

3201 Atlantic Avenue, Atlantic City, NJ 08401

609-594-4990

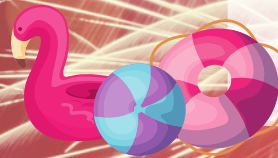
atlanticoceanside2@gmail.com

oceanside2fsc.org

facebook.com/oceanside2familysuccesscenter



July 2022



Appointment Hours:
Mon., Wed. & Thu.: 10-5
Tue.: 11-7
Walk-Ups for Copy/Fax
Fri.: 11-3
Select Saturdays

MON.	TUES.	WED.	THURS.	FRI.	SAT.
	Like us on Facebook <u>Oceanside 2 Family Success Center</u> 			1 <u>Walking Club</u> 10-11 Walk-Ups 11-3	2 <u>Qigong</u> 11:30-12:30
4 CLOSED HAPPY 4TH OF JULY	5 <u>Grandparents Raising Grandchildren</u> 12-2 <u>Women's Empowerment Group</u> 6-7 <u>ESL class</u> 5-7 Appointments 11-7	6 <u>Crocheting</u> 12-1 Got Stress? Support Group 2:30-3:30 Appointments 10-5	7 <u>Toddler Time</u> 12:30-1:30 Appointments 10-5	8 <u>Walking Club</u> 10-11 Walk-Ups 11-3	9 CLOSED
11 <u>Yoga</u> 10-11 Appointments 10-5	12 <u>Diabetes Prevention Group</u> (English) 2:30-3:30 (Spanish) 3:30-4:30 <u>ESL class</u> 5-7 Appointments 11-7	13 <u>Family Fun in the Kitchen! (English)</u> 4-5 Appointments 10-5	14 <u>One Stop for Employment and Training</u> 12-3 <u>Summer Craft with Noyes Museum of Art</u> 5:30-6:30 Appointments 10-5	15 <u>Walking Club</u> 10-11 Walk-Ups 11-3	16 CLOSED
18 <u>Summer Craft with Noyes Museum of Art</u> 2-3 Appointments 10-5	19 <u>Grandparents Raising Grandchildren</u> 12-2 <u>Blood Pressure Workshop</u> (English) 2:30-3:30 (Spanish) 3:30-4:30 <u>Women's Empowerment Group</u> 6-7 <u>ESL class</u> 5-7	20 <u>Toddler Time</u> 11-12 Got Stress? Support Group 2:30-3:30 Appointments 10-5	21 <u>Family Paint Party</u> 3-4:30 Appointments 10-5	22 <u>Walking Club</u> 10-11 Walk-Ups 11-3	23 CLOSED
25 <u>Yoga</u> 10-11 Appointments 10-5	26 <u>Summer Craft with Noyes Museum of Art</u> 12-1 <u>ESL class</u> 5-7 Appointments 11-7	27 <u>Family Fun in the Kitchen! (Spanish)</u> 4-5 Appointments 10-5	28 <u>One Stop for Employment and Training</u> 12-3 <u>Parent Support Group</u> 6-7 Appointments 10-5	29 <u>Walking Club</u> 10-11 <u>Walk-Ups</u> 11-3	30 CLOSED



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

EVERYTHING IS FREE & OPEN TO ALL!

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Center Highlights

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.

Got Stress? Support Group – Mental Health Association of Atlantic County will facilitate this bi-weekly support group.

Women's Empowerment Group – Join us to discuss any issues, concerns, ask questions, and receive support and encouragement.

Walking Club: We will meet in front of the center and go on a morning walk on the Boardwalk.

Remember to wear comfortable shoes and bring a bottle of water

Grandparents Raising Grandchildren – Join other grandparents to discuss triumphs and challenges of raising grandchildren. Facilitated by the Atlantic Cape Family Support Organization staff.

Parent Support Group – This is a peer driven parent support group for Spanish speaking parents. Facilitated by the Atlantic Cape Family Support Organization staff.

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 (English as a Second Language): A course for people beginning to learn the English language and who would like more conversational skills.

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

Diabetes Prevention Group: Southern Jersey Family Medical Center will facilitate in-person group(s) where you can learn the best ways to prevent and/or manage your diabetes.

Family Activities

Summer Craft with Noyes Museum of Art – Join us for interactive arts and crafts events throughout the month. Presented by Noyes Arts Garage of Stockton University.

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

Toddler Time: Join childhood specialist from Southern Jersey Perinatal Cooperative for a fun summer activity and story time!

Bring your toddlers out (up to age 4) and meet other parents!

Family Fun in the Kitchen: Enjoy easy meal preparation and family time in the kitchen with nutrition educators from SNAP –Ed. Bring your family for this fun and delicious activity!

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

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! The theme of this month's paint party is "Oceanside in July."



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