

OCTOBER 2019

WALK IN HOURS
Mon-Wed-Fri 11am-5pm
Tues & Thurs 11am-7pm
OPEN TO ALL &
ALWAYS FREE

Mon	Tues	Wed	Thurs	Fri	Sat
	1 Quit Smoking Group 5:30-6:30	2 Tots Of Fun: Poppin' Bubbles 11:00-12:00	3 Positive Parenting Part I 5:30-6:30 ----- Homework Helpers 5:00-6:00	4	5
7 Career Explorers 11:00-1:00	8 Positive Parenting Part II 5:30-6:30	9 Quit Smoking Assessments 11:00-2:00	10 "Bark" up a Conversation 5:30-6:30	11	12 Caramel Apple Taffy 11:00-1:00
14	15 Pictionary 5:30-6:30	16 Quit Smoking Group 11:00-12:00 ----- Tots Of Fun: Parachute Time 11:00-12:00	17 Homework Helpers 5:00-6:00	18 Fun With Legos! 3:00-4:00	19
21 Resume Tips 12:00-2:00	22 Gentle Yoga 5:45-7:00	23 Quit Smoking Group 11:00-12:00	24 Halloween Escape Room 5:00-7:00	25	26 Itsy Bitsy Spiders Costume Party 1:00-2:00
28	29 Get Fit 5:30-6:30	30 Quit Smoking Group 11:00-12:00	31 Show us your costume!!! Stop in for a treat!! 5:00-7:00	  Check us out on facebook @ Bird's Eye Family Success Center	



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CLASSES

POSITIVE PARENTING

Two part series. This class will address effective communication, positive discipline techniques, and give you skills to enhance your family life.

RESUME TIPS

Get help with you resume ! Templates and proof reading available .

CAREER EXPLORERS

Come in and check out the local job listings and hiring in our area. Assistance with job applications.

QUIT SMOKING GROUP

Learn about Inspira's free quit smoking program. We will be offering groups and assessments at the center. free tools to help you succeed!! Call for more information.

GENTLE YOGA

This class is designed for all fitness levels and taught by a certified yoga instructor. Come stretch and relax and get healthy both physically and mentally. 12 and up please.

HIGHLIGHTS

HALLOWEEN ESCAPE ROOM

Room 1: Learn to Dance with some real creatures in a dungeon! You'll have a howling good time at Igor's Dance Studio! Hurry, your team has 45 minutes to discover clues, solve puzzles, answer riddles, and manipulate contraptions in order to escape!

Room 2: A local dentist has plans to replace all trick-or-treating candy with toothbrushes. You have to destroy the petition or Dr Pearl E. White will remove all the children's teeth! Hurry, your team has 45 minutes to discover clues, solve puzzles, answer riddles, and manipulate contraptions in order to complete assigned tasks to ultimately unlock the door to escape Snapology!

Ages 8-12 only

Limited spots

Must Register!!

CARAMEL APPLE TAFFY

Come out and enjoy making tasty caramel apply taffies with the family.

"BARK" UP A CONVERSATION

Bring your favorite book and read to a therapy dog

FAMILY FUN

ITSY BITSY SPIDER COSTUME PARTY

Come to our party just for the little ones. Dress in your costume and dance, sing, play music and games.

Ages 0-7 please

TOTS OF FUN

Class for toddlers 0-4. We will focus on fun, developmental skills and socialization.

GET FIT!!

Punch, Kick, squat, & jump your way through 30 minutes of Cardio and then tone, tighten, and stretch for 30 minutes of yoga fusion style. This class= the best of both worlds!!

PICTIONARY

Bring the whole family for a fun game of pictionary!
Prizes will be given

**BE SURE TO CALL
AND REGISTER
856-517-9100**



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WWW.BIRDSEYEFSC.ORG

**EVERYTHING IS
FREE AND OPEN
TO ALL!!**