






South Ward Family Success Center – Calendar of Activities – OCTOBER 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Hours of Operation Mondays: 9-8pm Tuesdays: 9-5pm Wednesdays: 9-8pm Thursdays: 9-5pm Fridays: 9-5pm</p>	<p>Want to know more about your child's social and emotional development? Come for a FREE Child Development Screening. Ask for our Ages and Stages Questionnaire. Offered FREE of Charge by Appointment Monday through Friday. Please call Lori Reyes @ 695-6274, Ext. 142</p>	<p>FREE Pregnancy Tests Monday through Friday. Walk-ins Are Welcome!</p>  <p>REGISTRATION IS REQUIRED FOR ALL WORKSHOPS</p>	<p>ALL ARE WELCOME! Our staff is bilingual in Spanish and English.</p> <p>----- Visit our Enrollment Site <i>We offer one-on-one assistance with your <u>NJ Family Care Applications</u>. Available Monday-Friday. No appointment necessary.</i></p>		
				<p>1 11-2pm CUNA Prenatal Health Education & Support Group Program BABY SHOWER (for registered participants only)</p>	<p>2 9-1pm Individual Appointments with Families (Parent Surveys, ASQ, Pregnancy Tests)</p>	<p>3</p>
4	<p>5 10-12pm Discovery Zone: "Helping Babies and Toddlers to Develop Good Sleeping Habits" 5:30-7:30pm Computer Class 1</p>	<p>6 12-2pm Preventing Parent Burnout Workshop</p>	<p>7 5:30-7:30pm Computer Class 2 5:30-7:30pm Fun with Books & Music #4 6-7:30pm Parent Advisory Committee Meeting</p>	<p>8 9:30-11:30pm Vaccination Monitoring 10-12pm Art and Support with Flor</p>	<p>9 10-12pm Breastfeeding Support Group</p>	<p>10</p>
11	<p>12 CENTER CLOSED IN OBSERVANCE OF COLUMBUS DAY</p>	<p>13 CENTER CLOSED 8-4PM STAFF at Crossing the Cultural Divide "Advancing Mental Health for Latinos" CONFERENCE at TCNJ</p>	<p>14 12:30-2pm Preparing Parents with English #1 5:30-7:30pm Fun with Books & Music #5</p>	<p>15 CENTER CLOSED 9-5PM FAMILY SUCCESS CENTER REGIONAL PARTNERSHIP MEETING</p>	<p>16 9-5pm Individual Appointments with Families (Parent Surveys, ASQ, Pregnancy Tests)</p>	<p>17 9am-2pm Community Health Fair @ St. Francis</p>
18	<p>19 10-12pm Discovery Zone: Pumpkin Story Time 5:30 – 7:00 PM "Bedtime with Elmo" Movie 5:30-7:30pm Computer Class 3</p>	<p>20 1-2:30pm EPIC Workshop #7 Parental Guidance: What does it mean?</p>	<p>21 5:30-7:30pm Computer Class 4 5:30-7:30pm Fun with Books & Music #6 5:30-7:30pm Childbirth Preparation Class Part 1</p>	<p>22 Visit our Center Today! 10-3PM SPECIAL HEALTH EVENT IN COLLABORATION WITH PLANNED PARENTHOOD IN RECOGNITION OF AIDS/HIV AWARENESS MONTH</p>	<p>23 10-12pm MAYA Mentoring Program</p>	<p>24</p>
25	<p>26 10-1pm Healthy Mothers Healthy Babies Community Baby Shower 5:30-7:30pm Computer Class 5 5:30-7:30pm Parent Workshop for Fathers Part 2</p>	<p>27 11-2pm START of CUNA Prenatal Health Education & Support Group Program (for registered participants only)</p>	<p>28 12:30-2pm Preparing Parents with English #2 5:30-7:30pm Computer Class 6 5:30-7:30pm Fun with Books & Music #7 5:30-7:30pm Childbirth Preparation Class Part 2</p>	<p>29 11-2pm CUNA Prenatal Health Education & Support Group Program (for registered participants only)</p>	<p>30 3pm-4:30pm Halloween Celebration for FSC Program Participants "Visit our Spooky Library"</p> 	<p>31 </p>

To register for programs or to learn more about our center, please call us @ 609-695-6274

All Services are offered at 635 South Clinton Avenue, Trenton, NJ 08611 unless otherwise noted.

www.chsofnj.org

Activities for the month of OCTOBER 2009

For information regarding our programs and services for the month of OCTOBER, please call the following staff. Staff assigned to individual workshops or activities will vary from month to month. It is important that you call ahead of time to find out about childcare and transportation. Also, some programs offer refreshments and free educational materials. Registration is required for ALL of our programs. Some programs may be full or spaces may be limited.

Ages and Stages Assessment – Free developmental, social and emotional screenings are available for children 6 months to 5 years old. Call Lori @ 695-6274, Ext. 169.

Breastfeeding Support Group – Offered in collaboration with La Leche League International. Call Silvia @ 609-695-6274, Ext. 170

Computer Classes – Classes are currently offered in Spanish by our IT instructor (Angela Garcia) for beginners. Spaces are limited to 4 or 6 participants per group. This class will meet 6 times during the month. Call Maritza at Ext. 160 for additional information.

CUNA Prenatal Health Education and Support Group Program – A 12-session cycle for first time Latina pregnant women. Call Isaira at 695-6274, Ext. 168.

Discovery Zone – Offered in collaboration with Healthy Mother Healthy Baby utilizing the Parents as Teachers Early Literacy Curriculum. Call Lori @ 695-6274, Ext. 142.

Family Movie Night – Educational and fun movie for the whole family is offered in English. Call Sarah @ 695-6274, Ext. 169.

Father Parenting Workshop – This is the second of a three part series focusing on parenting skills, social and emotional connections between father and child. For information call Sarah at Ext. 169.

Fun with Books and Music – This literacy program offered for families with children 3 – 6 years of age offered in Spanish for registered participants only.

MAYA Mentoring Program – A mentoring and support group program for Latina women raising children. For information, call Silvia @ 695-6274, Ext. 170.

Mother's Nursing Room – Fully equipped with 2 electric breast pumps, resource videos, changing table, etc. Call Silvia @ 695-6274, Ext. 170.

NJ Family Care Assistance – On site assistance for families needing health insurance for their children. For more information, call Lori @ 695-6274, Ext. 142.

Parent Advisory Committee – Group of parents who meet on the 1st Wednesday of every month to provide advice and support for center-based activities including advocacy and community involvement. Call Lori @ 695-6274, Ext. 142.

Parent Surveys – A parenting survey (administered on a voluntary basis) to parents who are interested in learning more about their personal parenting styles, discipline techniques, reading habits, etc. as a way to improve bonding connections with their children. Surveys are available in English and Spanish and are offered to families participating in center-based activities.

Pregnancy Tests – This service is offered Monday through Friday from 9am to 5pm with extended hours on Mondays and Wednesdays until 7:30pm. Services are available in English and Spanish. Prenatal appointments are scheduled on site. Referrals, counseling and educational materials and prenatal vitamins are available. For information, call Lori @ 695-6274, Ext. 142.

Community Health Fair - Offered at St. Francis at Crean Hall

AIDS/HIV Awareness Day – Offered in collaboration with Planned Parenthood. 10 -11 AM; 11 – 12 noon & 1-2; 2-3 PM sessions; first offered in English then in Spanish.

Vaccination Monitoring – A bilingual nurse will be on site to capture the weight and height of your newborn/infant baby and to review the child's immunization records. Call Lori @ 695-6274, Ext. 142.

Halloween Celebration – "Spooky Library" come in costumes to explore and enjoy a library you've never seen before.

Preparing Parents with English – English Classes for Parents– call Sarah at Ext. 169 for more information; must apply, limited slots available.