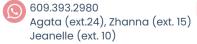






Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
about child dev children's beha	etor Parenting & Child Development elopment and appropriate experience help parents see childrentes healthy development.	pectations for	1	2	3
5 CINCO MAYO	6 10:00 Panera Bread Distribution	7 Arm & Arm Food Distribution	5:00-6:30 Girl Scouts	5:00-6:30 Mother's Day Celebration	10 Tappy ** Mother May May
10:00-2:00 NJ Family Care, WIC & Pregnancy Testing	10:00 Panera Bread Distribution	5:00-6:30 Women's Support Group	3:00-5:00 Daddy + Me	16	17
19	10:00-11:30 Mommy+Me	5:00-6:30 PAB	5:00-6:30 Girl Scouts	23	24
26 *** MEMORIAL DAY CENTER CLOSED	27 10:00 Panera Bread Distribution	28	29	30 3:00-4:00 Reading Club	10:00-2:00 Community Health Fair



Heritage North Family Success Center

2 1554 Princeton Ave Trenton, NJ 08638

<u>**Open Hours:**</u> Monday-Friday 9am-5pm Thursday: 9am-7pm

We Speak: English, Spanish, Polish, and Russian

Free Services for all



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.

<u>Women's Support Group:</u> 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.

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

<u>Senior Food Box:</u> 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.

<u>Community Health Fair:</u> 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