

# February

Mon	Tue	Wed	Thu	Fri	Sat
	<i>Inter. ESL</i> Every Tues. 11-12:30	<i>Converse ESL</i> Every Wed. 11-12:30	<i>Beginner ESL</i> Every Thurs. 11-12:30		
		1	2 Black History Month Bingo 5:30-6:30p	3	4 <b>CLOSED</b>
6 Crochet Club 3:30-4:30p	7 GED Zoom 5-7p Stress Workshop 5:30-6:30	8 Homework Helpers 3:30-4:30p	9 Heart Healthy Cooking 5:30-6:30	10	11 <b>CLOSED</b>
13 Crochet Club 3:30-4:30p	14 GED 5-7p	15 Homework Helpers 3:30-4:30p	16 Republic Bank 'Bank On It' 5-6p	17	18 Computer Access 10-12p
20 Crochet Club 3:30-4:30p	21 GED Zoom 5-7p Jefferson: Heart Failure 5:30-7p	22 Homework Helpers 3:30-4:30p	23 NeighborFirst Housing Workshop	24	25 <b>CLOSED</b>
27 Crochet Club 3:30-4:30p	28 GED 5-7p			<b>Center Hours:</b> Mon & Wed: 11am-5pm Tues & Thurs: 11am-7pm Fri: 11am-3pm <a href="http://www.mosaicfsc.org">www.mosaicfsc.org</a>	



110 High St E, Glassboro NJ 08028

(856) 347-4338

fscgloucester@gmail.com

mosaicfsc.org

www.facebook.com/mosaicfamilysuccesscenter

www.instagram.com/mosaic\_fsc/

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Walk-Up Hours:  
Mon. & Wed.: 11-5  
Tues. & Thurs.: 11-7  
Fri.: 11-3

## Family Activities

**Black History Month Bingo:** The Bingo you know and love with a twist in celebration of Black History month!

**Cooking Matters-Heart Healthy:** Join us for another exciting cooking class with Nurse Robyn and NJ SNAP-Ed with a lesson on how the recipes relate to overall health. Come hungry!

## Always Available

**Computer Stations:** Stop in anytime we are open! Computers are always available for your use.

**Resources:** Call or come in for any resources.

**Volunteering:** Want to share your talents? Learn more about all the wonderful volunteer opportunities we have to offer at the center.

## Find Us | We're Social!



## Seminars/Classes

**Crochet Club:** Learn a new hobby while meeting others from the community! Open to all skill levels, all supplies provided!

**GED:** Literacy NJ will hold a GED class every Tuesday for 6 weeks. Registration is required.

**ESL Classes:** English class for beginner, intermediate, and advanced level students. Stop in and check it out!

**Homework Helpers:** Weekly homework help for students grade K-5. Registration required.

**Jefferson Presentation:** Jefferson Health will be giving a presentation on heart failure. Presentation will be in Spanish.

## Center Highlights

**STRESS & ANXIETY WORKSHOP:** Jaqueline Adams MSW, LSW will be teaching participants about fear and anxiety and how to cope with it! This month's focus: Validating your fears and anxiety.

**Republic Bank 'Bank on It':** A representative of Republic bank will be here to give you all the nitty-gritty details about banking and keeping your money safe!

**NeighborFirst Housing Workshop:** A representative from Ocean First Bank will be here to tell you about their affordable housing program with potential grants up to \$20,000!

**\*Registration is Required for Giveaways & Workshops!\***

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