Oceanside II Family Success Center 3201 Atlantic Avenue, Atlantic City, NJ 08401 609-594-4990

atlanticoceanside2@gmail.com oceanside2fsc.org facebook.com/oceanside2familysuccesscenter instagram.com/oceanside2 fsc/

March 2024

<u>Center is open:</u> Mon., Wed., Thur. & Fri.: 11-5 Tue.: 11-7 Select Saturday

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MON.	TUES.	WED.	THURS.	FRI.	SAT.
Every Monday and Wednesday! ESL Level 2 classes 11-1 EVERYTHING IS FREE & OPEN TO ALL!			Staff Professional Development Day CLOSED	2 CLOSED	
4 <u>Healthy Eating on a</u> <u>Budget</u> 2:30-3:30	5 <u>Parent Café</u> 12-1:30 <u>Teen Time</u> 3:30-4:30 <u>Lotería</u> 5-6	6 Crocheting 12-1 Lego Club 3:45-4:45	7 Journaling with Jaz 3:30-4:30 PM Relationship Talk 4-5	8 <u>Diabetes Prevention</u> <u>Group</u> 1-2 <u>After School</u> <u>Tutoring</u> 3:45-4:45	CLOSED
11 <u>Qigong</u> 2-3	12 <u>Computer Literacy</u> 1-2 <u>Introduction to</u> <u>Brain Injury</u> 2-3 <u>Girl Scouts</u> 5-6	13 <u>Toddler Time</u> 3:30-4:30	14 Serving on Groups 11-3:30 One Stop for Employment and Training 12-3 Relationship Talk 4-5	15 <u>Yoga</u> 11:30-12:30 <u>After School</u> <u>Tutoring</u> 3:45-4:45	16 Science Saturday 11-1
18 <u>Family Storytime</u> 4-5	19 Community Action Forum 12-1:30 Parent & Community Advisory Board (PCAB) Meeting 2-3 Financial Literacy 5:30-7	20 <u>Lego Club</u> 3:45-4:45	21 Family Paint Party 3-4:30 Relationship Talk 4-5	22 <u>Yoga</u> 11:30-12:30 <u>Diabetes Prevention</u> <u>Group</u> 1-2 <u>After School</u> <u>Tutoring</u> 3:45-4:45	23 Say Yes! to the Dress and Suit 11-2
25	26 Computer Literacy 1-2 Teen Time 3:30-4:30 Scrabble Game Night 5-6	27 <u>Family Fun in the</u> <u>Kitchen</u> 1:30-2:30	28 Serving on Groups 11-3:30 One Stop for Employment and Training 12-3 Relationship Talk 4-5	29 <u>Yoga</u> 11:30-12:30 <u>After School</u> <u>Tutoring</u> 3:45-4:45	30 CLOSED

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Select Saturdays

Center Highlights

Journaling with Jaz - Celebrate International Women's Day! Join this self-care workshop to learn methods to empower yourself and the importance of self care!

Financial Literacy – Join OceanFirst Bank for a series of these three financial literacy sessions that will cover budgeting, crediting, personal finance and more. Families who attend ALL 3 sessions (3/19/2024, 4/16/2024 and 5/21/2024) will receive a stipend of \$125.00 **MUST COMPLETE ALL SESSIONS TO QUALIFY. SPACE IS LIMITED. INCOME VERIFICATION REQUIRED**

Say Yes! to the Dress and Suit- This Prom Attire event is open to High School seniors. Join us to choose your Prom dresses and evening attire for your special High School graduation celebration.

<u>Serving on Groups</u> - This training is intended as a useful tool for anyone who is currently serving, or wants to serve, on a decision-making group. This training is delivered in Spanish only. Presented by SPAN Parent Advocacy Network.

<u>Healthy Eating on a Budget</u> - Eating fruits, vegetables, whole grains, and other healthy foods does not have to break your wallet. Join us to discuss tips to make your food dollars go further.

<u>Parent Café</u> - A Parent Café is a warm, safe environment for families to enjoy parent-to-parent conversation, refreshments, and opportunities to explore family strengths and potential for growth. This Parent Café's theme is "Parents as Firsts!"

<u>Relationship Talk</u> - Open to couples, spouses, partners, parents/co-parents. Break barriers to effective communication and enhance your relationships. 1st Thur.: Learn a new healthy relationships skill. 2-4th Thurs.: Relationships support group.

<u>Computer Literacy Classes</u> - Learn necessary computer skills for the digital age. Either applying for jobs or using it for personal hobbies, it's increasingly important that you know how to use a computer.

Introduction to Brain Injury – This program provides an overview of brain functions, types of brain injury, and their severity levels. It discusses prevalence, causes, and the resulting changes including cognitive, emotional, and physical symptoms. Strategies for supporting individuals with brain injury, as well as available programs and services are also covered.

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.



Seminars/Classes

ESL Level 2- Participants with limited English language proficiency will improve their speaking, listening, and writing skills as well as learn about American culture. Sponsored by OceanFirst Bank.

Crocheting - Interested in learning how to crochet? Join us for a beginner class to learn the basics of crocheting. All supplies will be provided.

Qigong - Reduce stress, improve balance and flexibility, heal body, mind and spirit through Qigong practice.

One Stop for Employment and Training - Atlantic County Workforce Development Office will provide job assistance, training, resume and job interviewing support as well as youth services.

<u>Diabetes Prevention Group</u> - Southern Jersey Family Medical Center will facilitate an in-person Diabetes Prevention group where you can learn the best ways to prevent or manage your diabetes.

Afterschool Tutoring - This free small-group tutoring is open to students in Kindergarten - 6th grade. Funded by the Early Literacy Grant from TD Bank.

<u> Family Activities</u>

Loteria - Come and join us for a fun night of traditional Lotería! Light refreshments will be provided and winners will win a free giveaway!

Family Paint Party - Join us for a relaxing afternoon and create a lovely painting! Invite a friend, neighbor, and family to paint with you or come in by yourself. Everyone is welcome!

Yoga - Join us for easy, family-friendly (10+ years old) yoga exercises to calm your mind and strengthen your body.

Teen Time - This activity is open to youth 14+ years old. Come in to play table tennis and socialize with other teens. Signed parent permission form is required for attendance if not accompanied by an adult.

Family Fun in the Kitchen - Join us for a free, fun, and family-friendly cooking time! We will be making guacamole. Presented by NJ-SNAP.

Lego Club - Open to children 7+ years old. Children will learn, create, and explore using LEGO® bricks to build various models.

Family Storytime - Join us for an hour of fun with reading, music, and snacks. Funded by the Early Literacy Grant from TD Bank.

Scrabble Game Night - Test your vocabulary, win prizes, and join us for a night of fun! Funded by the Early Literacy Grant from TD Bank.

<u>Toddler Time</u> - Join childhood specialist from Southern Jersey Perinatal Cooperative for a fun activity and story time! Bring your toddlers out (up to age 4 years old) and meet other parents!

Science Saturday - Families will learn science through hands-on investigations led by Rutgers staff. We are going to learn about alternative energy, build small windmills and have fun with the engineering design process.

<u>Girl Scouts</u> - Be a girl scout, spark your creativity at our new Girl Scout troop!

EVERYTHING IS
FREE & OPEN TO ALL!

Registration is Required for PC appointments, Giveaways & Workshops!!

