

609-331-2755-Sharon

# October 2025



Monday	Tuesday	Wednesday	<b>Thursday</b>	Friday	Saturday
		<b>1</b> <b>10am-12pm</b> English Classes	2	3 VICTORED	9am-1pm Services By Appointment Only
6	<b>7 5pm-7pm</b> PAB Meeting	8 10am-12pm English Classes	9	10 CLOSED	
TAPPY COLUMBUS DAY  *****	<b>14</b> <b>5pm-6pm</b> Ballet	15 10am-12pm English Classes	16 11am-1pm Food Distribution By Arm & Arm	17	10am-1pm MYA Workshop: How to change tires?
20 10am-1pm Fidelis Insurance Applications	21	<b>22</b> <b>10am-12pm</b> English Classes	<b>23</b> 5pm-7pm Breastfeeding Workshop	Und and pare deve	CHILD DEVELOPMENT: erstanding how children grow, learn, behave, as well as knowing enting strategies that support healthy elopment at each stage. This builds ents' confidence and skills.
	5pm-7pm PAB: Truck or Treat	29 10am-12pm English Classes	30	31	
	f heritagesouthfsc heritage_south_fsc	Trenton NJ 08611	Tuesday: 11am–7pm F	hursday: 11am-7pm CLO Friday: 9am-5pm Saturday: Varies – Call for m	SED FOR LUNCH: 1pm-2pm

Wednesday: 9am-5pm

Saturday: Varies - Call for more info

## 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 quardians 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. YNJ 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
- E 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:



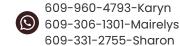


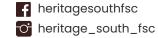


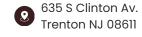












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