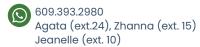


## September



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CENTER CLOSED	2:00 Panera Bread Distribution	3	5:00-6:30 Back to School	5	Open by appoinment
1	8	2:00 Panera Bread Distribution	Arm & Arm Food Distribution	11	5:00-6:30 Girl Scouts	13
1	5 10:00-2:00 NJ Family Care at SWFSC 10:00-2:00 WIC & Pregnancy Testing	2:00 Panera Bread Distribution	5:00-6:30 Creative Creatures 5:00-6:30 Women's Support Group	18	19	20
2	hillo	2:00 Panera Bread Distribution  11:00-12:30 Mommy + Me	24	25 11:00-1:00 Post Partum Group	5:00-6:30 Girl Scouts 5:00-6:30 Gather + Create	Open by appoinment
	29	Panera Bread Distribution 3:00-4:00 Reading Club		about child deve children's behav	tor Parenting & Child Developmen elopment and appropriate exp vior help parents see children es healthy development.	ectations for



Heritage North Family Success Center **Open Hours:** Monday-Friday 9am-5pm Thursday: 9am-7pm

Trenton, NJ 08638

2 1554 Princeton Ave We Speak: English, Spanish, Polish, and Russian Free Services for all Open weekends by appointment **ONLY** 



## September Activities



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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 exploring a variety of enriching activities.

<u>Creative Creatures:</u> Step into a world of imagination and creativity at our arts and crafts group, where children can explore various mediums and unleash their inner artists.

<u>Gather + Create:</u> This interactive group allows adult participants to dig into their artistry talents and engage with others.

Post Partum Group: In this postpartum support group, new mothers learn essential skills for navigating the challenges of motherhood while connecting with others who understand their journey.

<u>Pregnancy Testing:</u> 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

**Girl Scouts:** For girls ages 5 and up this group teaches them the importance of working together, and they enjoy their time making fun arts & crafts.

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

**Back to School:** Welcome your child to a fun back-to-school group where they'll learn how to get back into the routine of school!

Thank you to all our community friends for their support:















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