

2024 November

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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4	5 2:30pm-6:30pm Health Insurance Applications BY APPOINTMENT ONLY 	6 10:30am-12pm MYA Meeting	7	8	
11  HAPPY Veterans DAY	12 5pm-6pm Ballet 6pm-7pm PAB Meeting	13 10:30am-12:30pm Health Insurance Applications 	14 5pm-6:30pm STEM	15	16 10am-1pm PAB Thanksgiving Activity
18	19	20 10am-12pm 2:30pm-4:30pm Food Distribution Arm & Arm 10:30am-12:30pm Health Insurance Applications 	21 5pm-7pm Breastfeeding Classes 5:30pm-6:30pm Girls Scouts	22 9:30am-11:30am BURP	
25	26	27 10am-12pm BURP	28 HAPPY THANKS GIVING	29 	

CONCRETE SUPPORT IN TIMES OF NEED:
Every family needs help sometimes, especially during a crisis. Challenges with basic needs can create overwhelming stress for a family and household, and this stress can harm the health and safety of caregivers, children, and communities.

November 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.
- **Ballet 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 Thanksgiving 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.
- **Computer Classes:** Rodrigo Sánchez, from Rutgers 4H will come to teach these great classes to students from third to eighth grade. **NOW ALSO FOR ADULTS OF ALL AGES.** 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. In English and Spanish. **November 5: 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

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