



# December



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2	3 	4 Arm & Arm Food Distribution	5 	6	7
9 10:00-2:00 NJ Family Care, WIC, & Pregnancy Testing 	10 9:30 Panera Bread Distribution 	11 	12 5:00-6:30 Girl Scouts 5:30-7:00 People & Stories 	13	14 1:30-3:00 Christmas Holiday Party
16 	17 9:30 Panera Bread Distribution 	18	19	20 	21
23 	24 CLOSED Christmas Eve	25 CLOSED Merry Christmas	26	27	28
30 <div><b>Protective Factor</b> <b>Parental Resilience:</b> A parent's ability to manage all types of challenged &amp; find ways to solve problems, build and sustain trusting relationships including relationships with their children.</div>	31			 	



609.393.2980  
Agata (ext.24), Zhanna (ext.15)  
Jeanelle (ext.10)



Heritage North Family  
Success Center



1554 Princeton Ave  
Trenton, NJ 08638  
**Open Hours:** Monday-  
Friday 9am-5pm  
Thursday: 9am-7pm

**We Speak:** English, Spanish, Polish, and Russian  
**Free Services for all**

# December 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.

**Christmas Holiday Celebration:** Join us for a parent and child celebration where families can enjoy fun activities with music and dancing.

**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.

**People & Stories:** Join us for this fun interactive group where adults read short stories and discuss with each other what they learned from it.

**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

**Girl Scouts:** For girls ages 5 and up this group teaches them the importance of working together, and they enjoy their time making fun arts & crafts.

Thank you to all our community friends for their support:



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