

EVERYTHING IS
FREE & OPEN TO ALL!

SEPTEMBER 2026



201 Melrose Ave - Unit 3
Atlantic City, New Jersey
Phone: 609-236-8800

MONDAY 11:00am-5:00pm	TUESDAY 11:00am-5:00pm	WEDNESDAY 11:00am-5:00pm	THURSDAY 11:00am-6:00pm	FRIDAY 10:00am-3:00pm	SATURDAY Hours Vary
Like us on Oceanside Family Success Center Uptown	1 Make it Make Cents Part 1 of 2 12:30pm- 2:30pm	2 Staff Development Training	3 Parent Café "Back to School Back to YOU" 3:30pm- 5:30pm	4 One Stop for Employment & Training 12:00pm-3:00pm	5 OFFICE HOURS *By Appointment Only* 11:00am-12:00pm
7 CLOSED	8 Make it Make Cents Part 2 of 2 12:30pm- 2:30pm	9 Food Distribution with JFS 1:00pm- 2:00pm	10 Create a Volcano 3:30pm- 4:30pm	11 Coffee & Chat with a Counselor 11:00am-1:00pm	12 OFFICE HOURS *By Appointment Only* 11:00am-12:00pm
14 Qigong (Tai-Chi) 11:30am - 12:30pm	15	16 Rock Painting with Mental Health Association 12:00pm - 1:00pm	17 Staff Development Training	18 One Stop for Employment and Training 12:00pm-3:00pm	19 CLOSED
21	22 Family Cooking Class "Loaded Baked Potato" 3:30pm-4:30pm	23 Health Insurance Enrollment 1:30pm-4:00pm	24 "Pocketbook" 4:45pm- 5:45pm	25	26 CLOSED
28	29 Unwind & Align with Edd: Stretching Session 1:00pm- 2:00pm	30	 Scan here for Help, Hope & Resources!		

Registration is Required for ALL Giveaways & Workshops!!

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FAMILY
SUCCESS CENTER
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WHAT'S HAPPENING THIS MONTH?

PARENT CAFE

Parents and caregivers, come join us at our Parent Café! Enjoy a warm, welcoming space to reflect, connect, and discover your unique strengths. You'll leave feeling uplifted, inspired, and ready with new ideas to help your family thrive!

MAKE IT MAKE CENTS

Join Bashira Khan for two sessions that will cover budgeting, crediting, savings and more! MUST attend both sessions to receive a \$100.00 gift card! **Classes are sponsored by Inlet CDC**

FOOD DISTRIBUTION WITH JFS

Come and get a FREE bag of produce and other items from Jewish Family Services!!

UNWIND + ALIGNED WITH EDD

Stiff back? Tight shoulders? Join Edd for a simple, floor based stretch session designed for absolute beginners. No fancy poses or flexibility required just easy movements to help you move better and have stress less.

CREATE A VOLCANO

Get ready to erupt with excitement! 🌋 Participants will explore the science behind volcanoes while creating their very own volcano in this fun, hands-on STEM workshop.

HEALTH INSURANCE ENROLLMENT

Planned Parenthood will be on site to assist with insurance questions and Health Insurance sign up's.

FAMILY COOKING CLASS

Join us for a fun, hands-on cooking workshop where families will create their own Loaded Baked Potatoes with all their favorite toppings! Come cook, create, and enjoy a delicious meal together.

ONE STOP FOR EMPLOYMENT/TRAINING

Atlantic County Workforce Development Office will be on site to provide job assistance, training, resume and job interviewing support.

ROCK PAINTING WITH MENTAL HEALTH ASSOCIATION

Families get ready to have fun and join us for a paint session with the Mental Health Association of Atlantic county!

BINGO

Join us for an exciting game of bingo with a practical twist! Play for your chance to win a pocketbook!

COFFEE + CHAT WITH A COUNSELOR

Enjoy a relaxed conversation over coffee where you can ask questions, discuss everyday challenges, explore helpful resources, or simply be heard. This is a safe and supportive space designed just for you to share, reflect, and unwind.

TAI CHI(QI GONG)

Learn breathing techniques, along with gentle qigong and tai chi movements. These ancient practices help to lower stress, improve balance and flexibility as well as overall health and wellness.

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