Mon, Wed, Thurs & Fri 11-5 pm Tues 10-6 pm One Saturday by Appointment Only



157 W Main St Penns Grove, NJ 08069 856-517-0029 riverviewfsc@gmail.com

https://riverviewfsc.org

MON	TUE	WED	THU	FRI	SAT
l Bingo 3pm	2 Start of Summer Celebration 3pm	3	4 ** <b>4th</b> ************************************	5	6 Like us on facebook @ Riverview Family Success Center
8	9 Community Health Needs Assessment 3pm	10	11	12	13 Office Hours By Appointment Only
15 Quick & Easy Root Beer Floats 3pm	16 Financial Flipping 1pm-3pm	17 RESCUE Narcan Giveaway 1pm-3pm	18 Southwest Council: Body Image	19 Volunteer Interest Meeting 2 pm	20
22 Bingo 3pm	23 <sub>Guided</sub> Journaling 1pm-3pm Loteria 4pm	24 Pregnancy & Smoking Mom's Quit Connection 1pm	25 CFF: Communication & Self- Awareness 1pm	26 PCAB Interest Meeting 2 pm	27
29 Family Night: Pizza & Puzzles 3pm	30 Mad Science with Girl Scouts 4pm	31	JULY IS NATIONAL MINORITY MENTAL HEALTH AWARENESS MONTH!		

2024

# EVERYTHING IS FREE & OPEN TO ALL!!

### Please call or email to learn more about other activities not listed.

# Highlights

How Do You Register for Programs? Go to Our Facebook Page or Call 856-517-0029

#### **Start of Summer Celebration**

School's out and the start of Summer is upon us! Join us for some fun!

**Pregnancy & Smoking** 

Rayza Michelen from Mom's Quit Connection will be doing a presentation on pregnancy and smoking.

#### **Quick & Easy Root Beer Floats**

Join us a we make this refreshing treat! You will also decorate your very own mug to use at another time.

#### **Community Health Needs Assessment**

Your voice matters! Join The Rutgers-Camden Walter Rand Institute for a Focus Group Conversation! Registration Required

> Family Night: Pizza & Puzzles

#### Join us for Pizza & Puzzles

**Volunteer Interest Meeting** 

BECOME A VOLUNTEER! WE NEED YOU, YES YOU! That moment when you forget you're volunteering to help change lives because it's changing yours! MAKE A DIFFERENCE, GET INVOLVED! We are always looking for new volunteers! We appreciate every helping hand we can get!

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**Guided Journaling** 

Learn how to use journaling to explore your thoughts, feelings, and values.

Mad Science with Girl Scouts

Do you have a budding Scientist at home? Join us for Mad Science Tuesday where curiosity meets creativity, and science becomes an adventure.

#### **Financial** Flipping

This workshop includes financial basics covering topics such as budgeting and money management geared towards teens and adults.

Southwest Council: Body Image

Body image is how you see and feel about your body and its shape. Learn how body image affects your health and well-being, and how to improve it with positive or neutral attitudes.

#### **PCAB Interest Meeting**

The Parent/Community Advisory Board (PAB) serves as a voice for the community. Members promote center activities and services and work collaboratively with the center director/supervisor to ensure that services and activities are reflective of the community needs and interests. We are always looking for new Board members!

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## Navigator Exchange 11 am-3 pm EVERY WEDNESDAY

The Affordable Care Act (ACA) helps uninsured and eligible people in New Jersey access quality, affordable healthcare.

If you need in-person assistance to review your options, A Navigator from Center For Family Services will be available on Wednesdays from 11a-3p

#### Lotería

Learn the history, rules and benefits of Lotería, a popular Spanish game of chance that supports language learning. Food, Fun & Prizes

#### CFF: Communication & Self-Awareness

Explore how self-awareness plays a crucial role in enhancing communication skills

> We're always looking for new volunteers! Lead an activity, help us set up an event, help others in your community and have FUN with us!

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