

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

			1	2	3 
5	6 10am-2pm Health Insurance Applications BY APPOINTMENT ONLY 	7 10:30am-12pm MYA Meeting	8 5pm-6:30pm Family Lottery 	9	10 
12 10am-2pm WIC & Pregnancy Testing (1554 Princeton Av.) 	13 4:30pm-5:30pm Dance 	14 10:30am-12:30pm Health Insurance Applications 	15 5pm-6:30pm PAB Meeting	16 	17 10am-1pm Locolimpiadas By Families 
19 	20 2:30pm-6:30pm Health Insurance Applications BY APPOINTMENT ONLY 	21 2:30pm-4:30pm Food Distribution 	22 5pm-6:30pm Pijama Party 	23	
26 	27	28 10am-12pm BURP 10:30am-12:30pm Health Insurance Applications 	29 5pm-6:30pm PAB Activity	30 10am-12pm BURP	

SOCIAL CONNECTIONS:
Children may miss their friends, teachers, and other important figures, and this may manifest itself in various behaviors. Finding people who can support you during these times may require some creativity, but the benefits are endless. Protecting your family and yourself is not something you are expected to do alone; we all need our social connections!

August 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 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.
- **PAB Activity:** Our group of parents/guardians strive to create activities and events for our community, with a different theme once each month.
- **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.
- **Locolimpiadas By Families:** Join the debut of this summer activity, full of games and awards so that our children, older adults, uncles, cousins and the whole family participate, share and enjoy.
- **BURP (Bebés unidos, resultados positivos):** Join this group of classes where we will learn about caring for our babies to give them the attention and love they deserve.
- **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 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. **August 20: 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