



Monday

Tuesday

Wednesday












Thursday

Friday

Saturday

**Protective Factor**

**Concrete Support in Times of Need:** Meeting basic needs like food, shelter, clothing, and healthcare is essential. Adequate services & supports must be in place to provide stability, treatment and help for families in crisis.

<p><b>Protective Factor</b>  <b>Concrete Support in Times of Need:</b> Meeting basic needs like food, shelter, clothing, and healthcare is essential. Adequate services &amp; supports must be in place to provide stability, treatment and help for families in crisis.</p>			<p>1</p> <p>Summer Camp Fernbrook Farm</p>	<p>2</p>  <p>Summer Camp Fernbrook Farm</p>	<p>3</p>
<p>5</p>  <p>Summer Camp Fernbrook Farm</p>	<p>6</p>  <p>Summer Camp Fernbrook Farm</p>	<p>7</p> <p>Arm &amp; Arm Food Distribution</p> <p>Summer Camp Fernbrook Farm</p>	<p>8</p> <p>Summer Camp Fernbrook Farm</p>	<p>9</p>  <p>Summer Camp Fernbrook Farm</p>	<p>10</p>
<p>12</p> <p>10:00-2:00 NJ Family Care, WIC, &amp; Pregnancy Testing</p> 	<p>13</p>	<p>14</p> <p>5:30-6:00 PAB Meeting</p> 	<p>15</p> <p>1:30-3:00 Post Partum Workshop</p>	<p>16</p> 	<p>17</p>
<p>19</p> 	<p>20</p> <p>10:30-12:00 Story and Craft</p> 	<p>21</p>	<p>22</p> <p>4:00-5:30 Family Health begins with a Nutritious Diet</p>	<p>23</p> 	<p>24</p>  <p>9:00-12:00</p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p> <p>5:30-7:00 Back to School Activity</p>	<p>30</p>	<p>31</p>



609.393.2980  
 Aniela (ext.24)  
 Zhanna (ext. 15)  
 Jeanelle (ext. 10)



Heritage North Family  
 Success Center



1554 Princeton Ave  
 Trenton, NJ 08638

Monday: 9am-5pm  
 Tuesday: 9am- 5pm  
 Wednesday: 11am-7pm

Thursday: 11am-7pm  
 Friday: 9am-5pm  
 Saturday: Varies – Call for more info

# AUGUST 2024 ACTIVITIES

**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.

**Fernbrook Farm Summer Camp:**  
Children will enjoy the outdoors and explore nature. They will learn about agriculture and the importance of team building.

**Back to School Activity:** Join us for a fun interactive activity for children who will be starting or going back to school, as it can be quite a transition.

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

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

**Story and Craft :**  
Join us for a fun activity that is catered for children. Where they can do fun arts and crafts.

**Family Unity Workshop:** During these sessions, participants will learn about the importance of family unity and how to build the skills to create healthy relationships.

**Family Health begins with a Nutritious Diet:** Join us for a fun parent and child activity where you can learn how to make healthy smoothies at home.

**Family Health Fair:** Join us on June 22nd at 10am-2pm for a community health fair that is open for all.

**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

**Post Partum Workshop:** During these sessions, participants will learn about the early signs of post partum depression, and how to tackle that issue and about the resources available to them.

Thank you to all our community friends for their support:



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