

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:30am-12:30pm People & Stories 	2 5pm-6:30pm Cooking Matters (REGISTRATION CLOSED) 5pm-6:30pm STEM 	3	4
6 6pm-8pm Teen Speak (By Zoom) 	7	8 10:30am-12pm MYA Meeting 10:30am-12:30pm Health Insurance Applications 	9 5pm-6:30pm Cooking Matters (FULL SPACES)  	10	
13 10am-2pm WIC & Pregnancy Testing (1554 Princeton Av.) 6pm-8pm Teen Speak (By zoom) 	14 2:30pm-7:00pm Health Insurance Applications BY APPOINTMENT ONLY  4:30pm-5:30pm Dance (3-6 years) 	15 10:30am-12:30pm People & Stories 3pm-5pm Food Distribution (ONLY 30 bags) 2pm - 5pm Get Covered NJ (more info in the back) 	16 5pm-6:30pm STEM 5pm-6:30pm PAB Activity 	17	
20	21	22 10:30am-12:30pm Health Insurance Applications  10:30am-12:30pm People & Stories	23 5:30pm-6:30pm Girls Scouts Meeting 5pm-7pm Knowing my health options 	24	
27  MEMORIAL DAY	28	29 10:30am-12:30pm People & Stories 10am-2pm Health Insurance Applications BY APPOINTMENT ONLY 	30 5pm-7pm PAB Meeting	31	

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.

May 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.
- **Dance for the little ones:** Join other children in the community in this beginner ballet class. Children from 3 to 6 years old are welcome! Contact us for more information. Registration is open, and to register call or text Karyn Montepeque: 609-960-4793.
- **WIC:** Public health nutrition program, which provides healthy foods, nutrition education, and community support to income-eligible pregnant and postpartum women, infants, and children up to five years old.
- **PAB Meeting:** Group of parents/guardians committed to the community, who support the activities here at the center. If you want to participate, join this event for more information.
- **Cooking Matters:** Come and join us in these cooking classes, where we will see simple, healthy and delicious dishes to share at home. Registration is open, and to register call or text Maria Sellas: 609-439-9887.
- **People and Stories:** Join us to read and share inspiring and educational stories. Also to talk about anecdotes that remind us of these stories by Hispanic American authors. Registration is open, and to register call or text Mairelys Concepcion: 609-306-1301.
- **Let's learn about Computer Science:** Rodrigo Sánchez, from Rutgers 4H will come to teach these great classes to students from third to eighth grade. Registration is open, and to register call or text Mairelys Concepcion: 609-306-1301.
- **Knowing my health options:** Do you want to know how health insurance works in NJ, what health options you have if you don't have insurance, among other resources? This workshop is for you. Please RSVP texting to 609-439-9887
- **Get Covered NJ:** If you have lost health insurance or no longer qualify for NJ Family Care, you may be able to get health coverage through GetCoveredNJ. Please call to Maria Sellas 609-439-9887 to know if you meet the requirements to apply.

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 BY APPOINTMENT ONLY:** If your child or a member of your family needs health insurance from NJ Family Care, we will have representatives from NJ Family 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.

May 14th: NJ Family Care will receive the last participant until 6:30pm. For appointments: 609-439-9887



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:



609-960-4793-Karyn
609-306-1301-Mairelys
609-439-9887-Maria

 heritagesouthfsc
 heritage_south_fsc

 635 S Clinton Av.
Trenton NJ 08611

Monday: 9am-5pm
Tuesday: 9am- 5pm
Wednesday: 9am-4:55pm

Thursday: 9am-5pm
Friday: 9am-5pm

Saturday: Varies – Call for more info

CLOSED FOR LUNCH: 1pm-2pm