

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		1 10am-12pm English Classes	2	3  WE'RE CLOSED	4 9am-1pm Services By Appointment Only
6	7 5pm-7pm PAB Meeting	8 10am-12pm English Classes	9 	10 WE'RE CLOSED	
13 	14 5pm-6pm Ballet	15 10am-12pm English Classes	16 11am-1pm Food Distribution By Arm & Arm	17 	18 10am-1pm MYA Workshop: How to change tires?
20 10am-1pm Fidelis Insurance Applications	21	22 10am-12pm English Classes	23 5pm-7pm Breastfeeding Workshop	24	<p>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.</p>
	28 5pm-7pm PAB: Truck or Treat 	29 10am-12pm English Classes	30	31	



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


October 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!
- **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.
- **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.
- **PAB Truck or Treat – Halloween:** The Parent Advisory Board (PAB) invites you to join us for a special Halloween afternoon! Children who come dressed in costume will receive candy and smiles. It will be a wonderful time to enjoy as a community and celebrate this fun tradition together. Please remember: all children must be accompanied by their parents or guardians.


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 Heritage North (1554 Princeton Ave).**

 **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:



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