


Oceanside II Family Success Center
 3201 Atlantic Avenue, Atlantic City, NJ 08401
 609-594-4990
atlanticoceanside2@gmail.com
oceanside2fsc.org
facebook.com/oceanside2familysuccesscenter
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February 2024

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

MON.	TUES.	WED.	THURS.	FRI.	SAT.
		Like us on Facebook Oceanside 2 Family Success Center 	1 <u>Relationship Talk</u> 4-5	2 <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	3 CLOSED
5 <u>ESL Level 2</u> 11-1 <u>Heart Smarts</u> 2:30-3:30 <u>Better Together</u> 4-5	6 <u>Computer Literacy</u> 1:30-3:30 <u>Healthy</u> <u>Relationships and</u> <u>Dating for Teens &</u> <u>Young Adults</u> 4-5:30	7 <u>ESL Level 2</u> 11-1 <u>Crocheting</u> 12-1 <u>Lego Club</u> 3:45-4:45	8 <u>One Stop for</u> <u>Employment and</u> <u>Training</u> 12-3 <u>Relationship Talk</u> 4-5	9 <u>Yoga</u> 11:30-12:30 <u>Diabetes Prevention</u> <u>Group</u> 1-2 <u>Teen Time</u> 3:30-4:30	10 CLOSED
12 <u>ESL Level 2</u> 11-1 <u>Qigong</u> 2-3 <u>Better Together</u> 4-5	13 <u>Domestic Violence &</u> <u>Brain Injury</u> 2-3 <u>Lotería</u> 5-6	14 <u>ESL Level 2</u> 11-1 <u>Toddler Time</u> 3:30-4:30	15 <u>Family Paint Party</u> 3-4:30 <u>Relationship Talk</u> 4-5	16 <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	17 <u>Science Saturday</u> 11-1
19 <u>ESL Level 2</u> 11-1 <u>Coffees from around</u> <u>the World</u> 1:30-2:30 <u>Better Together</u> 4-5	20 <u>Breastfeeding</u> 101 1-2 Parent & Community Advisory Board (PCAB) Meeting 2-3	21 <u>ESL Level 2</u> 11-1 <u>Computer Literacy</u> 1:30-3:30 <u>Lego Club</u> 3:45-4:45	22 <u>One Stop for</u> <u>Employment and</u> <u>Training</u> 12-3 <u>Relationship Talk</u> 4-5	23 <u>Yoga</u> 11:30-12:30 <u>Diabetes Prevention</u> <u>Group</u> 1-2 <u>Teen Time</u> 3:30-4:30	24 CLOSED
26 <u>ESL Level 2</u> 11-1 <u>Better Together</u> 4-5	27 <u>SOS!: Strategies of</u> <u>Success for Students</u> <u>with Disabilities</u> English: 11:30-12:30 Spanish: 12:30-1:30 <u>Scrabble Game Night</u> 5-6	28 <u>ESL Level 2</u> 11-1	29 <u>Family Fun in the</u> <u>Kitchen</u> 1:30-2:30 <u>Family Storytime</u> 4-5	EVERYTHING IS FREE & OPEN TO ALL!	

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

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Center Highlights

Domestic Violence & Brain Injury - This program is designed to provide an overview of brain injury and its relationship with domestic violence. It aims to explore the issues and implications related to these topics, review strategies, and provide resources for individuals affected by this complex intersection.

Breastfeeding 101 - This presentation reviews the benefits of breastfeeding, latching-on, proper positioning, establishing a milk supply, and how to know that baby is getting enough breastmilk. As well as a review pumping and storage of expressed breast milk. The class is taught by a lactation consultant, bring your questions and concerns to ask!

SOS! Strategies of Success for Students with Disabilities - Is there a secret to success in having your child move from school to adult life if they don't qualify for state-funded services. What are the things you don't know or need to know. This workshop will provide information parents have learned through their own experience that they wish they would have known before their student left school. We will suggest steps to add to your student's IEP that can help orient them to the differences between high school and college, and accessing supports offered to students with disabilities.

Coffees from around the World - Come on the journey for great taste and explore the world of coffee. During this hands-on activity, participants are invited to share their favorite coffee recipe and savor coffee beverages from various regions of the world. Presented by Hayday Coffee.

Healthy Relationships and Dating for Teens & 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.

Heart Smarts - This program provides information about heart disease and what you can do to keep your heart healthy.

Computer Literacy Classes - 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.

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.

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.

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

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

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.

Better Together - This is a support group for individuals who struggle with a combination of physical and mental health challenges. Together we will discuss a topic and support each other in our journeys to wellness. Hosted by the Mental Health Association of Atlantic County.

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!

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 Broccoli and Everything Salad. 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.

Scrabble Game Night - Test your vocabulary, win prizes, and join us for a night of fun!

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.

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FAMILY
SUCCESS CENTER
OCEANSIDE II