

2026 January

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday


 <p>5</p>	 <p>6</p>	<p>7</p>	<p>1</p> <p>HAPPY NEW YEAR</p>	<p>2</p> <p>WE'RE CLOSED</p>	<p>3</p> <p>9am-1pm Services By Appointment Only</p>
<p>12</p> <p>10am-1pm WIC & Pregnancy Testing (1554 Princeton Av.)</p>	<p>6</p> <p>5pm-7pm PAB Meeting</p>	<p>7</p> <p>10am-12pm English Classes</p>	<p>8</p> <p>5pm-6pm Gym</p>	<p>9</p>	<p>10</p>
<p>12</p> <p>10am-1pm WIC & Pregnancy Testing (1554 Princeton Av.)</p>	<p>13</p> <p>5pm-6pm Ballet</p>	<p>14</p> <p>10am-12pm English Classes 2pm-3:30pm Free Vaccines</p>	<p>15</p> <p>2:30pm-6:30pm NJ Family Care 5pm-7pm STEM</p>	<p>16</p>	<p>17</p> <p>10am-12pm PAB Activity: Three Wise Men</p>
<p>19</p> <p>NEWS</p> <p>MLK DAY</p>	<p>20</p> <p>10am-12pm KinderSmile Documentary 10am-1pm Fidelis Insurance Applications</p>	<p>21</p> <p>10am-12pm English Classes</p>	<p>22</p> <p>11am-1pm Food Distribution By Arm & Arm 5pm-6pm Gym</p>	<p>23</p> <p>10am-12pm MYA</p>	
<p>26</p>	<p>27</p> <p>5pm-7pm Painting with Sharon! Children aged 5 to 11</p>	<p>28</p> <p>10am-12pm English Classes</p>	<p>29</p> <p>5pm-7pm STEM</p>	<p>30</p>	<p>CHILD SOCIO-EMOTIONAL COMPETENCE: Children's skills to recognize and manage emotions, relate to others, and solve problems positively.</p>


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

-  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:



609-960-4793-Karyn
609-306-1301-Mairely
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