

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>7</b>  <b>WE'RE CLOSED</b>	<b>1</b> 5pm-7pm PAB Meeting	<b>2</b> 11am-1pm Workshop: The Importance of Sun Protection 	<b>3</b>	<b>4</b> <i>Happy 4<sup>th</sup> of July</i> 	 <b>12</b> 10am-1pm Summer Activity 
<b>14</b> 10am-2pm WIC & Pregnancy Tests (1554 Princeton Av.) 	<b>15</b> 10:30am-12pm Workshop: Types of Parenting	<b>16</b> 2:30pm-4:30pm Food Distribution By Arm & Arm 	<b>17</b> 10am-1pm Health Insurance Applications  <b>FIDELIS CARE</b>	<b>18</b>	
<b>21</b> 7:30am-4:30pm Fernbrook Summer Camp	<b>22</b> 7:30am-4:30pm Fernbrook Summer Camp	<b>23</b> 7:30am-4:30pm Fernbrook Summer Camp 11am-1pm MYA Meeting	<b>24</b> 7:30am-4:30pm Fernbrook Summer Camp 11am-1pm Workshop: Personal Finance	<b>25</b> 7:30am-4:30pm Fernbrook Summer Camp	
<b>28</b> 	<b>29</b> 	<b>30</b>	<b>31</b> 		

### SOCIAL CONNECTIONS

Having positive relationships that provide emotional, informational, instrumental and spiritual support. Families need people they can call on when they need a sympathetic listener, advice or support. Conversely, research has shown families who are isolated are at higher risk for child abuse and neglect. Have friends.

# July 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.
- **Summer 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. (FULL SPACES)
- **Workshop Types of Parenting:** Learn about the main parenting styles and how they impact your child's development. We'll reflect on our roles as caregivers and explore strategies to build healthier, more respectful, and effective family relationships.
- **Kids Workshop Sun Protection:** Children will learn, with CrossRoads4Hope, in a fun and engaging way, why sun safety is important and how to protect their skin every day.
- **Storytime with Mrs. USA:** Children ages 6 to 12 are invited to a fun reading session with the wonderful Mrs. USA. Enjoy stories, learning, and special moments just for kids.

## 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-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