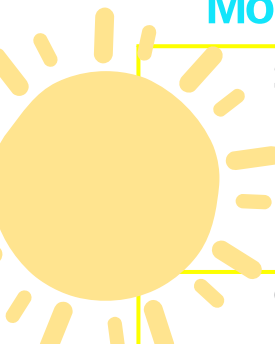
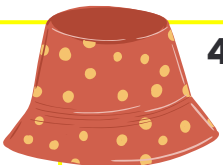





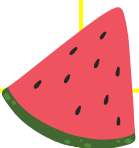





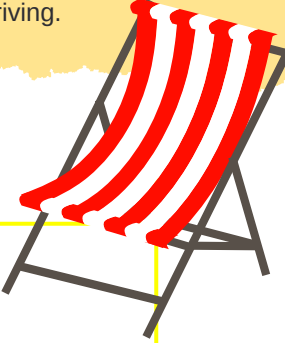


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 2 	3 5pm-7pm PAB Meeting	 4 	5 	6 	
9  10am-2pm WIC & Pregnancy Tests (1554 Princeton Av.)	10 5pm-6pm Ballet	11 10am-1pm Health Insurance Applications 	12 	13 	14 10am-1pm Father's Day Activity
16 	17 2:30pm-6:30pm Health Insurance Applications BY APPOINTMENT ONLY 	 18 2:30pm-4:30pm Food Distribution By Arm & Arm	19 	20 	
23 7:30am-4:30pm Fernbrook Summer Camp	24 7:30am-4:30pm Fernbrook Summer Camp	25 7:30am-4:30pm Fernbrook Summer Camp 11am-1pm MYA Meeting	26 7:30am-4:30pm Fernbrook Summer Camp 4pm-7pm Parent Cafe	27 7:30am-4:30pm Fernbrook Summer Camp	
30 					

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.



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

June 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.
- **Dad's Day Activity 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.
- **Summer Camp with Fernbrook Farm:** Every year, Fernbrook Farm donates some spaces to us so that children from our community can learn from the farm and recreate in the summer.
- **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:



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