

**Hours**

Monday 11a-5p

Tuesday 11a- 6p

Wednesday 11a-5p

Thursday 11a - 5p

Friday 11a -5p

Saturdays by appointment  
only

# JANUARY 2024









BIRDSEYE



[birdseyefsc@gmail.com](mailto:birdseyefsc@gmail.com)



Call Us at **856-517-9100**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  <b>HAPPY New Year</b>	2	3 New Year Goals Activity <b>3:30pm - 4:30pm</b>	4 January Mural Activity <b>4:00pm - 5:00pm</b>	5	6 By Appointment Only
8  <b>3:45pm - 4:45pm</b>	9 Tasty Tuesday <b>Apple Donuts 4:30pm - 5:30pm</b> <i>Brain Injury &amp; Mental Health Webinar 2pm - 3pm</i>	10 South Jersey Gas & Atlantic City Electric Presentation <b>4pm - 5pm</b>	11 Kahoot Night <b>*Dinner Provided*</b> <b>4:00pm - 5:00pm</b>	12 Zentangle Patterns <b>3:30pm - 4:30pm</b>	13
15  	16 Tobacco 101 Presented by the SNJPC <b>4pm - 5pm</b>	17 Giving Thanks to Soldiers <b>3:30pm - 4:30pm</b>	18	19 Sparkly Snow Flake Activity <b>3:30pm - 4:30pm</b>	20
22  <b>3:45pm - 4:45pm</b>	23 Connecting NJ Prenatal Yoga <b>5pm - 6pm</b>	24 NJ4S Social Media Parent Presentation <b>4pm-5pm</b>	25 Parent Cafe Presented by Rutgers U <b>5pm - 6pm</b>	26 NJ4S Friendship Goals <b>4pm-5pm</b>	27
29 Sound Therapy Presented by Ravenwood Farms <b>3:30pm - 4:30pm</b>	30	31 Job Readiness Presentation <b>12pm - 1pm</b>			

Visit our Website @ [Birdseyefsc.org](http://Birdseyefsc.org)

Find Us On Facebook @ **Bird's Eye Family Success Center**



## About Our Programs This Month

**Bingo** is for all ages and every player walks away with a prize!

**New Year Goals Activity** - Join us in making a craft while finding goals for yourself for 2024!

**January Mural Activity** - Start the new year by helping us create the first mural of 2024

**Tasty Tuesday: Apple Donuts** - Join us in this healthy treat by decorating slices of apples that look like donuts!

**Brain Injury & Mental Health Webinar** - Presentation by The Brain Alliance via Zoom.

**South Jersey Gas & Atlantic City Electric Presentation** - An in-person presentation on energy saving resources by South Jersey Gas & Atlantic City Electric.

**Kahoot Night** - Join us for our first Kahoot Night. This will be educational and fun for everyone! Prizes will be given out and dinner will be provided.

**Zentangle Patterns** - The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns.

**Tobacco 101 Presentation** - An in-person presentation by Rayza Michelen of the Southern New Jersey Perinatal Cooperative (SNJPC)

**Giving Thanks to Soldiers** - Join us in creating letters of encouragement to those in active-duty.

**Sparkly Snowflake Activity** - A fun creative activity using popsicle sticks, glitter, and more.

**Prenatal Yoga** - An in-person event by ConnectingNJ where all new and expectant mothers do yoga.

**Social Media Presentation** - An in-person presentation by the NJ4S on social media tips and tricks for families.

**Parent Cafe** - Join us and Ana Carvajal of RutgersU in a workshop event where parents will get together and talk on the theme 'Parents as Educators'

**Friendship Goals Presentation** - Join NJ4S on this presentation on friendship goals and how to maintain healthy relationship.

**Sound Therapy** - An in-person event by Dawn Mahalik of Ravenwood Farms where we will be learning breathing exercises and playing musical instruments for relaxation.

**Job Readiness Presentation** - An in-person event with Employment Coach Alliyah Harris from the Center for Family Services who will go over job readiness.

**We will be closed January 1st for New Years Day & January 15th for Martin Luther King Day**

