

EVERYTHING IS  
FREE & OPEN TO ALL!

# September

2023

**FAMILY**  
SUCCESS CENTER  
OCEANSIDE I

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:00am-5:00pm	11:00am-7:00pm	11:00am-5:00pm	11:00am-7:00pm	11:00am-5:00pm	Hours Vary
back to school		GED/HSE Every Wednesday 11:00am-1:00pm	Like us on  Oceanside Family Success Center Uptown	1  One Stop for Employment & Training 12:00pm-3:00pm	2  CLOSED
4  CLOSED	5	6	7 Girl Talk Self-Care Session 8yr-11yr 3:30pm-4:30pm	8 Walking Club 11:30am - 12:30pm	9  CLOSED
11 Toddler Fun!!  3:30pm-4:30pm	12 Family Paint Night!  5:00pm-6:00pm	13	14 Family Cooking Class with  5:00pm- 6:00pm	15  One Stop for Employment and Training 12:00pm-3:00pm	16  Qigong (Tai Chi) *Hybrid* 11:30am-12:30pm
18 Sewing with Ms. Donna 1:00pm-3:00pm	19 Couponing with Nichelle 5:30pm- 6:30pm	20	21 FUN STEM Activity 3:30pm-4:30pm	22 Relax Day Mindful Meditation  11:30pm-12:30pm	23 Office Hours 11:00pm-12:30pm
25 Women's Empowerment 11:30am - 12:30pm	26  5:30pm- 6:30pm	27	28	29 Walking Club 11:30am - 12:30pm	30  CLOSED

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



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## WHAT'S HAPPENING THIS MONTH?

### One Stop for Employment/Training

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

### Women's Empowerment

Let's talk about healing, discovering, & growing into the best version of ourselves!  
Discover the real beauty within yourself

### Qigong (Tai-Chi)

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

### Relax Day - Mindful Meditation

Experience: Peace Tranquility Restoration and Calm and learn some stress free tips

### Couponing with Nichelle

Learn the basics of couponing and store policies, practices, how to stay organized and most importantly how to SAVE MONEY!

### Girl Talk - Self-Care Session

Let's talk about hygiene, mensuration and the changes that happen when a young lady hits puberty ages 8yr-11yr

### Toddler Fun

Join Mia Cullen, your Early Childhood Specialist from Southern NJ Perinatal Cooperative and let's talk, move, and have some fun!

### Family Cooking Class

Bring the whole family and join us for a fun and exciting cooking class where we will be making plant based food provided by Greens & Grains.

### Sewing with Ms. Donna

Join us and learn how to sew different things using a sewing machine.

### STEM Event

Join us for FUN steam activities such as robotics, art, science, sewing & MUCH MORE!!

**HISPANIC  
HERITAGE  
MONTH!**

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