



The
Children's
Home Society

O F N E W J E R S E Y ®

GrandFamily Success Center Kinship Services

November 2015 Highlights

Guest Speakers

Mama Yoga

Live a healthier, more focused and less stressful lifestyle by using practical wellness strategies.

November 10th 10:00 am -12:00 pm

Healthy Meals on a Budget - This informative group will help prepare caregivers for the shopping tour. Come and see how to shop organically within a set budget, learn how to spice up your foods with fresh herbs, and start creating your shopping lists!

November 13th 10:00 am -12:00 pm

Shopping Tour for the Holidays - Join us as Mama Yoga takes us on a tour around a local Supermarket! Location and approximate meeting time to be announced.

November 17th 10:00 am - 12:00pm

Managing Holiday Stress - Caregivers will learn ways to manage their stress as the holiday season quickly approaches! Join us and share some of your tips for how you try to make the holidays stress free!

Important Announcements

Please call 609-895-0283 Ext. 110 to RSVP for groups.

Please remember that **REGISTRATION is REQUIRED 48 hours prior to all groups.** This allows us time to plan and prepare for each group. Please call Ext. 110.

If a caregiver or child is sick or has a fever, we ask that you please stay home. We hope to decrease the risk of others getting sick.

Groups

Taking Care of You with Jacqueline

November 20th 10:00am—12:00pm

Building Healthy Relationships (Part 2) Join us for another conversation where we will continue to explore ways to strengthen and build healthy relationships. Come and share what your relationships mean to you, and learn about how they can become more rewarding!

Mercer Street Friends Mobile Pantry

Food bag distribution ONLY for ENROLLED caregivers.

Friday, November 20th 2:45 pm - 3:45 pm

Location: 168 Franklin Corner Rd, Lawrenceville, NJ 08648

Upcoming Community Events

Please see the enclosed November calendars for the North & South Ward Family Success Centers! All of our families are encouraged to attend these events! with their kin children!



