



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

		<b>1</b> Arm & Arm Food Distribution 	<b>2</b> <div><u>Protective Factor</u> Knowledge of Parenting &amp; Child Development: Information about child development and appropriate expectations for children's behavior help parents see children in a positive light and promotes healthy development.</div>	<b>3</b>	<b>4</b>
<b>6</b> 10:00-2:00 NJ Family Care at NWFSC 10:00-2:00 WIC & Pregnancy Testing 	<b>7</b> 2:00 Panera Bread Distribution 	<b>8</b> 	<b>9</b> 5:00-6:30 Kidsbridge Mindfulness	<b>10</b> 	<b>11</b> 
<b>13</b> Indigenous People's Day <b>CENTER CLOSED</b> 	<b>14</b> 2:00 Panera Bread Distribution	<b>15</b> 5:00-6:30 Creative Creatures 5:00-6:30 Women's Support Group	<b>16</b> 	<b>17</b>	<b>18</b> 10:00-1:00 SW & NW Learn to change a Tire
<b>20</b> 5:00-6:30 Police Visit Activity	<b>21</b> 2:00 Panera Bread Distribution	<b>22</b> 5:00-6:30 PAB Bingo "Kavali" Guest Meeting	<b>23</b>	<b>24</b> <b>CENTER CLOSED</b>	<b>25</b> 
<b>27</b> 5:00-6:30 MAD Science	<b>28</b> 2:00 Panera Bread Distribution	<b>29</b> 	<b>30</b>	<b>31</b>  5:00-6:30 Reading Club	

Agata: (609) 960-4785  
Zhanna: (609) 960-4794  
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Heritage North Family Success Center  
**Open Hours:** Monday-Friday 9am-5pm  
Thursday: 9am-7pm

1554 Princeton Ave  
Trenton, NJ 08638

**We Speak:** English, Spanish, Polish, and Russian **Free Services for all**  
Open weekends by appointment **ONLY**

# October Activities

**NJ Family Care Applications:** Need help filling out the health insurance application? We can help!  
(635 South Clinton Ave Trenton, NJ 08611)

**Food Grab N GO:** In Collaboration with Arm in Arm and on the first Wednesday of every month. Must register-contact HNFSC staff.

**Panera Bread Distribution :** FREE!!!!  
Every Tuesday we distribute bread and pastries provided by our generous sponsor PANERA BREAD!

**Advocacy/Information and Referral:**  
Families are always welcome at our center to receive information about our programs, services, and support. We advocate for a families and provide resources.

**Reading Club:** Join us at the end of every month with your completed reading log to earn a spot on our star reader of the month board.

**WIC Applications:** We can assist with your WIC application and answer any questions you may have about your account, from eligibility and required documentation to benefit balances and approved foods.

**Mommy & Me:** Step into our lively mommy-and-me group where you and your little one will sing, dance, and play your way through learning shapes, colors, and numbers while

**Women's Support Group:** This group is led by our very own PAB member who is a professional and licensed psychologist. She challenges participants and leads them through complex conversations.

**PAB Bingo/ Kavali Guest Meeting:** Join us for a special PAB Meeting! This is a great opportunity to connect with other parents, discuss important center matters, and help shape our community.

**MAD Science:** Get ready to experiment and explore with our Mad Science Group! We're a club where kids can become real-life scientists and discover the incredible world of chemistry, physics, and biology through fun, hands-on activities.

**Kidsbridge Mindfulness:** We've teamed up with KidsBridge to offer a special group focused on mindfulness! This partnership brings together our shared commitment to supporting children's emotional well-being.

**Pregnancy Testing:** FREE & CONFIDENTIAL pregnancy testing is offered at our center. By Maternal /Child Health Program,

**Senior Food Box:** Collaboration with Mercer Street Friends Program. Once a month senior receive non perishable food items. Must Register-contact with HNFSC staff

**Creative Creatures:** Imagine turning simple objects like paper, pipe cleaners, and beads into a masterpiece! Whether you love to draw, sculpt, or just get your hands a little messy with glitter and glue, this is the perfect time to let your imagination soar.

**Police Visit Activity:** Join us for a special session with our local police officers! police officers will teach kids essential safety skills. This is a great opportunity for children to meet the officers who serve our community and ask questions!

**Learn to change a Tire:** you'll get hands-on experience and build the confidence to handle a flat tire yourself. This is a practical, no-frills workshop for adults who want to learn a critical life skill.

Thank you to all our community friends for their support:



Don't forget follow us on Facebook and Instagram @Heritage North Family Success Center