

609-960-4793-Karyn

609-306-1301-Mairelys

609-331-2755- Sharon

f heritagesouthfsc

heritage_south_fsc





Thursday: 11am-7pm $_{\hbox{\scriptsize CLOSED}}$ FOR LUNCH: 1pm-2pm

Friday: 9am-5pm

Saturday: Varies - Call for more info



Monday: 9am-5pm

Tuesday: 11am-7pm

Wednesday: 9am-5pm

635 S Clinton Av.

Trenton NJ 08611

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/quardians 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









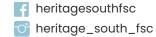














Monday: 9am-5pm Tuesday: 11am-7pm Wednesday: 9am-5pm Thursday: 11am-7pm CLOSED FOR LUNCH: 1pm-2pm

Friday: 9am-5pm

Saturday: Varies - Call for more info