

Monday

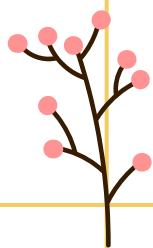
Tuesday

Wednesday

Thursday

Friday

Saturday



1
5pm-6:30pm
STEM

2

CONCRETE SUPPORT IN TIMES OF NEED:
Every family needs help at some point, especially during a crisis. Problems 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.



5

6

11:30am-1pm
Workshop: Presenting
Your Best Self
5pm-7pm
PAB Meeting

7

10am-11:30am
People & Stories

8



9

12




10am-2pm
WIC & Pregnancy Tests
(1554 Princeton Av.)

13

11:30am-1pm
Workshop: Confidence
and Communication

14

10am-11:30am
People & Stories
10am-1pm
Health Insurance Applications


15

5pm-6:30pm
STEM

16



17

10am-1pm
Family Day

Mother's Day

20

11am-1pm
MYA Meeting

21

10am-11:30am
People & Stories
2:30pm-4:30pm
Food Distribution
By Arm & Arm

22

5pm-7pm
Breastfeeding
Classes

23



24



26



**HAPPY
MEMORIAL
DAY**

27

2:30pm-6:30pm
Health Insurance
Applications
BY APPOINTMENT ONLY



28



29

4pm-7pm
Parent Cafe

30



31

10am-2pm
Health Fair



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: 11am-7pm
Wednesday: 9am-5pm

Thursday: 11am-7pm
Friday: 9am-5pm
Saturday: Varia – Llamar para más info

CLOSED FOR LUNCH: 1pm-2pm

May 2025 Activities and Services

- **Ballet:** Join other children in the community in this beginner dance class. Children ages 3 to 8 are welcome! Contact us for more information.
- **WIC:** A public health nutrition program that provides healthy foods, nutrition education, and community support to income-eligible pregnant and postpartum women, infants, and children up to age five.
- **PAB Meeting:** A group of community-minded parents/guardians who support our activities. If you'd like to participate, contact us for more information.
- **Family Day with PAB:** Our group of parents/guardians strives to create activities and events for our community, with a different theme once a month. This time, we celebrate family. Join us with mom, dad, grandparents, uncles, and all family members!
- **MYA Meeting:** Mujeres y Amigas (MYA) is a group of mothers from our community that meets once a month to participate in activities and bond with each other. It's a way for our mothers to break away from their routine and form friendships with other women who support and understand them.
- **STEM:** Rodrigo Sánchez, from Rutgers 4H, will be teaching these exciting classes to students in third through eighth grade. Registration is open; contact us for more information.
- **People & Stories:** Join us for eight weeks filled with stories and tales from Latin American authors, where we'll learn and take a journey through the literary world.
- **Parent Café:** Connect, Share, Grow, and Join us in a safe and supportive space for parents and caregivers to share the joys and challenges of raising a family.

Advocacy / Information and References

- **General Services:** During this time, families are welcome at our center for support. We are here to advocate for families, as well as for many other services. Come learn about our programs and resources; no appointment is necessary. If you cannot attend during our business hours, please call us to schedule an appointment. Bilingual support is available.
- **Panera Donations:** We will be handing out bread donations on Thursdays. If you would like to receive, please 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 family member needs health insurance from NJ Family Care or Fidelis Care, representatives come to our offices once a month to help you complete new applications, renewals, and answer your questions. Available in English and Spanish.

Protective Factors

- Parental resilience and resilience
- 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-Mairely
609-331-2755-Sharon



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