

# 2026 October

Monday

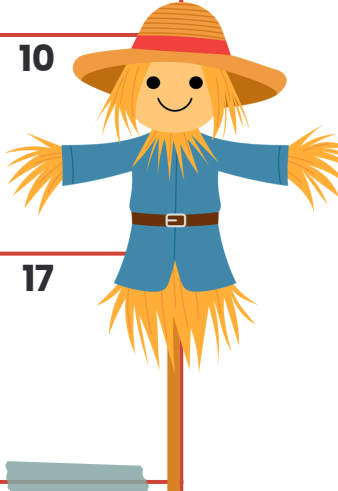
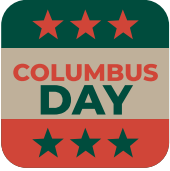
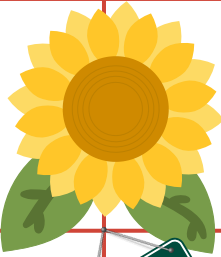
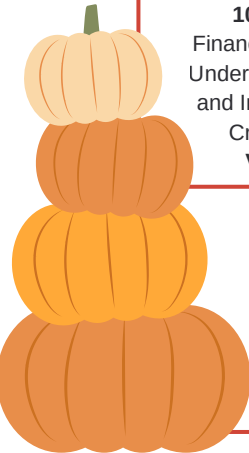
Tuesday

Wednesday

Thursday

Friday

Saturday

|                                                                                                                       |                                                                                                               |                                                                                                                                                                                                           |                                                                                                                                     |                                                                                                                                                                                 |                                                                                                                                                                                                                                                                 |
|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                       |                                                                                                               |                                                                                                                                                                                                           | 1<br>                                             | 2                                                                                                                                                                               | 3<br>9am-11am<br>PAC Meeting                                                                                                                                                                                                                                    |
| 5<br>                                | 6<br>5pm-6pm<br>STEM<br>5pm-6pm<br>Aguja al Rescate:<br>Sewing for beginners!                                 | 7<br>10am-12pm<br>English Classes<br>11am-12pm<br>Caricias que unen: Baby<br>massage workshop for<br>0-1 year olds                                                                                        | 8<br>5pm-6pm<br>Ballet                                                                                                              | 9<br><br> | 10<br>                                                                                                                                                                      |
| 12<br>                              | 13<br>5pm-6pm<br>Ballet<br> | 14<br>10am-12pm<br>English Classes<br>11am-12pm<br>Caricias que unen: Baby<br>massage workshop for<br>0-1 year olds<br> | 15<br>2:30pm-4:30pm<br>Food Distribution<br>By Arm & Arm                                                                            | 16                                                                                                                                                                              | 17                                                                                                                                                                                                                                                              |
| 19<br>10am-12pm<br>Finances Workshop:<br>Understanding Credit<br>and Improving Your<br>Credit Score<br><b>VIRTUAL</b> | 20<br>5pm-6pm<br>STEM<br>10:30am-12pm<br>MYA Meeting<br>5pm-6pm<br>Aguja al Rescate:<br>Sewing for beginners! | 21<br>10am-12pm<br>English Classes<br>11am-12pm<br>Caricias que unen: Baby<br>massage workshop for<br>0-1 year olds                                                                                       | 22<br>5pm-7pm<br>Breastfeeding<br>Workshop<br> | 23                                                                                                                                                                              | <b>KNOWLEDGE OF PARENTING AND<br/>CHILD DEVELOPMENT:</b><br>Understanding how children grow, learn,<br>and behave, as well as knowing<br>parenting strategies that support healthy<br>development at each stage. This builds<br>parents' confidence and skills. |
| 26<br>                               | 27<br>4:30pm-6:30pm<br>Painting with Sharon<br>Children aged 6 to 12                                          | 28<br>10am-12pm<br>English Classes                                                                                                                                                                        | 29<br>4pm-6pm<br>Trick or Treat<br>            | 30                                                                                                                                                                              |                                                                                                                                                                                                                                                                 |

**H A L L O W E E N**

# October 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!
- **Trick or Treat:** Let's celebrate this fun tradition together! Get your best costume ready and join us for an afternoon full of candy, laughter, and community joy. A safe and magical space for our little ones to enjoy to the fullest!
- **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.
- **Caricias que unen: Baby massage workshop for 0-1 year olds:** A relaxing and calming space to connect with your baby through the power of gentle touch.
- **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 – Understanding Credit and Improving Your Credit Score:** Learn how to build good credit step by step and secure your financial future! Discover what credit is and why it is so important.

## 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 Ave**) 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 (1554 Princeton Ave).**

 **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-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