



AUGUST 2023



Monthly Theme:

August is national son and daughter month.

1554 Princeton Ave

Trenton, NJ 08638

To register for groups or to learn more about our center, contact us at:

609-393-2980

hnfsc@chsofnj.org

Program Coordinator:

Aniela Brzoza ext. 24

Family Partner Specialist:

Agata Dziekonska ext. 15

Program Assistant:

Jeanelle Escobar ext. 10

Our mission is to create a safe and diverse place where families are welcomed and supported through educational activities and social interaction in non-judgmental atmosphere

Monday 9am-5pm	Tuesday 9am-5pm	Wednesday 9am-5pm	Thursday 11am-7pm	Friday 9am-5pm	Saturday
	1	2 Arm & Arm Food Delivery	3 5:30-6:15 ESL Class	4	5 9:00-12:00 Virtual Assistance
7	8 10:30-12:00 Crafts + Ice Cream	9 5:30-7:00 PAB Meeting	10 12:00-2:00 Community Resource	11	12
14	15 10:30-12:00 Parents United	16	17 5:30-6:15 ESL Class	18	19 9:00-12:00 Virtual Assistance
21 10:30-11:30 Yoga	22 10:30-12:00 Parents United	23	24 12:00-2:00 Community Resource 5:30-7pm Family Bingo	25	26
28	29	30	31 5:30-7:30 Girl Scouts	Protective Factor: Parental Resilience: A parent's ability to manage all types of challenges & find ways to solve problems, build and sustain trusting relationships including relationships with their children.	



All of our services are FREE, bring your family, friends and neighbors!

*****Panera Distribution Tuesdays 9am to 2pm**

*****Grab and Go/Senior food bags distribution 1st Wednesday of every month**

Follow us on Facebook and Instagram @Heritage North Family Success Center



August 2023 Activities

Girl Scouts: Girl Scouts meet once a month at our center. In this group, your child will have fun and learn new skills every time we meet! This group is for girls ages 5 and up.

Mommy and me Yoga— come and spend some time with your little ones while stretching and exercising yoga

NJ Family Care Applications: Need help filling out the health insurance application? We can help!

Food Grab N GO: In Collaboration with Arm in Arm and on the first Wednesday of every month. Must register-contact HNFSC staff

Panera Bread Distribution : FREE!!!! Every Tuesday we distribute bread and pastries provided by our generous sponsor PANERA BREAD!

Advocacy/Information and Referral: Families are always welcome at our center to receive information about our programs, services, and support. We advocate for a families and provide resources.

ESL Class: Join us for a free English as a second language class (ESL) where you can learn the basics of reading and writing in English.

Parents United: This English and Slavic language parent-child interactive group is filled with activities to accompany well-known rhymes, songs, and chants.

The activities help lay the foundation for reading by developing listening and oral language skills, comprehension skills, and the knowledge of recognizing letters, colors, numbers and shapes. The activities are just plain fun!

Women's Support Group: Join us for support-ive group where you can share your story in safe environment

Crafts + Ice Cream: Join us for a fun celebration of national ice cream sandwich day where kids can enjoy ice cream sandwiches and fun arts and crafts

Parent Advisory Board Meeting (PAB): Join us to build a strong, caring community for everyone!

Community Enrollment Benefit Program

United Way of Greater Mercer County's (UWGMC) Community Benefits Access Program screens and enrolls individual and the families federal and state health care programs, viewing health through a broader lens beyond medical care, connects household to the Supplemental Nutrition Assistance program (SNAP). Social Security Disability Insurance

Senior Food Box: Collaboration with Mercer Street Friends Program. Once a month senior receive non perishable food items. Must Register -contact with HNFSC staff

Bingo Night:: Bring your friends and family to enjoy fun time playing Bingo with us and let children learn numbers and letters.

Thank you to all our community friends for their support:



Don't forget follow us on Facebook and Instagram @Heritage North Family Success Center