

# 2025 December

**Monday**



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

 <b>1</b> <b>10:30am-12pm</b> Let's decorate our house! Children up to 5 years old	<b>2</b> <b>5pm-7pm</b> PAB Meeting 	<b>3</b> <b>10am-12pm</b> English Classes (FULL SPACES!) 	<b>4</b> <b>5pm-6pm</b> Ballet (FULL SPACES!) <b>5pm-7pm</b> Breastfeeding Workshop	<b>5</b> 	<b>6</b> <b>10am-12pm</b> PAB Activity: Christmas Party!
<b>8</b> <b>10am-1pm</b> WIC & Pregnancy Testing (1554 Princeton Av.) <b>10am-1pm</b> Fidelis Insurance Applications	<b>9</b> <b>10am-12pm</b> MYA 	<b>10</b> <b>10am-12pm</b> English Classes (FULL SPACES!)	<b>11</b> <b>5pm-7pm</b> Painting with Sharon! Children aged 6 to 12		
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b> <b>11am-1pm</b> Food Distribution By Arm & Arm 		
<b>22</b>	<b>23</b>	<b>24</b> 	<b>25</b> 	<b>26</b> 	
<b>29</b> 	<b>30</b>	<b>31</b> 			



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


# December 2025 Activities and Services

- **PAB Activity: Christmas Party!:** Let's celebrate the holiday season together! Join us for our Christmas Party filled with fun, laughter, music, and crafts for the whole family. A great opportunity to share joy, create memories, and close the year with your Heritage South family. Registration required.
- **Painting with Sharon!:** Children aged 6–12 can explore their creativity through painting. Guided by Sharon, they'll enjoy expressing themselves while making colorful and festive artwork to take home.
- **Let's Decorate Our House!:** Join us to decorate our office with the Christmas tree, lights, and ornaments while enjoying festive music and delicious homemade hot chocolate. This activity is for children up to 5 years old — a lovely way to share joy and welcome the holiday season together!
- **Ballet (FULL):** Our fun beginner dance class for children ages 3 to 8 is currently full. Don't worry — a new group will begin in January 2026 so more little dancers can join the fun and explore movement, rhythm, and confidence!
- **PAB Meeting:** Be the voice of your community! Join other parents and caregivers to plan family events, share ideas, and help strengthen our center. Together, we make a difference!
- **Breastfeeding Workshop:** A supportive space for moms and moms-to-be to learn about the benefits of breastfeeding, get practical tips, and connect with professionals and other mothers. A workshop full of encouragement and empowerment.
- **English Classes (FULL):** Our English learning group is currently full, but stay tuned for new openings in 2026! A welcoming space to improve your communication skills for everyday life and work.
- **MYA Meeting (Mujeres y Amigas):** A space for women to connect, relax, and support each other. Join us for friendly conversations, laughter, and mutual encouragement in a warm, welcoming environment.


## 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 Av.**) 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 FSC Heritage North: (1554 Princeton 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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