

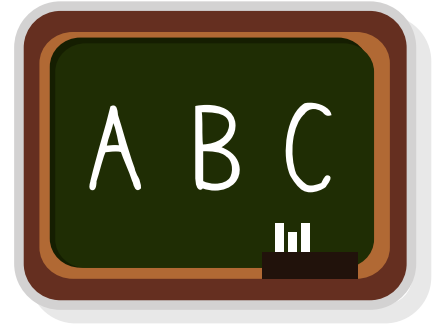
September 2019

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

| Mon | Tues | Wed | Thurs | Fri | Sat |
|---|---|--|---|---|--|
| 2 Sorry we're  | 3 Free Health Insurance Info. 11:00-4:00 Quit Smoking Group 5:30-6:30 | 4 Tots Of Fun: Play-Doh 11:00-12:00 | 5 | 6 | 7 Septemberfest All Day |
| 9 Career Explorers 11:00-1:00 | 10 LEGO Night 5:30-6:30 Quit Smoking Group 5:30-6:30 | 11 | 12 Fun With Fishing at Riverview Park 5:30-7:00 | 13 | 14 |
| 16 Veteran's Benefits 1:00-3:00 | 17 Break away from Emotional Eating 5:30-6:45 Quit Smoking Group 5:30-6:30 | 18 Tots Of Fun: Coloring 11:00-12:00 | 19 Open House CGS Youth Partnership 5:00-7:00 Gentle Yoga & Mediation 5:45-7:00 | 20 Sorry we're  | 21 Kahoot it! 11:00-12:00 |
| 23 Resume Tips 12:00-2:00 | 24 Get Fit 5:30-6:30 Quit Smoking Group 5:30-6:30 | 25 | 26 Sensory Corner 5:30-6:30 | 27 | 28 |
| 30 |  WELCOME BACK TO SCHOOL  | |  Check us out on facebook @ Bird's Eye Family Success Center | | |



September 2019



CLASSES

Resume Tips

GET HELP WITH YOUR 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.

Healthcare Navigator

SIGN UP FOR FREE HEALTH INSURANCE
OR STOP BY TO GAIN MORE
INFORMATION.

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.

HIGHLIGHTS

OpenHouse with
CGS Youth Partnership
COME AND JOIN US FOR AN OPEN
HOUSE WITH CGS YOUTH
PARTNERSHIP. FUN ACTIVITIES,
COOKING SESSIONS, FREE TRIPS
AND INFORMATION.

Break away from
Emotional Eating
UNDERSTAND AND REDEFINE YOUR
RELATIONSHIP WITH FOOD, TO
BECOME MINDFUL, AND TO
APPROPRIATELY DEAL WITH
EMOTIONAL AND COMPULSIVE
EATING.

Fun with Fishing
MEET AT THE RIVERVIEW PARK MAIN
PARKING LOT! LAST CLASS OF THE
SUMMER, COME OUT AND
FISH...SUPPLIES AVAILABLE IF
NEEDED.

Sensory Corner
COME MAKE NAME BRACELETS AS A
SENSORY AND FINE MOTOR SKILL!
LEARN WHAT SENSORY PROCESSING
MEANS AND WHAT SENSORY SEEKING AND
AVOIDANCE LOOKS LIKE!

FAMILY FUN

Kahoot It!!
TRIVIA DAY!! BRING THE WHOLE
FAMILY OUT AND YOUR DEVICES
TO PLAY SOME FRIENDLY
COMPETITIVE TRIVIA!!

Tots Of Fun
CLASS FOR TODDLERS 0-4. WE
WILL FOCUS ON FUN LEARNING
ACTIVITIES.

Get Fit!!
PUNCH, KICK, SQUAT, & JUMP YOUR
WAY THROUGH 30 MINUTES OF
CARDIO AND THEN TONE, TIGHTEN,
AND STRETCH FOR 30 MINUTES OF
YOGAFUSION STYLE. THIS CLASS=
THE BEST OF BOTH WORLDS!!

Gentle Yoga & Meditation

THIS CLASS IS DESIGNED FOR ALL
FITNESS LEVELS. COME STRETCH,
MEDITATE AND RELAX WITH OUR
CERTIFIED INSTRUCTOR

BE SURE TO CALL
AND REGISTER
856-517-9100

364 S. BROADWAY, PENNSVILLE
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WWW.BIRDSEYEFSC.ORG

EVERYTHING IS
FREE AND OPEN
TO ALL!!