








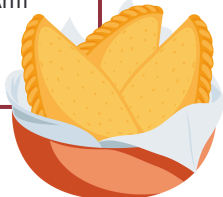






2025 September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Happy Labor Day 	2 5pm-7pm PAB Meeting 	3	4 5pm-6:30pm STEM 	5 WE'RE CLOSED 	6 9am-1pm Services By Appointment Only 
8 	9 5pm-6pm Ballet	10 10:30am-2pm Food Box and Nutrition 	11 2:30pm-7pm NJ Family Care NJ FAMILY CARE <small>Affordable health coverage. Quality care.</small>	12	20 10am-1pm PAB Hispanic Heritage Fair 
15 10am-2pm WIC & Pregnancy Tests (1554 Princeton Av.) 10am-1pm Health Insurance Applications FIDELIS CARE	16 12pm-2pm Food Contest 	17 10am-12pm English Classes	18 11am-1pm Food Distribution By Arm & Arm 5pm-6:30pm STEM 	19	20 10am-1pm PAB Hispanic Heritage Fair
22 WE'RE CLOSED 	23 11am-1pm MYA Meeting 	24 10am-12pm English Classes 	25 5pm-7pm Breastfeeding Workshop	26	KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT: Understanding how children grow, learn, and behave, as well as knowing parenting strategies that support healthy development at each stage. This builds parents' confidence and skills. 
30 11am-1pm Finances Workshop					



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: Varies – Call for more info


CLOSED FOR LUNCH: 1pm-2pm


September 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.
- **PAB Meeting:** Be the voice of your community! Join a group of parents and guardians committed to supporting our programs and making a positive impact. Share your ideas, help plan events, and connect with other families. If you'd like to get involved or learn more, contact us today!
- **PAB Hispanic Heritage Fair – Hispanic Heritage Month:** Let's celebrate Hispanic culture together! Music, traditional food, dancing, and customs that bring our community together. A joyful event full of cultural pride!
- **Food Contest – Hispanic Heritage Month:** Celebrate our roots through flavor! Join the fun by sharing a traditional dish from your country of origin. This contest is part of our Hispanic Heritage Month activities. There will be prizes, fun, and lots of delicious food!
- **MYA Meeting:** Mujeres y Amigas (MYA) is a welcoming group of women from our community who gather once a month to enjoy activities and create meaningful connections. It's a special space to relax, share experiences, and build lasting friendships with women who truly understand and support each other.
- **STEM for Kids with 4-H:** Explore science, technology, engineering, and math through fun, hands-on activities! Designed to inspire creativity, problem-solving, and a love for learning in students from 3rd to 8th grade.
- **Breastfeeding Workshop:** A supportive space for moms and moms-to-be. Learn about the benefits of breastfeeding, helpful techniques, and receive guidance from professionals. Feel empowered and connected on your breastfeeding journey.
- **English Classes:** A space to learn and practice English in a simple way, useful for daily life and work.
- **Food Box & Nutrition:** Food box distribution along with practical nutrition tips to support healthy eating for families.
- **Finances Workshop:** A continuation of the previous sessions, offered once a month to keep learning how to manage money, control expenses, and strengthen family finances.


Advocacy / Information and References


 **General Services:** We offer support, advocacy, and resources for families—no appointment needed. Call us if you need to visit outside business hours. Saturday appointments available once a month. Bilingual staff available.


 **Panera Bread Donations:** Bread is available every Thursday. Contact us if you'd like to receive a donation—while supplies last!

 **Food Distribution with Arm & Arm:** We're distributing 30 food bags in partnership with Arm & Arm. Reach out 609-960-4793 for more info!






Family Health Services / Insurance

 **One Stop WIC & Pregnancy Testing:** WIC provides healthy food, nutrition support, and lactation consultancy for income-eligible women, infants, and children under 5. Representatives are at the Heritage North office (**1554 Princeton Ave**) on the second Monday of each month to assist you. Free pregnancy tests are available—**no appointment needed**.

 **NJ Family Care Applications:** Need health insurance for your child or family? NJ FamilyCare reps visit our office monthly to help with applications, renewals, and questions—in English and Spanish. **This month at Our Location (635 S Clinton Av.). BY APPOINTMENT ONLY.**

 **Fidelis Care Help Available:** Looking for affordable health insurance? A Fidelis Care representative is available this month to help with sign-ups, renewals, and questions. Bilingual support in English and Spanish. No appointment needed.

Protective Factors

-  Parental resilience and self-care
-  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:



Crossroads4Hope
A NETWORK OF CANCER SUPPORT



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