

Family Voices newsletter



January - February - March - April 2012

A Chapter of the Federation of Families for Children's Mental Health

3535 Quakerbridge Road, IBIS Plaza - Suite 400, Hamilton, NJ 08619
Phone 609-586-1200 ~ Fax 609-586-0278 ~ Email: info@mercerfso.org ~ www.mercerfso.org

On November 2nd, our Executive Director Paulette Mader and Outreach Coordinator Liz Porcelli attended a symposium in Philadelphia on the effects of childhood trauma presented by Dr Bruce Perry (www.childtraumaacademy.org) and Dr Sandra Bloom (<http://www.sanctuaryweb.com>); both internationally renowned leaders in the field of childhood trauma and the Sanctuary model. Seeing and hearing about all of the incredible research currently underway was very encouraging to all who attended.

Liz and Paulette were also invited to present a workshop on the *NJ System of Care for Children's Mental Health* at the NJEA Convention in Atlantic City on November 11th. One remarkably brave woman in the audience shared her own struggles raising a daughter who had a significant mental health issue. Although she was not from Mercer County; she spoke about what a "lifesaver" FSO was for her family. Peer-to-peer support is crucial for parents & guardians. Knowing someone else understands made all the difference.

Compruebe la página 5 para ver nuestra programación en Español!
(Check page 5 for our Spanish language programming!)

Tenemos un gran programa nuevo para la familia! Familia de NAMI al programa de la familia para las familias que viven con alguien que tiene una enfermedad mental se iniciará el lunes 27 de febrero 2012. Consulte la página 5 para más información.



Mercer County FSO is part of a statewide system of care for children with emotional, behavioral, and/or mental health challenges. Funded by the NJ Department of Children and Families under the Division of Child Behavioral Health Services; our role is to help you navigate the often difficult road of parenting a child with challenging behaviors or issues. We provide one-on-one peer support for parents/guardians, groups, workshops, & trainings to provide information on a variety of parenting topics in a safe, supportive setting.

If you do not currently receive our newsletter via email and would prefer that to a paper copy; please send us your home or work email and we'll add you to the list. Our newsletter will continue to be available at our website www.mercerfso.org.

Special Education F.A.S.T. Track (Families And Schools Together)

Whether you think your child needs a special education evaluation or you are already involved with a 504 plan or IEP; these classes will help you understand the IEP process, special education law, how to manage documentation, and be a more effective advocate for your child.

SILVER Level - Wed., March 7th, 14th, 21st, & 28th 2012 6:00-8:30pm

SILVER Level consists of six 2 1/2-hour sessions which include the following topics:

March 7th How to develop your child's IEP blueprint

March 14th Writing Goals & Objectives

March 21st Understanding Evaluations

March 28th Tests and Measurements 101 & 102



GOLD Level - Wed., April 4th, 11th, 18th, & 25th 2012 / 6:00-8:30pm

GOLD Level consists of Four 2 1/2-hour sessions which include the following topics:

April 4th Wrightslaw - Special Education Law & Advocacy Training (*part 1*)

April 11th Wrightslaw - Special Education Law & Advocacy Training (*part 2*)

April 18th Wrightslaw - Special Education Law & Advocacy Training (*part 3*)

April 25th Surviving Due Process: When Parents and School Boards Disagree

Attend one session or receive certificates for attending all!

Call 609-586-1200 or email info@mercerfso.org

Classes and childcare are FREE

Emotional Eating:

How to STOP using food to cope!

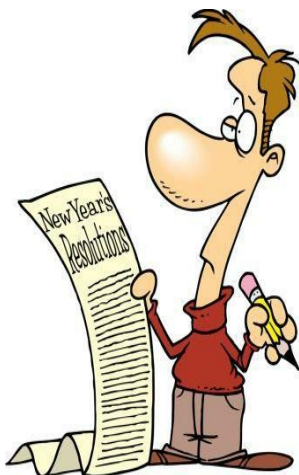
Thursday, February 16th 6:00-8:00pm

Presented by Carol Rickard, LCSW

Have you ever stopped to think about HOW you may be using food as a way of coping with your emotions?

If you don't have other tools to pick up and use in place of food, it's only a matter of time before you return to food as a way of coping.

Workshop & childcare are FREE
609-586-1200 / info@mercerfso.org



LIFETOOLS:

How To Manage Life

Instead of Life Managing You!

Thursday, Jan 19th 6:00-8:00pm
Presented by Carol Rickard, LCSW

No doubt you are facing some difficult times these days. The cost to your health & well-being can be great if not careful. There are some *Secret Weapons* that can put you back in charge! You will leave this workshop with a "blueprint" for wellness, 2 new tools to manage life, & a way to minimize the impact stress has on your life.

Workshop & childcare are FREE
609-586-1200 / info@mercerfso.org

**Are you a teacher
in need of PD Hours?**

We are approved to offer Professional Development certificates with the NJDOE for teachers, teacher assistants & other school staff. Please let us know if you will be requesting a certificate when you register.

**Warm Line
Monday-Friday
9:00 AM-5:00 PM**

Have a question about a child's behavior?
Need a resource for your child or student?
Need to talk after a frustrating day dealing with your child's difficult outbursts? We are here to listen. We are all parents who have raised children with challenges.

Call **609-586-1200** or email us
info@mercerfso.org



NAVIGATING THE JOURNEY

Autism Spectrum Disorders

**Friday, March 23rd, 2012
9:00am - 3:30pm
(registration begins at 8:45am)**

Full day workshop sponsored by Children's Specialized Hospital for families with children who have recently been diagnosed with an Autism Spectrum Disorder.

Topics Include:

Introduction to Autism Spectrum Disorders, Improving Communication, Handling Behavior, Social Concerns, Sensory Integration, Sleep Issues, Medication, Feeding Concerns, and Family Support.

This program is funded in part by the NJ Governor's Council for Medical Research & Treatment of Autism

Location:

Mercer County Family Support Organization
3535 Quakerbridge Road ~ IBIS Plaza / Suite 400
Hamilton, NJ 08619

Lunch and refreshments will be served

***Please RSVP by March 16th, 2012
1-888-CHILDREN (244-5373) ext. 5210
lwhitmore@childrens-specialized.org***

The Suppers Program

2nd and 4th Friday each month 1:00-3:00pm beginning February 10th, 2012

Are you dealing with:

- *ADHD *depression *anxiety *fatigue
- *obesity/struggles with weight *diabetes *mood disorder *
- *maintaining sobriety (many "problem drinkers" are hypoglycemic)
- *other physical or mental health challenges?

This group may be for you!

The Suppers Program is a new support group here at FSO where participants come ready to prepare healthy, delicious, mood-stabilizing meals from single, whole, fresh ingredients, including easy one-pot meals that take less than half an hour to prepare. The group promotes non-judgmental, gentle, manageable changes taken at your own pace, on your own terms.

Depression, anxiety, ADHD, and triggers for certain other mental health episodes have been linked to poor blood sugar regulation. Each participant has their own reason for attending. Restoring the habit of eating at a family table is also encouraged.

The group is free except for the price of your own groceries (usually \$5-\$10).

Onsite childcare is available for those who register in advance!

609-586-1200 / info@mercerfso.org

Successful Family Meetings:

Thursday, March 15th, 2012 6:00-8:00pm

*"That will **NEVER** work with **MY** family!"*

Is this what goes through your mind when someone suggests a family meeting?

Do your kids run from the room at the mere mention of one?

Do you cringe at the thought of letting each family member air their grievances?

There **IS** a way to hold regular family meetings where each family member feels safe, valuable, and heard! Learn ways to have productive, peaceful meetings with your family members.

Onsite childcare provided for those who register



Total Focus:

A simple step-by-step program by a noted child psychologist... and father of a child with ADHD

Daytime: Thursday, Feb 2nd & 9th, 2012 10am-12noon

or Evening: Thursday, March 1st & 8th, 2012

A comprehensive 2-part program to improve attention, concentration, and self-control in children. This program covers topics such as secrets for success at school, solving problems, making and keeping friends, learning to slow down and think, and more.

Program is FREE & onsite childcare is also FREE.

609-586-1200 / info@mercerfso.org



Educación familiar: De Familia a Familia



Clase tiene una duración de 11 semanas.

Se llevará a cabo todos los lunes de 6:00-20:30 del 27 feb.-7 may

Condado de Mercer FSO, 3535 Quakerbridge carretera / IBIS Plaza Suite 400 ~Hamilton, NJ 08619

Los profesores del programa son familiares de personas que tienen enfermedades mentales.

Ellos han pasado por su misma situación.

Se ha preguntado alguna vez: ¿Qué hago durante una crisis psicótica? ¿Para qué sirven todos estos medicamentos? ¿Cuáles son los mejores tratamientos disponibles en este momento? ¿Cómo puedo comunicarme mejor con mi ser querido?

De Familia a Familia puede ayudarle a encontrar respuestas a estas y a otras preguntas.

De Familia a Familia es un programa de educación para familiares y amigos de personas que tienen enfermedades mentales severas. Este programa se concentra especialmente en la esquizofrenia, el trastorno bipolar (maníaco depresión), la depresión severa, trastorno obsesivo compulsivo y el pánico.

Características del programa:

- Dura 11 semanas.
- Es completamente gratuito.
- Se basa en el tratamiento clínico de las enfermedades mentales y proporciona la información necesaria para comprender lo que le está pasando a su ser querido y le informa como ayudarle.
- El curso equilibra la educación, la capacitación, la ayuda emocional, el poder y el conocimiento.

Algunos de los componentes importantes del curso son:

Información acerca de la esquizofrenia, la depresión severa, el trastorno bipolar, el trastorno de personalidad fronterizo, el trastorno de pánico, el trastorno obsesivo compulsivo y trastornos cerebrales y trastornos de adicción simultáneos.

- Información básica sobre medicamentos y sus efectos secundarios.
- Información para ponerse en contacto con los servicios comunitarios apropiados y los grupos comunitarios de apoyo.

(comida y cuidado de los niños son gratis llamar a 609-586-1200 o por correo electrónico info@mercerfso.org)

¿Tiene preguntas sobre el comportamiento de los niños? ¿Necesita recursos para su niño? ¿Necesita hablar después de un día de frustración por el comportamiento de su niño? Estamos aquí para escuchar. Todos somos padres que hemos criado niños con desafíos.

Por favor de llamar al 609-586-1200 o email: info@mercerfso.org

Padres grupo de apoyo

reunirse con otros padres que entienden

TODOS LOS MIERCOLES 6:00p-7:30p

**Mercer County FSO, 3535 Quakerbridge Road
IBIS Plaza ~ Suite #400, Hamilton, NJ 08619**

"Cuando estoy estresado no me doy cuenta que estoy gritando." Ser padres es una de las tareas más difíciles en el mundo y hay poco o ningún entrenamiento. Las presiones de la vida diaria agregó a las demandas de la crianza de los niños puede causar mucho estrés.

A veces tenemos que la tensión sobre nuestros hijos. Este grupo puede ayudar a los padres a mejorar las relaciones con sus familias por compartir recursos, información, pensamientos, ideas y sentimientos en un ambiente seguro y de apoyo.

(comida y cuidado de los niños son gratis)

llamar a 609-586-1200 o por correo electrónico info@mercerfso.org)

Impact of Sleep Disorders on School Performance

Thursday, March 22nd, 2012 6:00-7:30pm

Presented by Dr. Rochelle Zozula,
Behavioral Sleep Medicine Specialist @ Capital Health System

Sleep patterns and sleep disorders in children can have an enormous impact on school performance and daytime behavior. Primary sleep disorders are associated with ADD/ADHD and other disorders. Learn more about the diagnosis and treatment of sleep disorders along with ways to improve sleep patterns.



Workshop and childcare are FREE!

Daytime & Evening Parent Support Groups

Parents Anonymous Groups

Daytime Group: Every Wednesday 10:00 AM-12:00 pm

Evening Group: Every Wednesday 6:00—7:30pm

“When I’m stressed out I don’t realize I’m yelling.”

Parenting is one of the most difficult jobs in the world and there is little or no training. The pressures of everyday living added to the demands of raising children can cause a lot of stress. Sometimes we take that stress out on our kids. This group can help parents improve relationships with their families by sharing resources, information, thoughts, ideas and feelings in a safe, supportive setting.

Take the first step and contact us today 609-586-1200 / info@mercerfso.org

Grandparents Support Group Meetings

*Held at Mercer County FSO Office
3535 Quakerbridge Rd / IBIS Plaza ~ Suite 400
Hamilton, NJ 08619*

2nd and 4th Mondays Each Month 11am-12:30pm

There are thousands of grandparents in our area who are raising their grandchildren full or part-time. Grandparents are often the safety net for their grandchildren as the children’s parents struggle with substance abuse, incarceration, financial problems, divorce, domestic violence or mental health issues.

Onsite childcare is available. Those needing childcare must notify us on the Friday prior to group.

Call 609-586-1200 or email: info@mercerfso.org

Dad’s Support Group

**2nd & 4th Wednesday each month
6:00-7:30pm**

- Do you ever feel stressed and overwhelmed as a parent?
- Can your kids’ difficult behavior really push your buttons?
- Want other fathers to talk to?
- Come to our father’s group!

Fathers and grandfathers can freely share their questions, concerns, frustrations, and solutions in a safe, supportive setting.

Free onsite childcare!



Positive Discipline 6-week class

Based on the work of Dr. Jane Nelson

Monday Mornings 10am-12noon

April 9th, 16th, 23rd, 30th, May 7th, & 14th, 2012

This evidence-based parent education program provides an Positive Discipline program is filled with methods that incorporate kindness & firmness rather than punishment & reward into parenting . Parents will gain an understanding of how to develop relationships with their children based on mutual respect, personal responsibility and problem-solving skills. Using role-play and demonstrations, participants will practice parenting skills that encourage their children to think for themselves, become more responsible and find practical solutions to real problems.

Class and childcare FREE for those who register

Mindfulness-Based Stress Reduction:

Dr Ken A. Verni

Clinical Psychologist at UMDNJ

www.mindfulawarenessnj.com

4th Thursday of each month

(1/26, 2/23, 3/22, & 4/26)

10:00am-12:00pm

This interactive program is based on the curriculum of the Center for Mindfulness at the University of Massachusetts Medical School. The program includes guided instruction in meditation practices, homework exercises to enhance awareness in day-to day living, gentle stretching and mindful yoga, as well as group exchange.



This program complements traditional medical treatments. The course enables parents & guardians to use their own inner resources to support their healing process and live more skillful lives.

Program is FREE but limited to 16 participants! FREE onsite childcare is provided for those who register. Call 609-586-1200 or email: info@mercerfso.org



Children In The Middle: A Guide For Parents & Guardians Experiencing Conflict

**2-Session Program :
Thursday March 1st & 8th
6:00-8:00pm**

**Presented by:
Mercer Council on Alcohol and Drug
Addiction (www.mcada.org)**

Children in the Middle was developed by the Center for Divorce Education in Athens, Ohio with the goal of helping caregivers (parents, grandparents, etc.) and children to minimize harmful effects of divorce. This is a class about parenting skills. It is NOT therapy or counseling. It is NOT a workshop on divorce law or on case strategies. It most certainly is not a forum to air the anger and resentments about an ex-spouse! It will, however, improve communication and reduce stress for children in the household.

**Workshops and childcare are FREE!
609-586-1200 / info@mercerfso.org**

Total Transformation **Program**

Daytime & Evening 6-Part Program

Tuesday Evenings 6-8pm:

Jan 10th - Feb 14th, 2012

Tuesday Mornings 10am-12pm:

March 6th-April 10th

This 6-session program created by renowned behavioral therapist James Lehman, gives you practical, real-world solutions for the most challenging problems you face as a parent including defiance, disrespect, lying and cursing, acting out in school, and more.

Join us as we listen to James Lehman's information and develop a plan for **your** own child. You'll learn techniques in this group setting that have helped parents just like you regain control and restore harmony in their homes.

Program and onsite childcare are **FREE**

Call 609-586-1200 or
email: info@mercerfso.org



"The Explosive Child"

A 2-hour Workshop

Day: Thurs, February 9th 10am-12pm

Eve: Wed, March 21st 6:00-8:00pm

What if your child's explosive behavior wasn't manipulative, defiant, or a maneuver to get what he wants? What if the melt-downs were actually an indication your child lacked the skills needed to handle the situations he or she encountered?

"Children Do Better If They Can" is the philosophy behind a new workshop based on "The Explosive Child" book by Dr. Ross Greene. This skill-building approach using collaborative problem-solving is accepted by many parents & parenting experts as a way to decrease inappropriate behavior and reduce outbursts while helping your child develop the skills he/she needs.

Learn how to set up win-win situations with your explosive child and ***turn down the volume*** in your house!

Workshop and childcare are FREE!

Please call 609-586-1200 or
email: info@mercerfso.org to register

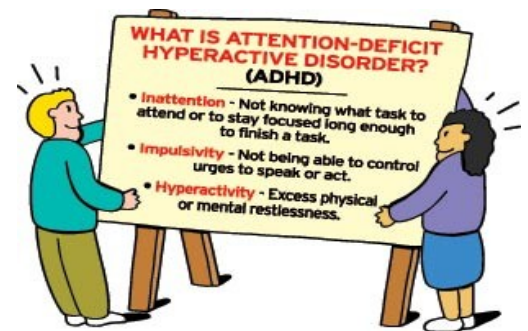
CHADD Parent-2-Parent **4-week Class for Parents &** **Guardians of Children With ADHD** Mondays Feb 6th - March 5th, 2012 10am-12noon

Interactive & Educational 4-week class includes:

- An Overview of Attention Deficit - Hyperactivity Disorder
- The Impact of AD/HD on the family
- What to do when your child is having difficulty at school?
- Treatment options and much more.

Class and childcare are FREE

****Class taught by Certified CHADD P2P Instructors***
(www.chadd.org)



January 2012

Unless otherwise noted, all meetings are held at the Mercer County Family Support Organization
IBIS Plaza Suites 400, 3535 Quakerbridge Road, Hamilton, NJ 08619 - (609) 586-1200

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 FSO CLOSED	3	4 <i>PA 10am-12noon</i> <i>PA (Engl) 6-7:30pm</i> <i>PA (Span) 6-7:30pm</i>	5	6	7
8	9 <i>Grandparents Group 11:00am-12:30pm</i> <i>YP 6:30-8:30pm</i>	10 <i>Total Transformation 6:00-8:00pm</i>	11 <i>PA 10am-12noon</i> <i>PA (Engl) 6-7:30pm</i> <i>PA (Span) 6-7:30pm</i> <i>Dad's Group 6-7:30p</i> <i>Special Ed GOLD 10:00am-12:30pm</i>	12	13	14
15	16 FSO CLOSED	17 <i>Total Transformation 6:00-8:00pm</i>	18 <i>PA 10am-12noon</i> <i>PA (Engl) 6-7:30pm</i> <i>PA (Span) 6-7:30pm</i> <i>Special Ed GOLD 10:00am-12:30pm</i>	19 Lifetools 6:00-8:00pm	20	21
22	23 <i>Grandparents Group 11:00am-12:30pm</i> <i>YP 6:30-8:30pm</i>	24 <i>Total Transformation 6:00-8:00pm</i>	25 <i>PA 10am-12noon</i> <i>PA (Engl) 6-7:30pm</i> <i>PA (Span) 6-7:30pm</i> <i>Dad's Group 6-7:30p</i> <i>Special Ed GOLD 10:00am-12:30pm</i>	26 <i>Mindfulness-based Stress Reduction w/Dr Ken Verni 10am-12noon</i>	27	28
29	30 <i>YP 6:30-8:30pm</i>	31 <i>Total Transformation 6:00-8:00pm</i>				

February 2012

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>1</p> <p><i>PA 10am-12noon</i> <i>PA (Engl) 6-7:30pm</i> <i>PA (Span) 6-7:30pm</i></p> <p><i>Special Ed GOLD</i> <i>10:00am-12:30pm</i></p>	<p>2</p> <p><i>Total Focus / ADHD</i> <i>10am-12noon</i></p>	<p>3</p>	<p>4</p>
5	<p>6</p> <p><i>YP 6:30-8:30pm</i></p> <p><i>CHADD P2P / ADHD</i> <i>10am-12noon</i></p>	<p>7</p> <p><i>Total Transformation</i> <i>6:00-8:00pm</i></p>	<p>8</p> <p><i>PA 10am-12noon</i></p> <p><i>PA (Engl) 6-7:30pm</i> <i>PA (Span) 6-7:30pm</i> <i>Dad's Group 6-7:30p</i></p>	<p>9</p> <p><i>Total Focus / ADHD</i> <i>10am-12noon</i></p> <p><i>Explosive Child</i> <i>10am-12noon</i></p>	<p>10</p> <p><i>Suppers Program</i> <i>Support Group 1-3pm</i></p>	<p>11</p>
12	<p>13</p> <p><i>Grandparents Group</i> <i>11:00am-12:30pm</i></p> <p><i>YP 6:30-8:30pm</i></p> <p><i>CHADD P2P / ADHD</i> <i>10am-12noon</i></p>	<p>14</p> <p><i>Total Transformation</i> <i>6:00-8:00pm</i></p> <p><i>"No I Won't.."</i> <i>6:00-8:00pm</i></p>	<p>15</p> <p><i>PA 10am-12noon</i></p> <p><i>PA (Engl) 6-7:30pm</i> <i>PA (Span) 6-7:30pm</i></p>	<p>16</p> <p><i>Emotional Eating</i> <i>6:00-8:00pm</i></p>	<p>17</p>	<p>18</p>
19	<p>20</p> <p>FSO CLOSED</p>	<p>21</p> <p><i>Diagnosis Workshop</i> <i>Central Auditory</i> <i>Processing Disorder</i> <i>10am-12noon</i></p>	<p>22</p> <p><i>PA 10am-12noon</i></p> <p><i>PA (Engl) 6-7:30pm</i> <i>PA (Span) 6-7:30pm</i> <i>Dad's Group 6-7:30p</i></p>	<p>23</p> <p><i>Mindfulness-based</i> <i>Stress Reduction</i> <i>w/Dr Ken Verni</i> <i>10am-12noon</i></p>	<p>24</p> <p><i>Suppers Program</i> <i>Support Group 1-3pm</i></p>	<p>25</p>
26	<p>27</p> <p><i>Grandparents Group</i> <i>11:00am-12:30pm</i></p> <p><i>YP 6:30-8:30pm</i></p> <p><i>CHADD P2P / ADHD</i> <i>10am-12noon</i></p> <p><i>De Familia a Familia</i> <i>6:00-8:30pm</i></p>	<p>28</p>	<p>29</p> <p><i>PA 10am-12noon</i></p> <p><i>PA (Engl) 6-7:30pm</i> <i>PA (Span) 6-7:30pm</i></p>			

March 2012

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Total Focus / ADHD</i> 6:00-8:00pm <i>Children In The Middle</i> 6:00-8:00pm	2	3
4	5 CHADD P2P / ADHD 10am-12noon YP 6:30-8:30pm De Familia a Familia 6:00-8:30pm	6 <i>Total Transformation</i> 10am-12noon	7 PA 10am-12noon PA (Engl) 6-7:30pm PA (Span) 6-7:30pm Special Ed SILVER 6:00-8:30pm	8 <i>Total Focus / ADHD</i> 6:00-8:00pm <i>Children In The Middle</i> 6:00-8:00pm	9 <i>Suppers Program</i> 1:00-3:00pm	10
11	12 Grandparents Group 11:00am-12:30pm YP 6:30-8:30pm De Familia a Familia 6:00-8:30pm	13 <i>Total Transformation</i> 10am-12noon	14 PA 10am-12noon PA (Engl) 6-7:30pm PA (Span) 6-7:30pm Dad's Group 6-7:30p Special Ed SILVER 6:00-8:30pm	15 Successful Family Meetings 6-8pm	16	17
18	19 YP 6:30-8:30pm De Familia a Familia 6:00-8:30pm	20 <i>Total Transformation</i> 10am-12noon	21 PA 10am-12noon PA (Engl) 6-7:30pm PA (Span) 6-7:30pm Special Ed SILVER 6:00-8:30pm	22 <i>Mindfulness-based Stress Reduction</i> w/Dr Ken Verni 10am-12noon <i>Sleep Disorders</i> 6:00-7:30pm	23 <i>Navigating The Journey</i> <i>Children's Specialized Hospital</i> 8:30am—3:30pm	24
25	26 Grandparents Group 11:00am-12:30pm YP 6:30-8:30pm De Familia a Familia 6:00-8:30pm	27 <i>Total Transformation</i> 10am-12noon	28 PA 10am-12noon PA (Engl) 6-7:30pm PA (Span) 6-7:30pm Dad's Group 6-7:30p Special Ed SILVER 6:00-8:30pm	29	30 <i>Suppers Program</i> 1:00-3:00pm	31

April 2012

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 YP 6:30-8:30pm De Familia a Familia 6:00-8:30pm	3 Total Transformation 10am-12noon	4 PA 10am-12noon PA (Engl) 6-7:30pm PA (Span) 6-7:30pm Special Ed GOLD 6:00-8:30pm	5	6 FSO CLOSED	7
8	9 Grandparents Group 11:00am-12:30pm Positive Discipline 10am-12noon YP 6:30-8:30pm De Familia a Familia 6:00-8:30pm	10 Total Transformation 10am-12noon	11 PA 10am-12noon PA (Engl) 6-7:30pm PA (Span) 6-7:30pm Dad's Group 6-7:30p Special Ed GOLD 6:00-8:30pm	12	13 Suppers Program 1:00-3:00pm	14
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