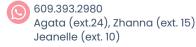






Thursday Wednesday Saturday **Tuesday Monday Friday Protective Factor** Parental Resilience: A parent's ability to manage all types of challenged & find ways to solve problems, nuild and sustain trusting relationships including relationships with their children. 5 3 4 5:00-6:30 9:30 **Parent** Panera Bread **Arm & Arm Food** Leadership Distribution Distribution Celebration 12 13 10 15 14 11 2:00-4:00 10:00-1:00 **Post Partum Group** 5:00-6:30 **WIC** 9:30 **PAB** Panera Bread 5:00-6:30 11:00-12:30 Distribution **Girl Scouts Senior Bingo** 18 20 21 22 19 **17** 5:00-6:30 **CLOSED** 9:30 Women's Panera Bread **Support Group** Distribution 5:30-7:00 Lego Club 25 **27** 28 24 26 4:00-7:00 9:30 **NJ Family Care &** 5:00-6:30 **Pregnancy Testing** Panera Bread **Girl Scouts** Distribution



Heritage North Family Success Center

2 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** 



## February Activities



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.

<u>Women's Support Group:</u> Join us for the women's support group where you can share your experiences and learn from others.

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.

**Lego Club:** Join us for a fun interactive group where children can create fun pieces with legos.

**Senior Bingo:** Join us for BINGO! Prizes will be included.

Parent Leadership Celebration: Join us for a small party to celebrate parental contributions and interactive activities where children can create heartfelt crafts to show appreciation to their parents.

**<u>Pregnancy Testing:</u>** FREE &

CONFIDENTIAL pregnancy testing is offered at our center. By Maternal /Child Health Program,

<u>Senior Food Box:</u> Collaboration with Mercer Street Friends Program. Once a month senior receive non perishable food items. Must Registercontact 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.

<u>Post Partum Group:</u> Join us for an informative session on how to navigate post partum.

Thank you to all our community friends for their support:















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