

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/

April 2024

Center is open:
 Mon., Wed. Thu. & Fri.: 11-5
 Tue.: 11-7
 Select Saturdays

MON.	TUES.	WED.	THURS.	FRI.	SAT.
1 <u>Protect Your Health and Your Community</u> 2:30-3:30	2 <u>Strengthening Families through the Protective Factors Framework</u> Spanish: 11:30-1 English: 1-2:30 <u>Lotería</u> 5-6	3 <u>Crocheting</u> 12-1 <u>Lego Club</u> 3:45-4:45	4 <u>Computer Basics Level 1</u> 11:30-2:30 <u>Relationship Talk</u> 4-5	5 <u>Meditation</u> 11-11:30 <u>Yoga</u> 11:30-12:30 <u>After School Tutoring</u> 3:45-4:45	6 CLOSED
8 <u>Qigong</u> 2-3	9 <u>Diabetes Prevention Group</u> 1-2 <u>Home Safety Tips for Your Family</u> 2-3 <u>Can We Talk</u> English: 4-5 & Spanish: 5-6	10 <u>Toddler Time</u> 3:30-4:30	11 <u>Computer Basics Level 1</u> 11:30-2:30 <u>One Stop for Employment and Training</u> 12-3 <u>Relationship Talk</u> 4-5	12 <u>Meditation</u> 11-11:30 <u>Yoga</u> 11:30-12:30 <u>After School Tutoring</u> 3:45-4:45	13 CLOSED
15	16 <u>Parent & Community Advisory Board (PCAB) Meeting</u> 2-3 <u>Teen Time</u> 3:30-4:30 <u>Financial Literacy</u> 5:30-7	17 <u>Lego Club</u> 3:45-4:45	18 <u>Computer Basics Level 1</u> 11:30-2:30 <u>Family Paint Party</u> 3-4:30 <u>Relationship Talk</u> 4-5	19 <u>Meditation</u> 11-11:30 <u>Yoga</u> 11:30-12:30 <u>After School Tutoring</u> 3:45-4:45	20 <u>Science Saturday</u> 11-1
22	23 <u>Diabetes Prevention Group</u> 1-2 <u>Scrabble Game Night</u> 5-6 <u>Girl Scouts</u> 6-7	24 <u>Family Fun in the Kitchen</u> 1:30-2:30 <u>Family Storytime</u> 4-5	25 <u>One Stop for Employment and Training</u> 12-3 <u>Relationship Talk</u> 4-5	26 <u>Meditation</u> 11-11:30 <u>Yoga</u> 11:30-12:30 <u>After School Tutoring</u> 3:45-4:45	27 CLOSED
29	30 <u>Utility Assistance Fair</u> 11-2 <u>Teen Time</u> 3:30-4:30 <u>Higher Education Information Session</u> 5-7	<u>Every Monday and Wednesday!</u> <u>ESL Level 1 classes</u> 11-1 <u>EVERYTHING IS FREE & OPEN TO ALL!</u>		<u>Every Monday and Wednesday starting on April 3rd, 2024!</u> <u>Community ESL Level 2 classes</u> 1:30-3:30  Like us on Facebook <u>Oceanside 2 Family Success Center</u> 	

Registration is Required for PC appointments, Giveaways & Workshops!

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Center Highlights

Strengthening Families through the Protective Factors Framework - This presentation will provide an in-depth overview of the Five Protective Factors and how they can be implemented in families' everyday lives. By making those "small but significant" changes, families will ultimately increase family strengths, promote family wellness, positive parenting, healthy child development, and nurturing communities. This is a hybrid workshop.

Utilities Assistance Fair - We will bring together utility companies, community partners, and agencies from Southern New Jersey to one location to help customers in need of assistance with their utility bills. No registration required to participate in this fair. Walk-ins are welcome.

Can we talk - This presentation covers statistics of youth e-cigarette use, what are in e-cigarettes, how the e-cigarette industry targets youth, how to engage your kids in conversations about e-cigarettes, and cessation resources available to people who live in New Jersey. Presented by Southern New Jersey Perinatal Cooperative.

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**

Protect Your Health and Your Community - Regular check-ups, screenings, and vaccinations, are important things you can do for your health, your family's health, and your community. Come learn about what the recommendations are and what resources are available for you to make informed decisions about your health.

Home Safety Tips for Your Family - Interactive home safety workshop for all ages that includes discussions on fall prevention, kitchen and bath safety, and safety tips for playing in and around the house.

Higher Education Information Session - Are you interested in completing a college degree in New Jersey? Need help completing the FAFSA or the NJ Alternative Financial Aid Application? Want to learn more about NJ State Grants and Scholarships? Attend this event for more information! Presented by the New Jersey Higher Education Student Assistance Authority (HESAA)

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 1 - Participants with little or no English language skills will improve their speaking, listening, and writing abilities as well as learn about American culture. Sponsored by OceanFirst Bank.

Community ESL Level 2 classes - will allow students to continue to practice in listening and speaking and learn more about American culture. They will learn new vocabulary and grammatical structures to communicate about school, family, work, and community. Participants will read authentic stories and talk about real-life situations.

Computer Basics Level 1 - This course is designed for those with little to no computer knowledge. In this hands-on workshop, participants will understand what one needs to know to become computer confident! Participants will learn to navigate main computer features, search the internet, and create files and folders.

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.

Diabetes Prevention Group - 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.

Relationship Talk - 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.

Family Activities

Loteria - Come and join us for a fun night of traditional Loteria! 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!

Meditation - Join us for the relaxing stillness and self-care with this guided meditation practice. Come and destress with us!

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 Tuna Fish Tacos. 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.

Toddler Time - 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.

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

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FAMILY
SUCCESS CENTER
OCEANSIDE II