

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

1	2	3	4	5	6
	 AUTISM DAY 4:30pm-5:30pm Nutrition Classes 	10am-2pm Health Insurance Applications  Allstate health coverage. Quality care.	 5pm-6:30pm STEM		 9pm-12pm Taxes
 10am-2pm WIC & Pregnancy Testing 1554 Princeton Av. Trenton NJ	 4:30pm-5:30pm Ballet (3-6 years)	10:30am-12pm MYA Meeting 10:30am-12:30pm Health Insurance Applications 	 5:30pm-6:30pm Girls Scouts Meeting		 WORLD HEALTH DAY
12pm-1pm Food Distribution (ONLY 30 bags) 	2:30pm-7:00pm Health Insurance Applications 	 10:30am-12:30pm People & Stories	 5pm-6:30pm STEM 5:00pm-6:30pm Cooking Matters Kids 		
 Happy Earth Day	4:30pm-6pm Let's sow a better future!! 	10:30am-12:30pm Health Insurance Applications  10:30am-12:30pm People & Stories	5:00pm-6:30pm Cooking Matters Kids  5pm-7pm PAB Meeting 		

CHILDREN'S SOCIAL AND EMOTIONAL COMPETENCE:
 One of the best skills caregivers can develop with their children is the ability to experience, express and manage emotions, communicate needs, and establish positive and rewarding relationships. Caregivers who can model these skills and provide space to develop and practice these skills are building resilience in their family.

April 2024 Activities and Services

- **Girl Scout Meeting:** Join us in a group of girls to learn new skills! If you are interested in having your daughter participate in this group, please contact us.
- **Ballet for the little ones:** Come join other children in the community in this beginner ballet class. Children ages 3-6 are welcome! Contact us for more information.
- **Nutrition Class:** This is a 6-week curriculum where parents will learn healthy habits and physical activity. Registration is required and will be automatic for all classes.
- **WIC:** Public health nutrition program, which provides healthy foods, nutrition education, and community support to pregnant and postpartum women, infants, and children up to five years old who meet income requirements.
- **PAB Meeting:** Group of parents committed to the community who support the activities here at the center. If you want to participate, join this event to have more information.
- **Cooking Matters for Kids:** Let's do it! Let's cook with our children. 4 sessions: April 18, 25 and May 2, 9. ONLY Families with children from 3 to 7 years old. Limited spaces! ONLY registered families.
- **Tax Declaration with United Way:** If you have not yet declared your taxes, take advantage of this April 6 to do it for free, if you earn \$65,000 or less.
- **Let's learn about Computer Science:** Rodrigo Sanchez, from Rutgers 4H will come to teach these great class to students from third to eight grade. Registration is open, and to register call or text Mairelys Concepcion @ (609) 306-1301

Advocacy / Information and References

- **General Services:** During this time families are welcome at our center to receive support. We are here to advocate for families, as well as many more services. Come learn about our programs and resources; no appointment needed. If you cannot attend during our business hours, call us to schedule an appointment. Bilingual support is available.
- **Panera Donations:** On Thursdays we will be handing out bread donations. If you want to receive, contact us!
- **Food Distribution with Arm in Arm:** We are partnering with ARM in ARM to bring a food pantry to our

Family health services

- **NJ Family Care Applications:** If your child or a member of your family needs health insurance from NJ Family Care, we will have representatives from NJ Fam Care and Fidelis Care who will be available to help you complete NEW applications, RENEWALS and to respond to questions. your questions. In English and Spanish. **April 16: NJ Family Care will receive the last participant until 6:30pm.**

Protective Factors

- Adaptation capacity and strength of parents.
- Social connections
- Knowledge of parenting and child development
- Children's social and emotional competence
- Concrete support in times of need

THANKS TO OUR COMMUNITY FRIENDS FOR THEIR SUPPORT:



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Monday: 9am-5pm
Tuesday: 9am- 5pm
Wednesday: 9am-45pm

Thursday: 9am-5pm
Friday: 9am-5pm
Saturday: Varies – Call for more info

CLOSED FOR LUNCH: 1pm-2pm