

March 2021

Free Help to New Jersey Beneficiaries

Medicare

Please call 609-695-6274 ext. 215 (SHIP) State Health Insurance Assistance Program
Provide information and evaluating Health Insurance option
Free Pregnancy Testing



By Appointment Only Provided by Maternal/Child Health Program
The Heritage North office is closed due to the State of emergency. We only open for limited time for appointments. We will provide assistance through phone calls and emails from 9am-5pm. All group activities will be held on media pages.

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Our mission is to create a safe and diverse place where families are welcomed and supported through educational activities and social interaction in non-

Monday 9--5pm	Tuesday 9-5pm	Wednesday 9-5pm	Thursday 10:30-6:30pm	Friday 9-5pm	Saturday
1 	2 11:00-12:00 Parent United Group via Zoom 2:00-4:00 Panera Distribution DR. SEUSS 's Birthday— READ to your child!	3 9:00-3:00 Food Bag Delivery 9:30-12:30 Pregnancy test BY.APPT.ONLY 4:00-5:00 PAC Meeting	4 5:30-6:30 ESL-Class Via Zoom	5 10:00-3:00 Senior Food Bag Distribution (registered only)	6 
8 	9 11:00-12:00 Parents United Group via Zoom 2:00-4:00 Panera Distribution	10 9:30-12:30 Pregnancy Test BY. APPT.ONLY 10:00-3:00 Food Distribution	11 5:00-6:00 Family Bingo via Zoom	12 10:00-3:00 Senior Food Bag Distribution (registered only)	13 Visit us at www.chsofnj.org
15 Call us if you need help applying for NJ-Family Care	16 5:00-6:00 St. Patrick's Day Craft By teen volunteers via Zoom  2:00-4:00 Panera Distribution	17 9:30-12:30 Pregnancy Test BY.APPT.ONLY 4:00-5:00 "Be Your Own Cheerleader" workshop sponsored by PAC via Zoom	18 5:30-6:30 ESL Class via Zoom	19 "Story of Spring" PAC sponsor video (posted on social media) 10:00-3:00 Senior Food Bag Distribution (registered only)	20 
22 Dzien Dobry WIOSNO 	23 11:00-12:00 Parents United Group via Zoom 2:00-4:00 Panera Distribution	24 9:30-12:30 Pregnancy Test BY APPT. ONLY	25 Celebrating important Women in History (Video will be post on all social media outlets)	26 4:00-5:00 Referral- Advocacy workshop Presented By Trenton Health Team	27 @ HNFSC 
29	30 5:00-6:00 It Is Play Dough Time "Emotions" via Zoom 2:00-4:00 Panera Distribution	31 9:30-12:30 Pregnancy Test By APPT. ONLY 4:00-5:00 Girl Scout Meeting via Zoom			@ Heritage North-FSC 

Heritage North Family Success Center

Description of Center Activities

In March we celebrate Women's History Month and Dr. Seuss's Birthday

FAMILY HEALTH

NJ Family Care Applications: Need help filling out the health insurance application? We can help!

Referral and Advocacy : This workshop will present by Trenton Health and New Jersey Education and Early Detection Team How to receive referral and who will advocacy for you to get medical services you need

It is a play Dough Time/Emotion: Parents and their children will explore the benefits of play dough : creativities, strengthening small muscle, calming the tension and anxiety children my experiencing "How you Feel today"?

LIFE SKILLS

Girl Scout Meeting: During this time, your child will have fun develop life skills and social connections. This group is for girls age 5 and up. Girl Scout meet the last Wednesday of every month.

Parent Advisory Committee Meeting (PAC): Help us build a strong, caring community for everyone by volunteering or becoming a PAC member. Members help create activities for the month and are encouraged to host events of their choice. (Example: If you love to paint and are interested in hosting a painting class at our center, let us know, we would be more than happy to include that in our calendar).

Story of Spring: Girl Scout Maja will read story about spring in Polish, video will post on social media

PARENT-CHILD ACTIVITY

Parents United: This English and Slavic language parent-child interactive group is filled with activities to accompany well-known rhymes, songs, and chants. The activities help lay the foundation for reading by developing listening and oral language skills, comprehension skills, and the knowledge of recognizing letters, colors, numbers and shapes. The activities are just plain fun!

Virtual Family Bingo: Bring your friends and family and enjoyed fun time playing Bingo, with US

CELEBRATION

St. Patrick's Day Craft: This activity is led and facilitated by our Teens Volunteer

Important Women in History : Video will post on social media

PARENT EDUCATION

ESL Class: English as a Second Language, curriculum based classes for English beginners. Grammar, vocabulary, reading and writing. Register for better English !!!

Be Your Own Cheerleader: This PAC sponsored workshop will teach you how to be your own Advocate

OTHER SERVICES

Senior and families Once a month receive non perishable food items : Collaboration with Mercer Street Friends Program.

Free pregnancy test :By Appointment Only Every Wednesday /Provided by Maternal/Child Health Program

Panera Bread Distribution; Every Tuesday we distribute bread and pastry provided by our generous sponsor



All activities, workshops, and presentations are held by ZOOM and Social media Heritage North