EVERYTHING IS FREE & OPEN TO ALL!





				4		1-12-03	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRUAY	SATURDAY	
V	11:00am-5:00pm	11:00am-5:00pm	11:00am-5:00pm	10:00am-6:00pm	11:00am-5:00pm	Hours Vary	
	Like us on		1 Both Workshops	2	3 GED CLASS	4	
		A A	Every Wednesday	Veteran's	Every Friday 11am-1pm		
			GED 11am-1pm	Breakfast	One Stop for	Closed	
			Sewing	Di daki da d	Employment and		
			with Seamz	7/	Training		
			3pm-5pm	11:30am - 1:30pm	12:00pm- 3:00pm		
y	6	7 Family	8	9	10	11	
-	Aunty's House	Painting!		Gardening with	After School	Mother's Day	
	Autism Support	Fairting!		Kendrin	Tutoring	Appreciation Brunch	
	Group)		Time!		
1	1012					*OFFSITE*	
	3:30pm-5:00pm	3:00pm-4:30pm		3:30pm-4:45pm		11:00am- 1:30pm	
		14 Qigong (Tai Chi)	15	16 Family	17 JOB	18	
	Parent	*Hybrid*		Cooking Class	01110		
		12:30pm- 1:30pm			One Stop for Employment and		
-	Café	Diabetes		"Bean BLT Burgers"	Training	Closed	
1	V	Prevention					
	3:30pm- 4:30pm	3:30pm-4:30pm		4:30pm- 5:30pm	12:00pm-3:00pm		
	20		22	23 /	24	25	
	Aunty's House	Financial Planning		Momon's Lunch	After School		
	Autism Support	for Success		Women's Lunch	Tutoring		
Y	Group	Part 3 of 3	la	"Healthy Me"	Time!	Closed	
1	New	raic 3 01 3	28				
	3:30pm-5:00pm	3:30pm-4:30pm		1:00pm-2:00pm	3:45pm-4:45pm		
	27 HADDY	28	29	30	31		
	HAPPY Memorial	Diabetes					
	Vemouut	Prevention		MANAU			
	Jay >						
	CLOSED	3:30pm-4:30pm		4:30pm - 5:30pm			
	Registration is Required for ALL Giveaways & Workshops!!						
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201 Melrose Ave - Unit 3 Atlantic Citu. New Jerseu

Phone: 609-236-8800

WHAT'S HAPPENING THIS MONTH?

Parent Cafe

Parent Café is a warm, safe environment for families to enjoy peer to peer interaction, refreshments, giveaways, and opportunities to explore family strengths and enhance child development.

<u>Aunty's House Autism Support Group</u>

Join Tymeka & Latoya to discuss your special needs kids. Share experiences, information, resources, support, and lots of Love!

Sewing With Seamz

Are you ready to create? Want to learn how to sew? Come on down, learn basic sewing, and create an amazing sewing project with Ms. Rachel.

<u> Qigong (Tai-Chi)</u>

Learn breathing techniques, stretches and gentle flowing movements to learn to keep the Qi (life force All fitness levels welcome

Financial planning for success

Join Ocean First bank for these three sessions that will cover budgeting, crediting, personal finance and more.
Families that attend ALL 3 sessions will receive a stipend of \$125.00 **MUST COMPLETE ALL SESSIONS**

Family Cooking Class

exciting cooking class where we will be making a variety of healthy food with Chef Ecstasy.

Healthy Me Women's Lunch

Ladies lets indulge in healthy conversations about high blood pressure! Come and enjoy some lunch, giveaways, and much more! Lunch and topics provided by Jean Rose from SNJPC!

Veteran Appreciation Brunch

We are so grateful to have all of our amazing community Veterans! We wish to Thank You for your service with a breakfast just for you!

Family paint

Families get ready to have fun and join us for a paint session with the Noyes Arts Garage!

GED CLASS

We have partnered with Atlantic Cape Community College & One Stop for GED classes to help you pass the state exam! We know you can do it and we are here to support you!

Mother's Day Brunch (OFF&ITE) Atlantic cape community COLLEGE IN ATLANTIC CITY

Join NJ4S & Oceanside I at Atlantic Cape Community College for a wonderful Mother's Day event. Moms and families will enjoy brunch, learn healthy tools and techniques for self-care, pampering, fun family activities, and more!

