


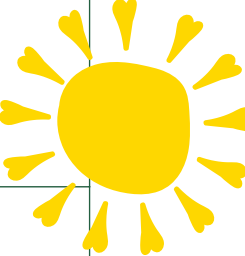



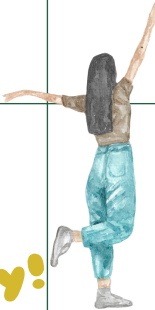





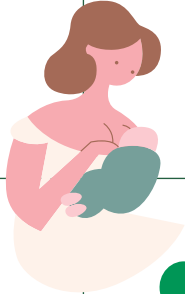




# 2025 March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b> 	<b>4</b> 5pm-7pm PAB Meeting 	<b>5</b> 10:30am - 12:00pm SNAP -ED	<b>6</b> 5pm-6:30pm STEM 	<b>7</b>	<b>8</b> Women's Day 
<b>10</b> 10am-2pm WIC & Pregnancy Tests (1554 Princeton Av.) 	<b>11</b> 5pm-6pm Ballet 	<b>12</b> 10am-12pm Teen Speak 10:30am-12:30pm Health Insurance Applications 	<b>13</b> 5pm-7pm PAB Women's Day Activity Happy Day! 	<b>14</b>	
<b>17</b> *HAPPY ST. PATRICK'S DAY* 	<b>18</b> 2:30pm-6:30pm Health Insurance Applications BY APPOINTMENT ONLY 	<b>19</b> 10am-12pm Teen Speak 2:30pm-4:30pm Food Distribution Arm & Arm	<b>20</b> 5pm-6:30pm STEM 	<b>21</b> WE'RE CLOSED 	<b>22</b> 9am-1pm Taxes BY APPOINTMENT ONLY
<b>24</b> 	<b>25</b>	<b>26</b> 10:30am-12pm MYA Meeting	<b>27</b> 5pm-7pm Breastfeeding Classes 	<b>28</b>	
<b>31</b> 		Hello Spring 			

**PARENTAL RESILIENCE AND STRENGTH:**  
 Managing stress and functioning well when faced with challenges, adversity, and trauma. Parenting children during this stressful time is important and difficult. Helping children understand their emotions and behaviors begins with you, the caregiver. Practicing daily self-compassion and creating moments to connect your mind and body will help you find the resilience and strength needed to care for your children.

# March 2025 Activities and Services

- **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 Women's Day 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.
- **Teen Speak:** Join this workshop for parents of teenagers, where we will learn about communication strategies to face this stage of your child's life.
- **Tax Declaration with United Way:** If you have not yet declared your taxes, take advantage of this March 22 to do it for free, if you earn \$65,000 or less. **BY APPOINTMENT ONLY.**
- **Personal Finance Workshop with Agape:** Join us in this workshop where we will learn to better manage our money and resources, in order to plan for the future.

## 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 family member needs NJ Family Care or Fidelis Care health insurance, ONCE a month their representatives come to our offices to help you complete NEW applications, RENEWALS, and answer your questions. In English and Spanish.

## 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 FRIENDS IN THE COMMUNITY FOR THEIR SUPPORT:



609-960-4793-Karyn  
609-306-1301-Mairelys  
609-331-2755- Sharon



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