



# SEPTEMBER 2023

**Monthly Theme:**  
*September is national suicide prevention month.*

1554 Princeton Ave  
 Trenton, NJ 08638

To register for groups or to learn more about our center, contact us at:  
 609-393-2980  
 hnpsc@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	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Protective Factor:</b> <b>Social Connections: Friends , family &amp; community provide emotional support, help resolve problems, offer parenting advice, and give concrete assistance to</b>				1	2
4  <b>Center Closed</b>	5	6 Arm & Arm Food Delivery	7 5:30-7:00 ESL Class	8	9
11 10:00-11:00 Mommy and Me Yoga	12 10:30-12:00 Parents United 5:30-7:00 PAB	13	14 12:00-2:00 Community Resource 5:30-7:00 ESL Class	15	16
18	19 10:30-12:00 Parents United	20	21 5:30-7:00 People and Stories	22	23 9:00-3:00 Family Festival
25	26 5:30-7:00 Girl Scouts	27	28 12:00-2:00 Community Resource 5:30-7:00 People and Stories	29	30



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



# September 2023 Activities

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

**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.

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

**People and Stories:** Join us for an evening of people and stories where we will sit and discuss short stories.

**Family Festival:** First lady Tammy Murphy will host the family festival which will be a day filled with fun activities, food, prizes, games, and much more.

**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!

**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

Thank you to all our community friends for their support:



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