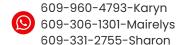


# December 2025



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30am-12pm Let's decorate our house! Children up to 5 years old	<b>2 5pm-7pm</b> PAB Meeting	3 10am-12pm English Classes (FULL SPACES!)	5pm-6pm Ballet (FULL SPACES!) 5pm-7pm Breastfeeding Workshop	5	10am-12pm PAB Activity: Christmas Party!
8 10am-1pm WIC & Pregnancy Testing (1554 Princeton Av.) 10am-1pm Fidelis Insurance Applications	9 10am-12pm MYA	10 10am-12pm English Classes (FULL SPACES!)	5pm-7pm Painting with Sharon! Children aged 6 to 12	0.00	KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT: Understanding how children grow, learn, and behave, as well as knowing
15	16	17	110m 1nm	19	parenting strategies that support healthy development at each stage. This builds parents' confidence and skills.
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29	30	31 * * * * * *	Monday: Qam Enm. Th	puradov: 11om 7nm	ees



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635 S Clinton Av. Trenton NJ 08611 Monday: 9am-5pm Tuesday: 11am-7pm Wednesday: 9am-5pm Thursday: 11am-7pm Friday: 9am-5pm

CLOSED FOR LUNCH: 1pm-2pm

Saturday: Varies - Call for more info

# **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**

- 6 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:







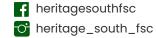


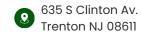




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