

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Protective Factor**

Knowledge of Parenting & Child Development: Information about child development and appropriate expectations for children's behavior help parents see children in a positive light and promotes healthy development.



5  
**CINCO DE MAYO**



10:00-2:00  
NJ Family Care,  
WIC & Pregnancy  
Testing

19

26



**CENTER  
CLOSED**

6 10:00  
Panera Bread Distribution

13 10:00  
Panera Bread  
Distribution

20 10:00-11:30  
Mommy+Me

27 10:00  
Panera Bread  
Distribution



7  
Arm & Arm Food  
Distribution

14 5:00-6:30  
Women's Support  
Group

21 5:00-6:30  
PAB

28



8 5:00-6:30  
Girl Scouts



3:00-5:00  
Daddy + Me



22 5:00-6:30  
Girl Scouts



29

2

9 5:00-6:30  
Mother's Day  
Celebration

16

23

30 3:00-4:00  
Reading Club

3

10  
**Happy Mother's Day**

17

24

31 10:00-2:00  
Community  
Health Fair



# May Activities

**NJ Family Care Applications:** 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.

**Reading Club:** Join us at the end of every month with your completed reading log to earn a spot on our star reader of the month board.

**Home Energy Assistance:** Need a help with Home Energy assistance, we can help online LIHEAP application.

**Mommy & Me:** Join us for a group where we will engage families in an enriching activity.

**Daddy + Me:** Join us for a group where we will engage families in an enriching activity.

**Women's Support Group:** Join us for a supportive group where you all are able to share your stories and relate to other women like you.

**Mother's Day Celebration:** Join us to celebrate all of those wonderful mothers in your life.

**Pregnancy Testing:** FREE & CONFIDENTIAL pregnancy testing is offered at our center. By Maternal /Child Health Program,

**Senior Food Box:** Collaboration with Mercer Street Friends Program. Once a month senior receive non perishable food items. Must Register-contact 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.

**PAB Meeting:** Join us and become an active volunteer as one of our Parent Advisory Board members where you'll help us create activities.

**Community Health Fair:** Join us and get connected with multiple different resources in your community.

Thank you to all our community friends for their support:



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