Oceanside II Family Success Center 3201 Atlantic Avenue, Atlantic City, NJ 08401 609-594-4990

atlanticoceanside2@gmail.com <u>oceanside2fsc.org</u> <u>facebook.com/oceanside2familysuccesscenter</u> instagram.com/oceanside2 fsc/

September

Center is open:

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

| MON. | TUES. | WED. | THURS. | FRI. | SAT. |
|--|---|--|--|-----------------------------------|---|
| SUCCESS | Ind CENTER | ery Wednesday! lividual Computer Assistance 2-4 | | | |
| Every Monday! Better Together 4-5 EVERYTHING IS FREE & OPEN TO ALL! | | Like us on Facebook Oceanside 2 Family Success Center | 1 | 2 <u>Qigong</u> 11:30-12:30 | |
| 4 | 5 | 6 | 7 | 8 | 9 |
| HAPPY LABOR DAY | <u>Parent Café</u> 12-1:30 | <u>Crocheting</u> 12-1 | <u>Yoga</u> 5:30-6:30 | <u>Teen Time</u> 3:30-4:30 | CLOSED |
| CLOSED | | / | | | |
| 11 ESL Level 1 Class 12-2 | 12 <u>Brain Injury in</u> <u>Students</u> 2-3 | 13 <u>Toddler Time</u> 3:30-4:30 | 14 One Stop for Employment and Training 12-3 Yoga 5:30-6:30 | 15 | 16 Cooking Demo with AC Food Project 11:30-12:30 |
| 18 | 19 | 20 | 21 | 22 | 23 |
| ESL Level 1 Class 12–2 | Parent & Community Advisory Board (PCAB) Meeting 2-3 | ESL Level 1 Class 12-2 | Family Paint Party 3-4:30 | <u>Teen Time</u> 3:30-4:30 | CLOSED |
| 25 ESL Level 1 Class 12-2 | 26 Family Fun in the Kitchen 3:30-4:30 | 27 ESL Level 1 Class 12-2 | 28 One Stop for Employment and Training 12-3 Hispanic Heritage Month Bingo 5-6 | 29 | 30 CLOSED |

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September 2023

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

Center Highlights

<u>Hispanic Heritage Month Bingo</u> - Test your knowledge on Hispanic Culture, learn fun facts, and win prizes! Brain Injury in Students – This hybrid program – on Zoom from anywhere or in-person at Oceanside II FSC - addresses brain injury in students, covering the impact on academics, social interactions, and emotions. It explores common challenges and offers strategies for supporting students in school. Presented by the Brain Injury Alliance of New Jersey.

Parent Café - A Parent Café is a warm, safe environment for families to enjoy parent-to-parent conversation, refreshments, and opportunities to explore family strengths and potential for growth. The theme of this month's conversation is "My Support Network is My Supper Power!"

<u>Individual Computer Assistance</u> - Staff from the Multicultural Services Department at the City of Atlantic City will be on hand to provide one-on-one computer help.

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 Classes - Participants with little or no English language skills will improve their speaking and listening skills and learn about American culture by reading authentic stories and discussing real-life situations. Presented by Atlantic Cape Community College (ACCC). 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.

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

Family Fun in the Kitchen - Join us for a free, fun, and family-friendly cooking time! In celebration of Hispanic Heritage Month, we will be making Pozole with Chicken. Presented by NJ-SNAP.

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!

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 easu, familu-friendlu (10+ uears old) uoga exercises to calm uour mind and strengthen uour bodu.

Teen Time - This activity is open to youth 14+ years old. Come in to play table tennis and board games, or game and socialize with other teens. Signed parent permission form is required for attendance if not accompanied by an adult.

Cooking Demo with AC Food Project - Join us for a familu-friendly cooking demonstration. Attendees will learn how to prepare a healthy meal and received a food box with ingredients used to recreate the recipe. Presented by the Atlantic City Food Project, Greens and Grains.

EVERYTHING IS FREE & OPEN TO ALL!

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

