; contact
Annie at 732-281-5770 x 16**

Why would you want to attend Self-Help Support Groups?

A Support Group; for women and men who are caring for their children as their own-who are, in
effect, raising a second family.

Through self-help, people who have in common a similar life situation come together to share
feelings, experiences, resources and networking skills.

Members can draw strength, comfort and knowledge from one another.

You will have the opportunity to share your experiences, discover new resources, meets others
with similar situations and development new personal relationships.