

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

3  WE'RE CLOSED	4 5pm-7pm PAB Meeting	5 10am-12pm English Classes (FULL SPACES!)	6 	7 10:30am-12:30pm Workshop: Let's learn to plan!	8 9am-1pm Services By Appointment Only
10 10am-1pm WIC & Pregnancy Testing (1554 Princeton Av.)	11  <i>Happy Veterans Day</i> ★★	12 10am-12pm English Classes (FULL SPACES!)	13 5pm-7pm Workshop: Warning Signs of Depression and Anxiety in Youth and Adolescents (ONLINE) 2pm-7pm NJ Family Care	14 	
17 10am-1pm Fidelis Insurance Applications	18 5pm-6pm Ballet 	19  10am-12pm English Classes (FULL SPACES!)	20 11am-1pm Food Distribution By Arm & Arm 5pm-7pm Breastfeeding Workshop	21 	22 10am-12pm PAB Activity: Thanksgiving 
	25 10am-12pm MYA 5pm-6pm Ballet	26  WE'RE CLOSED	27 <i>Happy Thanksgiving</i>	28  WE'RE CLOSED	

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.



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

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 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. NO MORE PLACES AVAILABLE!
- **PAB Thanksgiving:** The Parent Advisory Board (PAB) invites you to celebrate Thanksgiving together as a community! Come share gratitude, enjoy family-friendly 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**.

 **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 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 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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