



Oceanside II Family Success Center
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 609-594-4990
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oceanside2fsc.org
facebook.com/oceanside2familysuccesscenter
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June 2024

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

MON.	TUES.	WED.	THURS.	FRI.	SAT.
	EVERYTHING IS FREE & OPEN TO ALL!		Like us on Facebook <u>Oceanside 2 Family Success Center</u> 	1	CLOSED
3 <u>Man Up for Health: A Wellness Guide for Every Man</u> 2:30-3:30	4 <u>Diabetes Prevention Group 1-2</u> <u>Healthy Relationships for Teens and Young Adults</u> 4-5:30	5 <u>Crocheting</u> 12-1 <u>Lego Club</u> 3:45-4:45	6 <u>DIY with Clay</u> 11-12	7 <u>Meditation 11-11:30</u> <u>Yoga 11:30-12:30</u>	8 CLOSED
10 <u>Qigong</u> 2-3 <u>C.R.O.P.S.: Seed Bombs</u> 4-5	11 <u>Summer/Water Safety 2-3</u> <u>Father's Day Celebration</u> 5-6:30	12 <u>Toddler Time</u> 3:30-4:30	13 <u>One Stop for Employment and Training</u> 12-3	14 <u>Meditation 11-11:30</u> <u>Yoga 11:30-12:30</u> <u>Teen Time</u> 3:30-4:30	15 **Off-site Event ** at Pleasantville School District
17 <u>NJ workers Legal Rights</u> 1-2	18 <u>Diabetes Prevention Group 1-2</u> <u>Parent & Community Advisory Board (PCAB) Meeting 2-3</u> <u>Computer Basics Level 2</u> 5-6:30	19 HAPPY JUNE TEENTH CLOSED	20 <u>Family Paint Party</u> 3-4:30	21 <u>Meditation 11-11:30</u> <u>Yoga 11:30-12:30</u>	22 CLOSED
24 <u>C.R.O.P.S.: Book Binding & Veggie Prints</u> 4-5	25 <u>Games Galore</u> 12-1 <u>Lotería 5-6</u> <u>Computer Basics Level 2</u> 5-6:30	26 <u>Family Fun in the Kitchen</u> 12-1	27 <u>One Stop for Employment and Training</u> 12-3	28 <u>Meditation 11-11:30</u> <u>Yoga 11:30-12:30</u> <u>Teen Time</u> 3:30-4:30	29 CLOSED

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

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Center Highlights

Parent & Community Advisory Board (PCAB) - PCAB serves as a voice for the community. It advises Oceanside II FSC in the choices of programs, initiatives, and activities for families. Public is invited to attend the PCAB meetings and apply to join the PCAB. Youth are welcome! Please contact Oceanside II FSC staff for additional information.

DIY with Clay - Introduction to clay, no experience necessary. MudGirls Studios will conduct a one hour clay class where participants will learn how to roll, cut, form and decorate clay ornaments.

C.R.O.P.S. - During these workshops, you'll create your own journals or seed bombs, and learn about planting seeds & the nutritional benefits of fruits & vegetables.

Father's Day Celebration - Join the Father's Day party at Oceanside II FSC, play fun games, win prizes, and enjoy food dads approve of! Sponsored by Atlantic Electric, an Exelon Company.

NJ workers Legal Rights - This webinar will increase New Jersey workers' awareness of worker's rights, unpaid wages, unpaid overtime, workplace discrimination, retaliation, workers compensation, and other benefits. Presented by Legal Services of NJ.

Games Galore - Escape summer heat and humidity. Spend quality time completing puzzles, sudoku, crosswords, or playing dominos and other games with your neighbors!

Man Up for Health: A Wellness Guide for Every Man - This program addresses the health needs of men at every stage of life, promotes awareness and preventive care, and encourages men to take steps toward a healthier life. Presented by Atlantic County Division of Public Health.

Healthy Relationships for Teens and Young Adults - In this workshop we will talk about healthy relationships and what a healthy relationship might look like. We will also discuss signs of unhealthy and abusive relationships and talk about ways we can have healthier relationships. Presented by Planned Parenthood and Avanzar.

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

Summer/Water Safety - An interactive workshop for families that discusses open water safety (oceans, lakes), safety in and around pools, proper life jacket fitting, and sun safety tips. Presented by the Brain Injury Alliance of New Jersey.

Computer Basics Level 2 - This course will expand participants' knowledge by introducing the basic foundation and elements of working with Microsoft Word and Microsoft Excel. Participants will learn how to create, save, and print a document and spreadsheet upon workshop completion. Prerequisite: Basic computer knowledge and familiarity with Windows.

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.

Family Activities

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!

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 demonstration. We will be making Peanut Butter Banana Smoothie and Denver Scramble Slider. 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.

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!

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