

GrandFamily Success Center



October 2014 Highlights

Guest Speakers

Mama Yoga—Sa Mut A. Scott

Healthy Living Series & Whole Family Wellness

October 3rd, 10:00am—12:00pm

October 10th, 10:00am—12:00pm—Shopping Trip

Please wear comfortable clothing—loose fitting

Mercer Council on Alcoholism and Drug Addiction

Marijuana: What Parents Need to Know

Learn about the harmful effects of Marijuana, addiction and how to open up a line of communication with your child.

October 9th, 5:00pm-7:00pm

'Take Control of Your Health'

SCANJ Presentation:

This workshop is a 6 week series where caregivers learn how to manage their health. Topics include maintaining & improving health, appropriate use of medications, communicating effectively, and nutrition.

October 7th, 10:00am-12:30pm—Transportation

October 14th, 10:00am-12:30pm

October 21th, 10:00am-12:30pm—Transportation

October 28th, 10:00am-12:30pm

RSVP for Transportation

Kinship Caregiver Advisory Board

All caregivers are welcome
(Please RSVP by October 6th)

October 8th, 11:00am-12:30pm

Special Event

Happy Halloween

Halloween Celebration

Children's Home Society's Main Office
635 S. Clinton Ave, Trenton, NJ 08611

October 24th, 3:00pm — 5:00pm

Important Announcements

Please call Stephanie D. at 609-895-0283 Ext. 110 to RSVP to groups and reserve transportation.

- Please remember that REGISTRATION with 48 hours notice is REQUIRED for all groups. This allows us to plan and prepare for each group. Please call Ext. 110
- Transportation will be provided on October 7th and 21st; RESERVATIONS with 48 hours notice are REQUIRED. Seating is limited.
- If you would like to be added to our email contact list please send an email to sdallepazze@chsofnj.org



