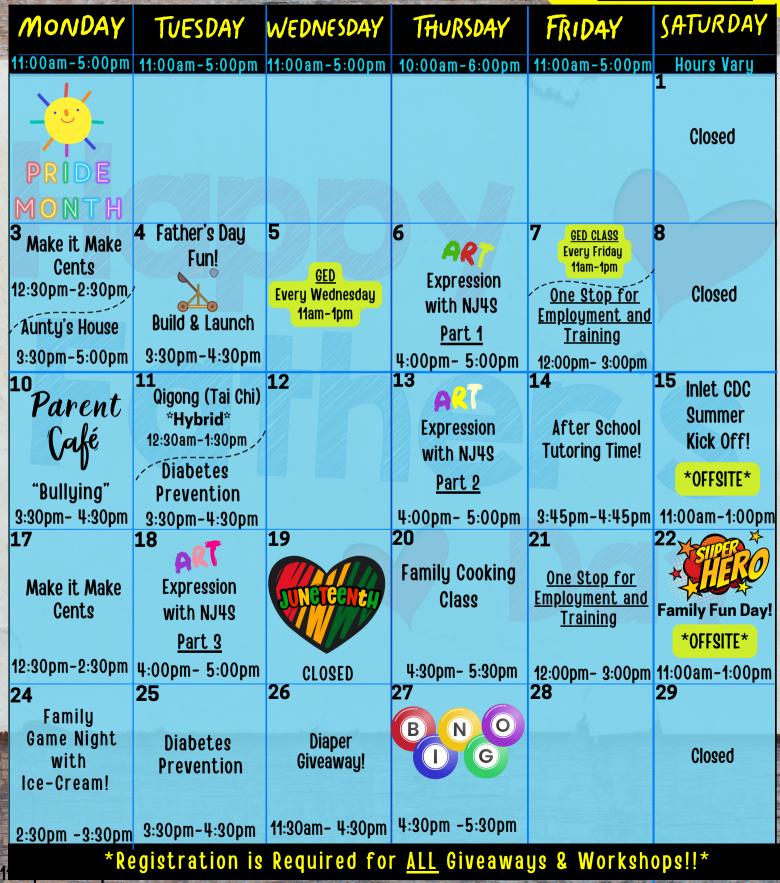
## EVERYTHING IS FREE & OPEN TO ALL!



201 Melrose Ave – Unit 3 Atlantic City, New Jersey <u>Phone: 609-236-8800</u>





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# WHAT'S HAPPENING THIS MONTH?

UNE

## Parent Cafe

**EVERYTHING IS** 

**ALWAYS FREE!!** 

Parent Café is a warm, safe environment for families to enjoy peer to peer interaction, refreshments, giveaways, and opportunities to explore family strengths and enhance child development.

### AUNTY'S HOUSE AUTISM SUPPORT GROUP

Join Tymeka & Latoya to discuss your special needs kids. Share experiences, information, resources, support, and lots of Love!

### DIABETES PREVENTION

Southern Jersey Family Medical Center will facilitate Diabetes Prevention in-person groups where you can learn the best ways to prevent or manage your diabetes.

## QIGONG (TAI-CHI)

Learn breathing techniques, stretches and gentle flowing movements to learn to keep the Qi (life force All fitness levels welcome

#### 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\*\*

## FAMILY COOKING CLASS

Bring the whole family and join us for a fun and exciting cooking class where we will be making a variety of healthy food with Chef Ecstasy.

## SUPER HERO FAMILY FUN DAY

Get your superhero costume ready! Dressing up as your favorite hero is encouraged. Superhero Family Fun Day will have amazing games, giveaways, resources, photos with your favorite Superhero, and so much more! Bring the whole family!

#### FAMILY GAME NIGHT WITH ICE-CREAM

Come and join us for some fun game and delicious ice-cream!

## ART EXPRESSION WITH NJYS

Experience the power of art, as a stress reliver, creative spark and a way to nurture the mind body and soul.

## GED CLASS

We have partnered with Atlantic Cape Community College & One Stop for GED classes to help you pass the state exam! We know you can do it and we are here to support you!

## FATHER'S DAY EVENT WITH KENDRIN!

Dad's this event is for you and your little one's! Please join us for some fun activities food, conversation and more!! We appreciate all YOU do!!



\*Registration is Required for ALL Giveaways & Workshops!!\*