

2026 February

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

| 2 | 3 | 4 | 5 | 6 | 7 |
|--|--|------------------|--|---|---|
| | 5pm-7pm PAB Meeting | 10am-12pm ESL | 11am-12pm Nutrition Workshop By Zoom 5pm-6pm Gymnastics |  | 9am-1pm Services By Appointment Only |
|  9 | 10 | 11 | 12 | 13 | 14 |
| 10am-1pm WIC & Pregnancy Testing (1554 Princeton Av.) | 5pm-6pm Ballet | 10am-12pm ESL | 11am-12pm Nutrition Workshop By Zoom 4:30pm-7pm Movie night | | |
| 16 | 17 | 18 | 19 | 20 | 21 |
|  <i>Happy President's Day</i> | 5pm-6pm STEM | 10am-12pm ESL | 11am-1pm Food Distribution By Arm & Arm 11am-12pm Nutrition Workshop By Zoom 5pm-6pm Gymnastics | 10am-12pm MYA | 10am-12pm Services By Appointment Only |
| 23 | 24 | 25 | 26 | 27 | |
| | 10am-1pm Fidelis Insurance Applications 5pm-6pm STEM | 10am-12pm ESL | 11am-12pm Nutrition Workshop By Zoom 5pm-7pm Breastfeeding Classes | 5pm-7pm Painting with Sharon! Children aged 7 to 11 | |

**CHILD SOCIO-EMOTIONAL
COMPETENCE:**

Children's skills to recognize and manage emotions, relate to others, and solve problems positively.



609-960-4793-Karyn
609-306-1301-Mairelyn
609-331-2755-Sharon



heritagesouthfsc
hs_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

February 2026 Activities and Services

- **Nutrition Workshop:** Learn to prepare healthy and delicious meals for your family. This workshop will be held every Thursday during the months of February and March. **ONLY BY ZOOM.**
- **Painting with Sharon:** Children ages 7 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 8. A safe space to develop strength, flexibility, coordination, and confidence through basic exercises and routines.
- **Ballet:** Our joyful beginner ballet class, for girls 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!
- **ESL:** 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.
- **Breastfeeding Workshop:** A supportive space for moms and moms-to-be. Learn about the benefits of breastfeeding, helpful techniques, and receive guidance from professionals. Feel empowered and connected on your breastfeeding journey.

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 Heritage North Location (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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