



# January

Monday

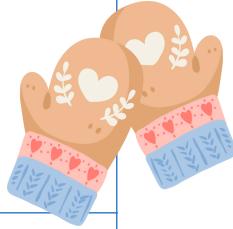
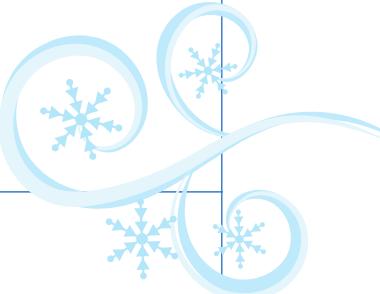
Tuesday

Wednesday

Thursday

Friday

Saturday

<p><b>Protective Factor</b> Knowledge of Parenting &amp; Child Development: Information about child development and appropriate expectations for children's behavior help parents see children in a positive light and promotes healthy development.</p>			1  <b>HAPPY NEW YEAR</b> CENTER CLOSED	2 5:00-6:30 Girl Scouts	3
5 4:00-5:00 4-H Film Making Workshop 	6 2:00 Panera Bread Distribution  11:00-1:00 Playroom Open	7 Arm & Arm Food Distribution 	8	9 	10 
12 10:00-2:00 NJ Family Care 635 S Clinton Ave 10:00-2:00 WIC & Pregnancy Testing 5:00-6:00 4-H Film Making Workshop	13 2:00 Panera Bread Distribution  11:00-1:00 Playroom Open 	14 5:00-6:30 Women's Support Group  5:00-6:30 Creative Creatures	15	16	17 Open by appointment
19  <b>MLK -DAY-</b> CENTER CLOSED	20 2:00 Panera Bread Distribution  11:00-1:00 Playroom Open	21 	22 5:00-6:30 Creative Creatures	23	24 
26 	27 2:00 Panera Bread Distribution  11:00-1:00 Playroom Open	28	29	30 3:00-4:30 Reading Club	31



609.393.2980  
Agata (ext.24), Zhanna (ext. 15)  
Jeanelle (ext. 10)



Heritage North Family  
Success Center  
Open Hours: Monday-  
Friday 9am-5pm  
Thursday: 9am-7pm



1554 Princeton Ave  
Trenton, NJ 08638

**We Speak:** English, Spanish, Polish, and Russian Free Services for all

Open weekends by appointment ONLY

# November Activities

**NJ Family Care Applications:** Need help filling out the health insurance application? We can help! (635 South Clinton Ave Trenton, NJ 08611)

**Food Grab N GO:** In Collaboration with Arm in Arm and on the first Wednesday of every month. Must register-contact HNFSC staff.

**Panera Bread Distribution:** FREE!!!! Every Tuesday we distribute bread and pastries provided by our generous sponsor PANERA BREAD!

**Advocacy/Information and Referral:** Families are always welcome at our center to receive information about our programs, services, and support. We advocate for a families and provide resources.

**Reading Club:** Join us at the end of every month with your completed reading log to earn a spot on our star reader of the month board.

**WIC Applications:** We can assist with your WIC application and answer any questions you may have about your account, from eligibility and required documentation to benefit balances and approved foods.

**Creative Creatures:** Step into a world of imagination and creativity at our arts and crafts group, where children can explore various mediums and unleash their inner artists.

**4-H Film Making Workshop:** Join our 8 session 4-H Filmmaking Workshop where kids will create their own movie—filming a new part each session—and celebrate with a special screening of their finished film at the end!

**Playroom Open:** Come enjoy a welcoming space where kids can play, explore, and have fun while adults relax, connect, and chat nearby. The playroom is open for free play, creativity, and community . A perfect spot to spend some quality time together.

**Pregnancy Testing:** FREE & CONFIDENTIAL pregnancy testing is offered at our center. By Maternal /Child Health Program,

**Senior Food Box:** Collaboration with Mercer Street Friends Program. Once a month senior receive non perishable food items. Must Register-contact with HNFSC staff

**Girl Scouts:** For girls ages 5 and up this group teaches them the importance of working together, and they enjoy their time making fun arts & crafts.

**Women's Support Group:** This group is led by our very own PAB member who is a professional and licensed psychologist. She challenges participants and leads them through complex conversations.



**Thank you to all our community friends for their support:**

**Don't forget follow us on Facebook and Instagram @Heritage North Family Success Center**