

COUNSELING NEWSLETTER



November 2025



November is known as **National Gratitude Month**. Gratitude is one of the simplest ways to care for your mind and spirit. When you focus on what's going right instead of what's going wrong, you naturally shift your perspective. That shift can bring peace, clarity, and joy.

National Gratitude Month, founded by Stacey Grewal, reminds us how powerful this practice can be. Gratitude doesn't mean ignoring life's challenges; it means finding light even in the dark. It can be a kind word, a quiet moment, or a small victory.

Research shows that gratitude improves mental health by lowering stress, easing anxiety, and helping us sleep better. It's a simple, accessible way to nurture emotional well-being every day.

With Thanksgiving right in the middle of Gratitude Month, there's no better time to pause, reflect, and appreciate the good that's already here. A little gratitude goes a long way especially for your mind and heart.



HEALTH BENEFITS OF GRATITUDE

1. IMPROVES SLEEP QUALITY 
2. DECREASES BLOOD PRESSURE IN THOSE WITH HYPERTENSION 
3. INCREASES YOUR ENERGY LEVELS
4. REDUCES STRESS AND DEPRESSIVE SYMPTOMS 
5. HELPS YOU LIVE LONGER

HOW TO SHOW GRATITUDE

1. GIVE OUT COMPLIMENTS 
2. MAKE A LIST OF THINGS YOU ARE GRATEFUL FOR 
3. VOLUNTEER IN YOUR COMMUNITY
4. DO SMALL RANDOM ACTS OF KINDNESS
5. SMILE! 



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Resources

FEED A FRIEND NETWORK

GIVING . RECIEVING . GROWING

IF YOU ARE IN A POSITION TO GIVE:

IF YOU ARE IN NEED OF ASSISTANCE:

988 SUICIDE & CRISIS LIFELINE

There is hope

Talk with us. If you or someone you know needs support now, call or text 988 or chat 988lifeline.org

PEP22-08-03-004

2025 Somerset County Food Banks and Pantries

Scantview aMap and get Google Directions to these and other food access points in Somerset County: <https://arcg.is/140zTS3>

Food Bank Network of SC (MAIN) 7E Easy Street Bound Brook, NJ 08805 (732) 560-1813 M-F 9:00 am - 2:30 pm Thurs - 5 pm to 8 pm	Food Bank Network - Somerville Pantry - United Reform Church 100 W. Main Street Somerville, NJ 08876 (732) 560-1813 Sat - 9:30-11:30a (1st and 3rd Saturday of every month)	Food Bank Network - Bound Brook Pantry - St. John's Lutheran Church 108 W. Union Ave, Bound Brook Enter Winsor Street 10 am to 1:00 pm - 1st and 3rd Sat each month	Food Bank Network - North Plainfield 11 Vermeule Place North Plainfield, NJ 07060 Sat - 9:00 am - 11:00 am (1st and 3rd Saturday of every month)
Food Bank Network - Manville Faith in Action Church 228 S. Main Street, Manville 2nd Saturday of the month 10:00 am to 12 pm	Food Bank Network - Lyons VA Medical Center (Veterans Only) 151 Knollcroft Rd, Lyons NJ Building 143 - 1st floor - Multi Purpose Room 3rd Monday of the month 9:30 am to 1 pm	Food Bank Network - South Bound Brook 122 High Street, SBB, 08880 3rd Saturday of month 9:30a - 12:30p	SHIP - 87 East High Street Somerville, NJ Monday - Friday 12p-1pm SHIP - Mobile Soup Kitchen Sacred Heart Catholic Church - 98 South 2nd Street, Manville parking lot behind church on Main St., Mon - Fri - 5:30p-6:30p
Feeding Hands, Inc. (MAIN) 186 Rt. 206 Hillsborough, NJ 08844 (908) 397-6452 Tue: 11:00 am to 1:30 pm & 6:30 pm to 8:30 pm Every 3rd Sat Drive Up only- 10:00 am - 12:30 pm Appointment Required	Feeding Hands - Liberty Corner 45 Church Street, 07938 1st Sat of every month 10-11:30a Stonecrest Community Church 11 Technology Dr. N, Warren 6:30pm - 8:30pm	Feeding Hands - Manville Emmanuel Baptist Church (Manville residents only) 34 South Third Avenue Manville, NJ 08835 (908) 725-4522 4th Saturday 9 am - 12 pm (call to confirm Nov & Dec dates)	Feeding Hands - Valley Brook Village - Veterans Housing VBV residents only 100 Tracey Court Basking Ridge, NJ 07920 Thursdays
Franklin Township Food Bank (MAIN) (Franklin Twp. Residents only) 224 Churchill Ave Somerset, NJ 08873 (732-246-0009) Mon/Thurs 2pm-7pm Tues/Wed 10am - 2pm Sat - 9 am - noon Appointment Required Hillsborough C.A.N.	Franklin Township Food Bank (Community Distribution) First Baptist Church of Lincoln Gardens, 771 Somerset St. Somerset, NJ 08873 (732-246-0009) 1st Wednesday of the month 11am- 1pm while supplies last	Zarephath Christian Church My Neighbors' Pantry 595 Weston Canal Road Somerset, NJ 08873 (732) 560-4001 Thurs 10 am - 1 pm Sat - 10 am - 12 pm	Good Shepherd Lutheran Church 300 Union Avenue Somerville, NJ 08876 2nd Sunday of every month from 11am to 12:30 pm Little Free Pantry - food box outside of building - available 24/7
(Hillsborough Twp. Residents only) 379 South Branch Rd Hillsborough, NJ 08844 (908) 369-3880 Mon - Fri 8 am to 4:30 pm	Montgomery Otto Kaufman Community Rec Center 356 Skillman Road Skillman, NJ 08558 (609) 466-1054 Appointment Needed	Greater Somerset County YMCA 2 Green Street Somerville, NJ 08876 (908) 722-4567 AND 601 Garretson Road Bridgewater, NJ 08807 908-526-0688 Little Free Pantry - Food box outside of building available 24/7 Somerset County Senior Wellness Centers Open M-F 9 am - 4 pm Join for Lunch at noon (4 menu daily menu choices). Please call before 10 am at least one business day prior to make lunch reservation.	Senior Wellness Center Locations: Senior Wellness Center at Basking Ridge (908) 204-5435 Senior Wellness Center at Bridgewater (908) 203-6101 Senior Wellness Center at Hillsborough (908) 369-8700 Montgomery Senior Center (609) 466-1054 Quail Brook Senior Center - Somerset (732) 563-4213 Warrenbrook Senior Center - Warren (908) 753-9440
God's Co-Op Food Pantry Basking Ridge Presbyterian Church 12 East Allen Street Basking Ridge, NJ 07920 Wed - 6:30 pm Sun - 4:00 pm Serving: Bernardsville, Basking Ridge, Peapack-Gladstone (908) 766-1616 Peapack Reformed Church (Peapack and Gladstone residents only) 224 Main Street, Gladstone, NJ (908) 234-2733 Sundays 4:30p-5:30p	Somerset County Office on Aging 1-888-747-1122 908-704-6346 Meals on Wheels - for homebound seniors 60+ hot and/or frozen meals 5 days a week according to each client's meal delivery schedule - based on assessment. Shelf-stable meals are also available. Please call to request an intake with a specialist.		

Bancos de alimentos y despensas del condado de Somerset 2025

Escaneeparaverun mapayobtener indicaciones deGoogle paralletgaraestoyotrospuntosde acceso a alimentos en el condado de Somerset <https://arcg.is/140zTS3>

Red de Bancos de Alimentos del Condado de Somerset (PRINCIPAL) 7E Easy Street Bound Brook, NJ 08805 (732) 560-1813 Lunes - Viernes 9:00 am - 2:30 pm Jueves 5 pm - 8 pm	Red de Bancos de Alimentos - Iglesia Reformista Unida 100 W. Main Street Somerville, NJ 08876 (732) 560-1813 Sabado 9:30am - 11:30pm (1er y 3er Sabado del mes)	Red de Bancos de Alimentos - Despensa de Bound Brook - Iglesia Luterana de San Juan 108 W. Union Ave, Bound Brook Enter Winsor Street Sabado 10am - 1pm (1er y 3er Sabado del mes)	Red de Bancos de Alimentos - North Plainfield 11 Vermeule Place North Plainfield, NJ 07060 Sabado 9:00 am - 11:00 am (1º y 3º Sabado del mes)
Red de Bancos de Alimentos - Manville Iglesia Fe en Accion 228 S. Main Street, Manville 2º Sabado del mes 10am - 12pm	Red de Bancos de Alimentos - Lyons VA Medical Center (solo para veteranos) 151 Knollcroft Rd, Lyons NJ 3º Lunes del mes 9:30am - 1:00pm	Red de Bancos de Alimentos - South Bound Brook 122 High Street, South Bound Brook, 08880 (1º y 3º Sabado del mes) 10:00am - 1:00pm	SHIP - 87 East High Street Somerville, NJ Lunes - Viernes 12pm - 1pm (comida) SHIP - Comedor de sopa móvil Iglesia Católica del Sacred Heart- 98 South 2nd Street, Manville Estacionamiento detrás de la iglesia en Main St., Lunes - Viernes 5:30pm -6:30pm
Feeding Hands, Inc. (PRINCIPAL) 186 Rt. 206 Hillsborough, NJ 08844 (908) 397-6452 Martes 11 am - 1:30pm & 6:30pm - 8:30pm 3º Sabado del mes 10am - 12:30pm Se requiere cita previa	Feeding Hands - Bernardsville 14 Park Lane, Bernardsville Every Tuesday - 3:30 to 4:30 pm (908) 432-4018 (Solo para residentes de Bernardsville) 99 Mine Brook Road, Bernardsville 1º Sabado del mes 10:30am - 12pm	Feeding Hands - Manville Iglesia Bautista Emmanuel (Solo para residentes de Manville) 34 South Third Avenue Manville, NJ 08835 (908) 725-4522 4º Sabado 9am - 12pm (llame para confirmar las fechas de noviembre y diciembre)	Feeding Hands - Valley Brook Village - Vivienda para veteranos (Solo para residentes de Valley Brook Village 100 Tracey Court Basking Ridge, NJ 07920 Jueves
Banco de Alimentos del Municipio de Franklin (PRINCIPAL) (Solo para residentes de Franklin Twp.) 224 Churchill Ave Somerset, NJ 08873 (732-246-0009) Lunes/Jueves 2pm-7pm Martes/Miercoles 10am - 2pm Sabado - 9am - 12pm Appointment Required Hillsborough C.A.N.	Banco de Alimentos del Municipio de Franklin (Distribución Comunitaria) First Baptist Church of Lincoln Gardens, 771 Somerset St. Somerset, NJ 08873 (732-246-0009) 1º Miércoles del mes 11am- 1pm hasta que se acaben provisiones		
(Hillsborough Twp. Solo para residentes) 379 South Branch Rd Hillsborough, NJ 08844 (908) 369-3880 Lunes - Viernes 8am - 4:30pm	Montgomery Centro Recreativo Comunitario Otto Kaufman 356 Skillman Road Skillman, NJ 08558 (609) 466-1054 Se necesita cita previa	Greater Somerset County YMCA 2 Green Street Somerville, NJ 08876 (908) 722-4567 Y 601 Garretson Road Bridgewater, NJ 08807 908-526-0688 Little Free Pantry - Caja de alimentos fuera del edificio disponible las 24/7 Centros de bienestar para personas mayores del condado de Somerset Lunes - Viernes 9 am - 4 pm	Good Shepherd Lutheran Church 300 Union Avenue Somerville, NJ 08876 2º Domingo del mes 11:00am - 12:30pm Pequeña despensa gratuita - caja de alimentos fuera del edificio - disponible las 24/7
God's Co-Op Despensa de alimentos Basking Ridge Presbyterian Church 12 East Allen Street Basking Ridge, NJ 07920 Miercoles - 6:30 pm Domingo - 4:00 pm Sirviendo: Bernardsville, Basking Ridge, Peapack-Gladstone (908) 766-1616 Peapack Reformed Church (Solo para residentes de Peapack y Gladstone) 224 Main Street, Gladstone, NJ (908) 234-2733 Domingos 4:30pm - 5:30pm	Oficina de Adultos Mayores del Condado de Somerset 1-888-747-1122 908-704-6346 Meals on Wheels: para personas mayores confinadas en casa de 60+, comidas calientes y/o congeladas 5 días a la semana de acuerdo con el horario de entrega de comidas de cada cliente, según la evaluación. También se ofrecen comidas no perecederas. Por favor, llame para solicitar una admisión con un especialista.	Unase para almorzar al mediodía (4 opciones de menú diario). Llame antes de las 10 a.m. al menos un día hábil antes de hacer la reserva para el almuerzo.	Ubicaciones: Senior Wellness Center at Basking Ridge (908) 204-5435 Senior Wellness Center at Bridgewater (908) 203-6101 Senior Wellness Center at Hillsborough (908) 369-8700 Montgomery Senior Center (609) 466-1054 Quail Brook Senior Center - Somerset (732) 563-4213 Warrenbrook Senior Center - Warren (908) 753-9440

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Upcoming Events

November 2025 Family Support Organization
HUNTERDON • SOMERSET • WARREN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
International Stress awareness week					1
	Somerset Youth Partnership 5:00PM-7:00PM	Hunterdon Youth Partnership 5:00PM-7:00PM	Warren Youth Partnership 5:00PM-7:00PM		
TALKING TOGETHER Dad's Support Group 6:00PM-7:00PM	No Youth Partnership	Grupo de Apoyo en Español 12:00-1:15 PM	Thriving Together Men's Support Group 12:00-1:15pm		
Grupo de Apoyo en Español 7:00-8:00PM	Somerset Youth Partnership 5:00PM-7:00PM	Hunterdon Youth Partnership 5:00PM-7:00PM	Warren Youth Partnership 5:00PM-7:00PM		
TALKING TOGETHER Dad's Support Group 6:00PM-7:00PM			Happy Thanksgiving		

Michelle Roussos
Community Outreach Coordinator
mroussos@fso-hsw.org

Melody Stubbs
Youth Coach
mstubbs@fso-hsw.org

national family caregivers month

NOVEMBER EVENTS - A CLOSER LOOK

Youth Partnership Program

Come join us for our in person youth group!! Each week we host dinner, games, movies, field trips, art activities, and MORE!!

Somerset County - Every Tuesday
Warren County - Every Thursday

Talking Together Dad Support Group

November 10th and 24th
6:00PM-7:00PM On Zoom

Bi-Weekly Support Group for dads to meet and discuss the challenges navigating fatherhood. This virtual support group is an opportunity to talk with with peers with a unique understanding of this journey.

Grupo de Apoyo en Español

12 y 17 de Noviembre
7:00PM-8:00PM En Zoom

Únase a nosotros en este grupo de apoyo para padres y cuidadores con una discusión abierta e intercambio de recursos y apoyo.

Virtual Mom Support Group

November 13th
12:00PM-1:30PM On Zoom

Online Support Group for all three counties. An opportunity for Moms to meet and discuss the challenges of everyday life. This support group is an opportunity to talk with with other Mom's with a unique understanding of this journey.

Hunterdon County Youth Partnership Orientation

11/12/2025 from 5:00pm-7:00pm

Come join us for orientation to register for youth group! Each week we host dinner, games, movies, field trips, art activities, and MORE!!

Wednesdays from 5:00-7:00pm

To register or inquire about any of our groups please contact:

Community Outreach Coordinator Michelle Roussos
mroussos@fso-hsw.org

Youth Coach Melody Stubbs
mstubbs@fso-hsw.org
908-269-1972

Or call the office at 908-223-1191

Norwescap Career & Life Transitions Center presents:

CLASES DE COMPUTACIÓN GRATIS

NORTH PLAINFIELD
Dias y horas de la semana:
Miercoles: 9:30 am a 12:00 pm
Viernes: 9:30 am a 1:30 pm
UBICACIÓN: Iglesia Nuevas Fronteras Presbyterian Church
170 Watchung Ave | North Plainfield

Nov 5- Computación Básica 1
Nov 7- Computación Básica 2
Nov 12- Computación Básica 3
Nov 14- Computación Básica 4
Nov 19- Microsoft Word 1
Nov 21- Microsoft Word 2
Nov 26- Microsoft Word 3

Scan the QR code

to Register!
Para más Información Llama Ahora
(908) 788-1453 / Text 908.251.9573.

Descripción de las clases

Computación Básica
Este curso de cuatro clases cubrirá los tipos de computadoras, diferencias entre hardware y software una visión general del sistema operativo Windows, gestión de archivos, consideraciones al comprar una computadora, y una introducción a los navegadores motores de búsqueda.

- Diferentes tipos de computadoras
- Diferencias entre hardware, software y sistemas operativos (enfocado en Windows)
- Introducción a la gestión de archivos, incluyendo cómo nombrar, guardar y encontrar archivos en computadora
- Cosas a considerar al comprar una computadora
- Conceptos básicos de Internet, incluyendo los diferentes navegadores y motores de búsqueda, acceso al correo electrónico y cómo configurar favoritos
- Introducción y práctica de habilidades con el teclado y el ratón

Introducción a Microsoft Word
Este curso de tres sesiones se enfocará en Microsoft Word. Se hablará sobre la evolución del procesamiento de texto, cómo Microsoft Word ha influido en la creación de documentos, se revisarán las funciones, opciones y configuraciones clave de Word, se explicará cómo usar tablas y plantillas, se revisarán pautas para crear documentos profesionales y se ofrecerán oportunidades para practicar el uso de Word.

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Career & Life Transitions Center
norwescap.org | 84 Park Avenue, Flemington NJ 08822 | (908) 788-1453

