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# June 2022

OCEANSIDE II  
**FAMILY**  
 SUCCESS CENTER

Appointments 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 Appointments 10-5	2 Got Stress? Support Group 11:00-12:00 <u>Toddler Time</u> 12:30-1:30 Appointments 10-5	3 Walk-Ups 11-3	4 <u>Qigong</u> 11:30-12:30
6 Appointments 10-5	7 <u>Women's Empowerment Group</u> 6-7 ESL class 5-7 Appointments 11-7	8 <u>Family Fun in the Kitchen! (English)</u> 4-5 Appointments 10-5	 9 <u>Family Paint Night</u> 5-6:30 Appointments 10-5	10 Walk-Ups 11-3	11 <b>CLOSED</b>
13 <u>Yoga</u> 10-11 Appointments 10-5	14 ESL class 5-7 Appointments 11-7	 15 Appointments 10-5	16 Got Stress? Support Group 11:00-12:00 <u>Father's Day Craft</u> 5:30-6:30 Appointments 10-5	17 Walk-Ups 11-3	18 <b>CLOSED</b> 
20 <b>CLOSED</b>	21 <u>Women's Empowerment Group</u> 6-7 <u>Diabetes Prevention Group</u> (English) 2:30-3:30 (Spanish) 3:30-4:30 ESL class 5-7	22 <u>Family Fun in the Kitchen! (Spanish)</u> 4-5 Appointments 10-5	23 <u>Toddler Time: Sidewalk Chalk Fun</u> 12:30-1:30 Appointments 10-5	24 <u>Zumba</u> 12-1 Walk-Ups 11-3	25 <b>CLOSED</b>
27 <u>Yoga</u> 10-11 Appointments 10-5	28 ESL class 5-7 Appointments 11-7	 29 Appointments 10-5	30 <u>Plant a Salad Garden</u> 3:30-4:30 Appointments 10-5	Open to all & <b>ALWAYS FREE!</b>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>SUNDAY,              JUNE 19, 2022              HAPPY              FATHER'S              DAY!!!</p> </div>

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

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



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## Center Highlights

**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.

**Father's Day Craft** - Join us to celebrate Father's Day by creating a special art. Presented by Noyes Arts Garage of Stockton University.

**Zumba**: Dance! Dance! Dance! Feel the music and let loose with an easy-to-follow, family-friendly Zumba class.

## 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 groups where you can learn the best ways to prevent and/or manage your diabetes.

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

## Family Activities

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

**Toddler Time**: Join childhood specialist from Southern Jersey Perinatal Cooperative for a fun summer activity and story time! June 2nd we will meet in front of the center and then walk to the beach for some summer beach fun. On June 23rd, we will have the sidewalk chalk activity. 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!

**Plant a Salad Garden**: Grow your own salad! We will plant lettuce, arugula, and mixed greens seeds to grow a healthy salad.



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