



ASK US ABOUT:

- ShopRite
- Summer reading program
- FREE haircuts
- Wawa food donations

Honesty Box

Is there something you'd like to see in the newsletter? Is there something we could be doing better? We look forward to your call or visit. Can't make it? We'll see you on our walk-throughs of the community!

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Family Spotlight: Zakia Burroughs

Volunteer turned-active participant, Zakia Burroughs is committed to the Promise Neighborhood Family Success Center.

Zakia has been involved with the PNFSC for less than one year but in that time she has become an important member of the PNFSC family. "I started off volunteering as a requirement for my social work class and grew to love the people. I have helped out and attended workshops, and assisted with outreach by word of mouth and handing out flyers," Zakia shared.

But that's not all she has done. As one of the most active participants in the Food Access Program which

delivers groceries, free of charge to Camden residents, Zakia was the first participant to get 10 punches on her frequent shopper card. Zakia has also made many contributions to the PNFSC clothing donations which help many families that are in need.

"My favorite part about the PNFSC is the determination to help

everyone that walks through the door and the dedication to helping people find the assistance and services they need, whether it is at their facility or somewhere else," Zakia explained.

Zakia currently works for Amerihealth Caritas and is also studying Social Work at Rutgers-Camden. The PNFSC is glad to have added Zakia and her family to the list of countless

Camden residents who have been able to benefit from the work that Center for Family Services does.

"The PNFSC does a great service to the community and assists people in accomplishing their

goals."



Zakia (middle) smiles with PN and ShopRite staff after receiving her 10th FAP punch.

A Special Promise Neighborhood Shout-out

Your Promise Neighborhood team has just received two new players! Welcome to the roster, Jenniffer and Terrell! We are more than excited to have you both dedicate your time and talent to the Promise Neighborhood community. Some of you may recognize Terrell from last summer when he interned for us as a student. Now he's back and this time as our Volunteer and Community Partnerships Coordinator! Jenniffer was also initially a volunteer with Baby's Best Start and the PNFSC and is now a new Family Partner. Jenniffer and Terrell are two shining examples of how volunteering for your community can benefit you and those around you. Stop by and give them both a huge PN welcome!

Jenniffer & Terrell



Jenniffer and Terrell smile during their first week as PNFSC staff.

Promise Neighborhood Resources



ShopRite

Center For Family Services has partnered with ShopRite to bring your groceries to you! This Food Access Program will assist families in buying groceries

online and picking them up from the PNFSC or the Isabel Miller Community Center. Need help registering or ordering online? Stop by the Promise Neighborhood Family Success Center and use our FREE computer lab.

Call 856.964.8096 for more info

Reading Institute at Lanning Square

The 9th Annual Reading Institute at Lanning Square will run from July 7th, 2014 - August 14th, 2014 for Kindergarten through second grade students. Students will work together in small groups to reinforce basic reading skills through focused support and fun activities. Classes are held at the Pine Street Head Start location from 9:00 am-2:30 pm, Monday - Thursday. Lunch will be served each day and 100% daily attendance is expected. This program has provided students with a strong foundation and an increase in Early Literacy Skills. The Reading Institute at Lanning Square will be held at a Head Start location.

Call 856.673.4904 to register your child

24/7 Dads

All fathers and male caregivers are invited to participate in 24/7 Dads. This is a six-week workshop on Tuesday nights, from 4pm-5:30pm where fathers, of all ages, will get tips and advice on caring for their children. Come in and discuss topics like relationship skills, what it means to be a man, communication and lots more! Stop by the Promise Neighborhood Family Success Center and ask how you can join our next session. Did we mention that upon completion, every dad will receive a certificate and a free suit? That's right! So tell the men that you know who are married fathers, single fathers, grandfathers or simply raising children, to contact us today.

Call 856.964.8096 for info on how to register

Quote of the

Month:

"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."

~ Mother Teresa

This Month in Cooper Lanning

The Office of Adolescent Services is excited to announce that the 7th Annual Family Success Conference will be held on June 20th, 2014 at the Department of Children and Families Professional Center in New Brunswick. The conference begins at 9am and 24/7 Dads facilitators and PNFSC participants, Tyari Johnson and Carl Boyd will be leading a 24/7 Dads morning workshop.

For more information, call the PNFSC at 856.964.8096

Experience Camden's creative arts at the 3rd Thursday Art Crawl on the Rutgers Camden Campus. On June 19th from 5-9pm, enjoy beautiful art, architecture, and eateries. Visit the web site below to learn more. Don't have computer or internet access? Come to the Promise Neighborhood Family Success Center's computer lab.

For more information on the Art Crawl visit: <http://art11one.com/3rd-thursday/>

Get involved in your community and participate in monthly community meetings for Lanning Square West. The next meeting will be held on June 3rd at 6pm in the OEO building (538 South Broadway). Bring your questions, comments, and concerns about your neighborhood.

Did you know that June is Men's Health Month? Planned Parenthood is recognizing this important month with a Men's Day of Health Services. Come to the Camden office at 317 South Broadway on Friday June 13th for FREE giveaways, health screening information and much more! The event is being held from 10am until 2pm. "Do it for yourself and those who count on you."

For more information call Tyrone Potts at 856.365.3519 x240

Family Success Center Updates

As a part of the PNFSC Fatherhood Appreciation Celebration, Exclusive Barbershop will be providing all fathers with FREE haircuts. See the calendar on page 5 for details. Did you hear us? We said FREE!



It's getting hot and the PNFSC has just the thing for you! Stop by our front porch and get a cold cup of water ice. Everyone is

entitled to one free cup of frozen joy. Tweet a picture of yourself at [#WaterIceWednesday](#) and use the hashtag for a retweet from our CFS twitter page!

Participants in the Food Access Program with ShopRite have the chance to win a gift from the PNFSC! Register with the program and receive a frequent shopper punch card. Once you get all 10 numbers punched on the card, you will receive a gift as a token of our appreciation. Receive extra punches by referring friends and attending the monthly Food Access workshops.

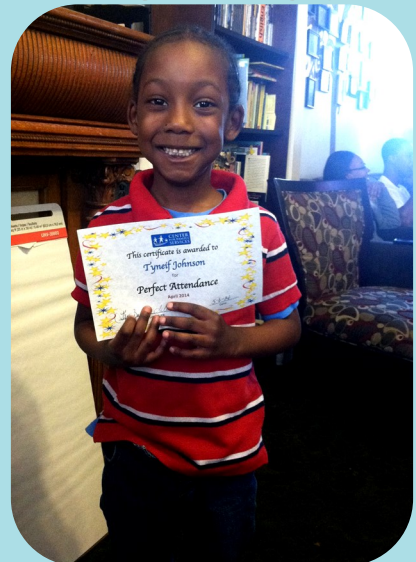


An invitation from...

Hello Cooper Lanning!

We invite you to take the time to congratulate one of our Success Center youth on being recognized for his perfect attendance at school. Tynief Johnson is 5 years old and currently attends Head Start. Promise Neighborhood always promotes the value of an education and we are proud to see children that are able to attend school every day, on time and ready to learn. Way to go Tynief! Keep up the great work!

The PNFSC



Tynief smiles brightly after receiving his Perfect Attendance award.

June Family Recipe:

Vegetable Quesadillas

What You need:

- 1/2 medium red or green sweet pepper, seeded and cut into bite-size strips
- 1/2 medium onion, sliced thin
- 1 fresh serrano pepper, seeded and sliced
- 2 teaspoons vegetable oil
- 4 six-inch white corn tortillas
- 1 can nonstick cooking spray
- 1/2 cup shredded Monterey Jack cheese
- 1 medium tomato, cut in half sliced thin
- 1 tablespoon snipped fresh cilantro
- 1 container light dairy sour cream (optional)
- Cilantro (optional)
- 1 lime (optional)

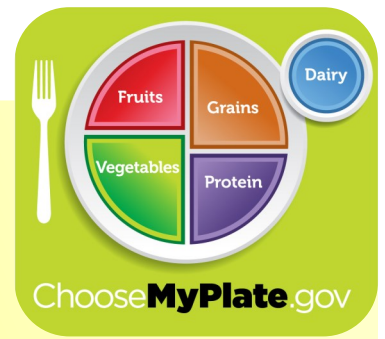


Sliced sweet pepper in bite-sized pieces.



NOTE: Many of these ingredients can be purchased on ShopRite.com and delivered to the Promise Neighborhood Family Success Center or the Isabel Miller Community Center. Ask us how to get your groceries delivered... FREE of charge!

Call 856.964.8096
or stop by 580 Benson Street for more info.



What you do:

1. In a large skillet heat oil over medium-high heat.
2. Cook sweet pepper, onion, and serrano pepper for 3 to 5 minutes or until vegetables are just tender.
3. Remove vegetables from heat.
4. Lightly coat one side of each tortilla with cooking spray.
5. On the uncoated side of two of the tortillas, sprinkle half of the cheese.
6. Top with cooked vegetable mixture, tomato slices, 1 tablespoon cilantro, and the remaining cheese.
7. Top with remaining tortillas, coated sides up.
8. Heat a very large skillet or griddle over medium heat.
9. Cook quesadillas for 4 to 5 minutes per side or until cheese melts and tortillas are lightly browned.
10. Cut each quesadilla into 4 quarters.
11. Serve warm and, if desired, with sour cream, additional cilantro and lime cut into wedges.











The finished product! Take pictures of yours and share them with us. Bring them into the PNFSC or share them on [twitter](#) or [facebook](#). See back cover for our social information!

What has Promise Neighborhood been up to?

- ~ **Food Access Program** - city-wide and Cooper Lanning outreach
- ~ **Couponing workshops** - teaching our families and ShopRite participants how to use coupons to help save money
- ~ **Community Café** - bringing residents together to discuss issues facing the community
- ~ **24/7 Dads** - covering a state - certified curriculum based on the National Fatherhood Initiative
- ~ **Youth of Promise youth group** - helping our youth lead better lives through education and service
- ~ **Food donations provided by Wawa** - distributing free food and snacks to PNFSC visitors
- ~ **KIPP Cooper Norcross Academy outreach** - teaming up with school staff to spread the word about Cooper Lanning registration
- ~ **Financial literacy workshops** - educating our community on how to be more aware of their saving and spending habits

This month's PN events! Join us!

 CENTER FOR FAMILY SERVICES		Promise Neighborhood Family Success Center June 2014 Calendar of Events 580 Benson Street—Camden, NJ 08103 856-964-8096				ACTIVITIES ARE FREE & OPEN TO ALL	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 National Cancer Survivors Day 	2 Career Café 9am-5pm  Build Your Resume	3 Career Café 9am-5pm Cooper Cancer Institute: Prostate Screenings 4:00pm-5:00pm 24/7 Dads I 4:00pm-5:30pm	4 Asthma Prevention Workshop (PAPP) 11am-1pm Water-Ice Wednesday 3:30-4:30pm	5 Cursos De Ingles 10:30am-11:30am Family Dinner 4:00pm-5:30pm ShopRite Delivery Pickups 4pm-6pm	6 Career Café 9am-5pm  B2R Story Time 3pm-4pm		
8 Go Fishing Day 	9 Career Café Job Search Online 9am-5pm Susquehanna Bank: All About Credit 3:30pm-4:30pm	10 Fatherhood Appreciation Celebration 3:30pm-4:30pm 24/7 Dads II 4:00pm-5:30pm	11 PRUP: Presentation on PRUP Services 1pm-2pm Experience Works: Senior Community Service Employment Program 3pm-4pm	12 Cursos De Ingles 10:30am-11:30am ShopRite Delivery Pickups 4pm-6pm	13 Seasoned Citizen Social @ 1-3pm Planting your lettuce indoors 3:30pm-4:30pm 	14 Some1 Special 12:30pm-1:30pm Cursos De Ingles 10:30am-1:30pm	
15 Happy Father's Day!!! 	16 PRUP: Financial Literacy 1pm-2pm Refreshments will be available to participants	17 Family Game Night 4:00pm-5:00pm 24/7 Dads III 4:00pm-5:30pm	18 License Restoration 10am-11am Horizon NJ Health: Medical Service Opportunities 3:00pm-4:00pm	19 Cursos De Ingles 10:30am-11:30am Family Dinner 4:00pm-5:30pm ShopRite Delivery Pickups 4pm-6pm	20 CC Library Computer Classes: Learn How To Use Microsoft Office and Flash Drive 3:30pm-4:30pm	21 First Day of Summer 	
	23 Career Café Submit Job Apps Online 9am-5pm Susquehanna Bank: How to Become a Homeowner 3:30pm-4:30pm	24 Ladies Night Mocktail Hour Zumba w. Keko 4:30pm-5:30pm 24/7 Dads IV 4:00pm-5:30pm	25 Community Café 3pm-4pm Real Talk with Real People on Community Issues Water-Ice Wednesday 3:30-4:30pm	26 Cursos De Ingles 10:30am-11:30am ShopRite Delivery Pickups 4pm-6pm PAB Meeting @ 4:30 pm Join Today	27 PRUP: Breast Cancer Living Room Session 1pm-2pm Incentives and Refreshments will be available to participants	28 Cursos De Ingles 10:30am-1:30pm Youth of Promise 11am-12pm Lite refreshments will be available	
29	30 Wiley Adult Day Services: Adult Medical Day Care Services 2:30pm-3:30pm Susquehanna Bank: How to Get A Student Loan 3:30pm-4:30pm	ShopRite delivers here every Thursday from 4pm-6pm. No delivery charge. Order online and pickup from the Family Success Center. Register with us today! Prizes and rewards are available for frequent shoppers.				24/7 DADS 6 Tuesdays 4pm-5:30pm	
HOURS OF OPERATION: Mon/Wed/Fri 9am-5pm Tues/Thurs 10am-6pm Alternate Saturdays 10am-2pm							



**CENTER
FOR FAMILY
SERVICES**

**Contact us or stop
by today!**

**Promise Neighborhood
Family Success Center**

580 Benson Street

Camden, NJ 08103

Phone: 856.964.1990 x200

E-mail: pnfsc@centerffs.org

Hours of Operation:

Monday, Wednesday, and Friday

9am-5pm

Tuesday and Thursday

10am-6pm

Every other Saturday

10pm-2pm

**Visit us on the
web at:
www.centerffs.org**



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The Camden Cooper Lanning Promise Neighborhood

Camden Cooper Lanning Promise Neighborhood (CCLPN) is an initiative led by Center For Family Services (CFS) that is designed to strengthen Camden families. This initiative covers families living in the 08103 zip code, which consists of the Cooper Plaza and Lanning Square West neighborhoods. In efforts to break down barriers and encourage working together to better the community, Cooper Plaza and Lanning Square were united and the one community is now Cooper Lanning. With funding from a 2013 Department of Education Promise Neighborhood Planning Grant and your personal consent, CCLPN Team members will be able to track your family to ensure that all residents of Cooper Lanning receive the services and resources necessary to lead healthy and successful lives.

The CCLPN Team is working with:

The City of Camden

Cooper University Hospital

Cooper Lanning Civic Association

Lanning Square Residents Association

Rowan University at Camden

And more than 20 other providers to guarantee that we are:

- Remaining community-based and focused on local community needs
- Maximizing educational achievements for children in Cooper Lanning
- Ensuring that each of the individual programs within the initiative is effective, fostering strong links across programs to ensure smooth transitions and continuous services for families

We ask that you, the residents of Cooper Lanning, hold us accountable to our commitments to you and your family.

**Read the CCLPN Blog at:
centerffs.org/promise-neighborhood/blog**

Your CCLPN Team

Nicole Sheppard
Associate Vice President

Merilee Rutolo
COO

Juan Rivera
PNFSC Program
Director

Jennifer Pullas
Family Partner

Marchelle Roberts
Program Assistant

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Veronica Mason
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Dumisani Bankole
Community Organizer