

2024 December

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>2 10am-12pm BURP</p> 	<p>3 5pm-8pm PAB Christmas Party</p> 	<p>4 10am-12pm BURP 10:30am-12pm MYA Meeting</p>	<p>5 2:30pm-6:30pm Health Insurance Applications BY APPOINTMENT ONLY NUFAMILYCARE <small>Ally's health coverage. Quality care.</small></p>	<p>6 10am-12pm BURP</p> 	<p>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.</p>  
<p>9 10am-2pm WIC & Pregnancy Tests (1554 Princeton Av.)</p> 	<p>10 5pm-6pm Danza creativa (3-6 años)</p>	<p>11 10:30am-12:30pm Health Insurance Applications FIDELIS CARE 3pm-5pm BURP</p>	<p>12 5pm-6:30pm STEM</p>	<p>13 10am-12pm BURP</p>	
<p>16</p>	<p>17</p> 	<p>18 2:30pm-4:30pm Food Distribution Arm & Arm</p>	<p>19 5:30pm-6:30pm Girls Scouts</p>	<p>20</p>	
<p>23</p> 	<p>24</p> 	<p>25</p> <p>Merry Christmas</p>	<p>26</p> 	<p>27</p>	
<p>30</p>	<p>31</p> 	<p>1 HAPPY New Year</p>			

Diciembre 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 Christmas 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.
- **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. **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 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. **December 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

GRACIAS A NUESTROS AMIGOS DE LA COMUNIDAD POR SU APOYO:



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

The Children's Home Society of New Jersey