

**EVERYTHING IS
FREE & OPEN TO ALL!**

JANUARY 2026



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

**NEWS
ALERT
NEW Hours!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30am-5:00pm	11:30am-5:00pm	11:30am-4:30pm	12:00pm-6:00pm	10:00am-3:00pm	Hours Vary
	HAPPY NEW YEAR			<u>One Stop for Employment & Training</u>	OFFICE HOURS <i>*By Appointment Only*</i>
5 Qigong (Tai Chi) <i>*In person only*</i>	6	7 Health Insurance Assistance/ Enrollment	8 Dream It Do It Vision Board	9 Coffee & Chat with a Counselor	10 OFFICE HOURS <i>*By Appointment Only*</i>
11:30am-12:30pm		1:00pm-4:00pm	4:30pm - 5:30pm	11:00am-1:00pm	11:00am-12:00pm
12	13	14 Food Distribution with JFS	15 Dinner & Dessert with Dad	16 <u>One Stop for Employment & Training</u>	
		1:00pm - 2:00pm	4:30pm - 5:30pm	12:00pm- 3:00pm	
19 	20 Cervical Health Luncheon 1:30pm - 2:30pm	21	22 4:45pm - 5:45pm	23	24
26 Stress Relief Journaling	27	28 Health Insurance Open Enrollment & Assistance	29 Winter Cupcake Creation Contest	30	
3:30pm - 4:30pm		1:00pm - 4:00pm	3:30pm - 4:30pm		

Registration is Required for ALL Giveaways & Workshops!

EVERYTHING IS ALWAYS FREE!!

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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.

QIGONG (TAI-CHI)

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

HEALTH INSURANCE ENROLLMENT

You may be eligible for health insurance through Get Covered NJ! Visit Oceanside to meet with a specialist from Planned Parenthood to register!

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.

BINGO

Bring the whole family for some fun, laughter, and friendly competition! Play exciting rounds of bingo with prizes and make memories together.

DREAM IT DO IT VISION BOARD

Join us and create a Vision board! It's a great way to get clear on your goals and stay motivated so you can bring them to life!

DINNER + DESSERT WITH DAD

Dad's/Male Caregivers you are invited to join us for great time with your little ones and create a fun meal and dessert together!

FOOD DISTRIBUTION WITH JFS

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

WINTER CUPCAKE CREATION CONTEST

Show off your creativity and decorating skills in our festive winter cupcake contest! We'll provide the cupcakes and toppings - just bring your imagination. Fun, friendly competition for all ages!

STRESS RELIEF JOURNALING

Take a mindful break and explore simple journaling techniques that help reduce stress, clear your mind, and boost emotional well-being. A calming, creative session for all ages-no writing experience needed!

CERVICAL HEALTH LUNCHEON

Join us for an informative and supportive luncheon focused on cervical health. Learn about prevention, screenings, and resources from trusted health professionals while enjoying a light, healthy meal. This event promotes awareness, education, and empowerment for women of all ages.

Registration & Confirmation is Required for ALL Giveaways & Workshops!!