

609-331-2755-Sharon

2026 January





Wednesday: 9am-5pm

Saturday: Varies - Call for more info

Trenton NJ 08611

January 2026 Activities and Services

- PAB Activity Three Kings Day: Join us to celebrate Three Kings Day with fun activities for families. We'll have crafts, storytelling, and special moments to enjoy this beloved tradition together in our community.
- Painting with Sharon: Children ages 5 to 11 can explore their creativity while painting colorful and fun artwork with Sharon's guidance. An artistic space to express themselves and take their creation home.
- STEM: An educational activity where children can explore science, technology, engineering, and mathematics through hands-on projects and simple experiments. Learn while having fun!
- Artistic Gymnastics: Fun and active artistic gymnastics classes, specially designed for girls ages 6 to 9. A safe space to develop strength, flexibility, coordination, and confidence through basic exercises and routines.
- **KinderSmile Documentary:** Join us for a screening of a special documentary presented by KinderSmile. An educational experience that promotes oral health and family well-being.
- Ballet: A new cycle begins in January! Our joyful beginner dance class, for children ages 3 to 8, helps little ones explore rhythm, movement, and body expression while having fun.
- PAB Meeting: Be the voice of your community. Join other parents to share ideas, plan events, and strengthen our center. Together, we make a difference!
- English Classes: A safe and friendly space to learn and practice English useful for daily life and work. We look forward to continuing to grow with you in the new year!
- MYA (Mujeres y Amigas) Meeting: A welcoming space for women in the community to connect, talk, and support each other. A time to relax, share, and strengthen bonds.

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 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

La 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:











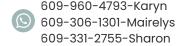


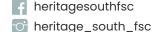




CLOSED FOR LUNCH: 1pm-2pm









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

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