

Monday

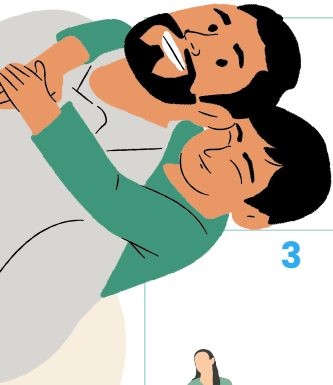
Tuesday

Wednesday

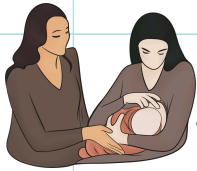
Thursday

Friday

Saturday



3



4

4:30pm-6:30pm
Let's learn about Breastfeeding

5

10:30am-12:30pm
People & Stories



6

2:30pm-6:30pm
Health Insurance Applications
BY APPOINTMENT ONLY
NJ FAMILY CARE
Affordable health coverage. Quality care.

5pm-6:30pm
STEM

4:30pm-6:30pm
PAB Meeting (May)

7

10



10am-2pm
WIC & Pregnancy Testing
(1554 Princeton Av.)



11



5:00pm-6:00pm
Dance/Ballet
(3-6 years)

12

10:30am-12:30pm
People & Stories

10:30am-12:30pm
Health Insurance Applications
FIDELIS CARE

2:30pm-4:30pm
Food Distribution

13

5:30pm-6:30pm
Girls Scouts Meeting

14



17

18



20

5pm-6:30pm
STEM

21



SUMMER



22

10am-2pm
Health Fair

Happy Father's Day

24



9am-2pm
Summer Camp

25

9am-2pm
Summer Camp

26

10:30am-12pm
MYA Meeting
10:30am-12:30pm
Health Insurance Applications
FIDELIS CARE

27

9am-2pm
Summer Camp



28

9am-2pm
Summer Camp



29

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.



June 2024 activities and services

- **Girls 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.
- **Creative dance for the little ones:** Join other children in the community in this dance class for beginners. Children from 3 to 6 years old are welcome! Contact us for more information. Registration is open, and to register call or text Karyn Montepaque: 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.
- **PAB Activity:** Our group of parents/guardians strive to create activities and events for our community, with a different theme once each month.
- **Summer Camp with Fernbrook Farm:** Every year, Fernbrook Farm donates some spaces to us so that children from our communities can learn from the farm and recreate in the summer.
- **MYA Meeting:** Mujeres y Amigas (MYA) is a group of mothers from our community that meets once a month to do activities and create ties between them to form friendships. It is a way for our mothers to get out of the routine and feel good with other women who support and understand them.
- **Health Fair:** Share with us Trenton's largest health experience, at this fair where the community will have access to important health resources and information, tests, procedures, health insurance, hospitals and more about health and wellness in the Mercer county.
- **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.
- **Computer Classes:** 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.

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. **June 6: 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-5pm

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

CLOSED FOR LUNCH: 1pm-2pm