

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Spring


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 2:30pm-6:30pm Health Insurance Applications BY APPOINTMENT ONLY <b>NJ FAMILY CARE</b> 5pm-7pm PAB Meeting	<b>2</b> <b>AUTISM DAY</b> 10am-11:30am People & Stories	<b>3</b> 5pm-6:30pm STEM	<b>4</b>	<b>5</b>
<b>7</b>	<b>8</b> 5pm-6pm Ballet	<b>9</b> 10am-11:30am People & Stories	<b>10</b> 3:00am-6:00pm Health Insurance Applications <b>FIDELIS CARE</b>	<b>11</b>	<b>12</b>
<b>14</b> 10am-2pm WIC & Pregnancy Tests (1554 Princeton Av.) <b>wic</b>	<b>15</b>	<b>16</b> 10am-11:30am People & Stories 2:30pm-4:30pm Food Distribution Arm & Arm	<b>17</b> 5pm-6:30pm STEM	<b>18</b> <b>WE'RE CLOSED</b> <b>Good Friday</b>	
<b>21</b>	<b>22</b> <b>EARTH DAY</b> 4:30pm-6pm Let's sow a better future!!	<b>23</b> 10am-11:30am People & Stories	<b>24</b> 5pm-7pm Breastfeeding Classes	<b>25</b>	
	<b>29</b> 11am-1pm MYA Meeting	<b>30</b> 10am-11:30am People & Stories			

**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. Fortunately, there are resources available to help families move from surviving to thriving.



609-960-4793-Karyn  
609-306-1301-Mairelys  
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 635 S Clinton Av.  
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Monday: 9am-5pm  
Tuesday: 11am- 7pm  
Wednesday: 9am-5pm  
Thursday: 11am-7pm  
Friday: 9am-5pm  
Saturday: Varies – Call for more info  
CLOSED FOR LUNCH: 1pm-2pm

# April 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.
- **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 Earth Day (Let's sow a better future!!):** 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. Registration is open, contact us for more information.
- **People & Stories:** Join us for 8 weeks full of stories and tales by Latin American authors, where we will learn and take a journey through the literary world.

## 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 & Arm:** We are partnering with ARM & ARM with 30 bags of food for our families.

## 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:



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