FAMILY SUCCESS CENTER
HERITAGE SOUTH

November 2026

The Children's Home Society OF NEW JERSEY®

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	**3**	**4** **10am-12pm** English Classes	**5** **5pm-7pm** PAC Meeting	**6** **11am-1pm** Project Meducate: Adult Obesity	**7**
9 **10am-12pm** Teen Speak VIRTUAL	**10** **5pm-6pm** Ballet	**11** WE'RE CLOSED VETERANS DAY	**12** **5pm-7pm** Breastfeeding Workshop	**13**	**14** **10am-1pm** Navi-Giving: Thanksgiving & Christmas Party
16 **10am-12pm** Teen Speak VIRTUAL	**17** **5pm-6pm** Aguja al Rescate: Sewing for beginners! **5pm-6pm** STEM	**18** **10am-12pm** English Classes	**19** **2:30pm-4:30pm** Food Distribution By Arm & Arm **2:30pm-6:30pm** NJ Family Care	**20** WE'RE CLOSED	**21**
23 **10am-12pm** Finances Workshop **VIRTUAL**	**24** **10:30am-12pm** MYA Meeting **5pm-6pm** STEM **5pm-6pm** Aguja al Rescate: Sewing for beginners!	**25** **10am-12pm** English Classes	**26** Happy Thanksgiving	**27** WE'RE CLOSED	
30					

KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT:
Understanding how children grow, learn, and behave, as well as knowing parenting strategies that support healthy development at each stage. This builds parents' confidence and skills.

609-960-4793-Karyn
609-306-1301-Mairelys
hs_fsc
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

November 2026 Activities and Services

- **Ballet:** Join other children in the community in this beginner dance class. Girls ages 3 to 8 are welcome! Contact us for more information.
- **PAC Meeting**: Be the voice of your community! Join a group of parents and guardians committed to supporting our programs and making a positive impact. Share your ideas, help plan events, and connect with other families. If you'd like to get involved or learn more, contact us today!
- **Navi-Giving: Thanksgiving & Christmas Celebration:** Join us in kicking off the holidays by bringing gratitude and festive cheer together! Families will enjoy traditional food, interactive activities, music, and special moments to give thanks as a community. (Pre-registration required).
- **MYA Meeting:** Mujeres y Amigas (MYA) is a welcoming group of women from our community who gather once a month to enjoy activities and create meaningful connections. It's a special space to relax, share experiences, and build lasting friendships with women who truly understand and support each other.
- **STEM for Kids with 4-H**: Explore science, technology, engineering, and math through fun, hands-on activities! Designed to inspire creativity, problem-solving, and a love for learning in students from 3rd to 8th grade.
- **Aguja al Rescate – Sewing for beginners!:** A basic workshop for beginners where you will learn how to hem, sew on buttons, and repair your clothes quickly and easily.
- **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.
- **English Classes:** A space to learn and practice English in a simple way, useful for daily life and work.
- **Finances Workshop:** Learn how to build good credit step by step and secure your financial future! Discover what credit is and why it is so important.
- **Project Meducate - Adult Obesity:** An interactive health workshop focused on understanding adult obesity, preventing risk factors, and adopting accessible nutrition and wellness habits for everyday life.

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

🩺**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.). BY APPOINTMENT ONLY.**

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:

Panera Bread · Fidelis Care · ArmInArm better together · NJ FamilyCare Affordable health coverage. Quality care. · 4-H connects kids with RUTGERS www.RUinto4H.org · Project Meducate · WIC Women, Infants & Children · The Children's Home Society of New Jersey · Operation Hope · Literacy NJ

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