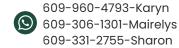


November 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8
CLOSED	5pm-7pm PAB Meeting	10am-12pm English Classes (FULL SPACES!)		10:30am-12:30pm Workshop: Let's learn to plan!	9am-1pm Services By Appointment Only
10 10am-1pm WIC & Pregnancy Testing (1554 Princeton Av.)	Happy Veterans Day **	12 10am-12pm English Classes (FULL SPACES!)	5pm-7pm Workshop: Warning Signs of Depression and Anxiety in Youth and Adolescents (ONLINE) 2pm-7pm NJ Family Care	14	
17	18	19	20	21	22
10am-1pm Fidelis Insurance Applications	5pm-6pm Ballet	10am-12pm English Classes (FULL SPACES!)	11am-1pm Food Distribution By Arm & Arm 5pm-7pm Breastfeeding Workshop		10am-12pm PAB Activity: Thanksgiving
	25 10am-12pm MYA 5pm-6pm Ballet	ZERE ZEO ZEO	Thanks (Giving)	Un an	CHILD DEVELOPMENT: derstanding how children grow, d behave, as well as kr renting strategies that support h



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635 S Clinton Av. Trenton NJ 08611 Wednesday: 9am-5pm

Monday: 9am-5pm Thursday: 11am-7pm Tuesday: 11am-7pm

Friday: 9am-5pm

CLOSED FOR LUNCH: 1pm-2pm

Saturday: Varies - Call for more info

November 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. NO MORE PLACES AVAILABLE!
- PAB Thanksgiving: The Parent Advisory Board (PAB) invites you to celebrate Thanksgiving together as a community! Come share gratitude, enjoy familyfriendly activities, and connect with others in a warm and joyful atmosphere. Everyone is welcome—let's give thanks together! You must register in advance.
- Workshop: Let's Learn to Plan!: Let's talk about personal and family finances! In this interactive workshop, we'll learn simple tools to organize our budgets, save with purpose, and make thoughtful financial decisions. Together, we'll explore how to build a legacy of financial organization and confidence that our children can inherit and carry into the future.
- · Workshop: Warning Signs of Depression and Anxiety in Youth and Adolescents: A space for parents and caregivers to learn how to recognize early signs of depression and anxiety in their children. We'll discuss emotional and behavioral changes that may signal concern and share practical strategies to offer support at home and know when to seek professional help. Only ONLINE.

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 our location (635 S Clinton Av.).

Fidelis Care Help Available: Looking for affordable health insurance? A Fidelis Care representative is available this month to help with sign-ups, renewals, and guestions. 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:







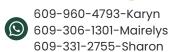


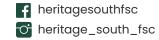


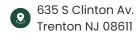












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