

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Arm & Arm Food Distribution 	2 5pm-6:30pm Asthma Health Presentation 	3	4
6	7 	8 5:30-7:00 PAB Meeting/Mother's Day	9 5:30-7:00 Girl Scouts	10	
 13 10am-2pm NJ Family Care, WIC, & Pregnancy testing 	14 6:00-7:30 Teen Speak Program (Zoom)	15 5:30-7:00 Women's Support Group	16	17	
20	21 6:00-7:30 Teen Speak Program (Zoom)	22	23 10:00-12:00 Story Planting Craft	24	<div data-bbox="1596 998 2068 1518" style="border: 1px solid orange; padding: 10px;"> <p>CHILDREN'S SOCIAL AND EMOTIONAL COMPETENCE:</p> <p>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.</p> </div>
 27 	28 6:00-7:30 Teen Speak Program (Zoom)	29	30	31	

May 2024 activities and services

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.

Asthma Health Presentation: This group will focus on Asthma, it will teach parents and guardians about the risks, and how to prevent asthma attacks for the future.

Women's Support Group:

Join us for an inclusive conversation about women, a safe space for everyone to relate to one another.

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

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

Teen speak program: This online session is catered for teens and parents of teens to learn about how to build healthy relationships.

Girl Scouts: This program is for girls ages 5+ and it is a fun and interactive group where the girls do arts and crafts and sell cookies.

Story Planting Craft: Bring your children to learn about the importance of plants and learn how to plant seeds and watch them grow.

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

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:



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

