



Monthly Theme:

APRIL NATIONAL CHILD ABUSE 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

hnfsc@chsofnj.org

Program Coordinator:

Aniela Brzoza ext. 24


Family Partner Specialist:

Zhanna Nabinger ext. 15

Community Partner

Jeanelle Escobar ext 17

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 11am-7pm | Thursday 11am-7pm | Friday 9am-5pm | Saturday |
|--|--|--|---|-------------------|-------------------|
| 1 | 2 | 3 Arm & Arm Food Distribution  | 4 | 5 | 6 |
| 8 | 9 10:30-12:00 Parents United | 10 5:30-7:00 PAB Meeting | 11 5:30-7:00 Girl Scouts | 12 | 13 |
| 15 10:00-2:00 NJ Family Care, WIC, & Pregnancy Testing | 16 | 17 5:30-7:00 Women's Support Group | 18 | 19 | 20 Center Open |
| 22 | 23 10:30-12:00 Hands Not For Hitting Story + Craft | 24 | 25 5:30-7:00 Child Abuse Prevention Presentation for Parents By Yvette | 26 | 27 |
| 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

*** FREE NJ Family Care application , WIC, Pregnancy Test 2nd Monday of every month

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



April 2024 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.

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.

Home Energy Assistance:: Need a help with Home Energy assistance, we can help online LIHEAP application

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. In the various languages : English, Polish Ukrainian, Slovak, and Russian.

The activities are just plain fun!

.Bingo Night: Zoom friends and family enjoyed fun time playing Bingo with Us and let children learn number and letters

Child Abuse Prevention Presentation: This presentation will be catered for parents, and they will learn about child abuse and how to prevent it if it ever arises.

Parent Advisory Board Meeting (PAB): Join us to build a strong, caring community for everyone! Focus group Parents-HNFSCN, Kidsbrige SEL , Trenton public school.

Black History Impact on Women / Women Support Group

Come to learn about people who made a difference in our history! We will explore, play games and have fun together!

Pregnancy Testing: FREE & CONFIDENTIAL pregnancy testing is offered at our center. By Maternal /Child Health Program,

WIC on the Wheels: Need help with Maternal-Child Nutrition is offered at our Center Second Monday ever month

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