






# Promise Neighborhood Family Success Center

## APRIL 2017



|   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |   |
|---|--|---|--|--|--|---|---|
| <p><b>Culinary Arts Theme:</b><br/><i>Spring Fresh Meals</i></p> <p>Don't have time to grocery shop? Enroll in Healthy Routes Neighborhood Delivery and you can have your groceries from ShopRite delivered for <i>no extra fee</i> every Thursday, 4-5pm. Call today for more information!</p>  |  |   |  | <p>Are you looking to give back to the community? Ask about <b>Volunteering</b></p>                              |  | 1<br>  |   |
|   | <p><b>Appointments Required for Health Enrollment</b><br/>Call: 1-877-922-2377</p>   | 3<br><b>Clases De Ingles</b><br>3:30pm-4:30pm   | 4 <b>BIGGEST WINNER CLUB-Lose Big!</b><br>11-12pm<br><b>Survivors of Homicide **</b><br>12:30pm<br><b>ShopRite Orders-2-3pm</b>    | 5<br><b>Women's Book Club</b><br>12-2pm<br><br><b>Clases De Ingles</b> 3:30-5pm                                  | 6<br><b>Clases De Ingles</b><br>10am-11pm<br><b>Interviewing Techniques W/PRUP</b><br>11:30am-12:30pm<br>*Snacks served    | 7<br><b>Health Ins.</b> 9-12pm<br><b>Culinary Arts</b><br><b>Carrot Cake</b><br>2-3:30pm  | 8<br><br><b>OPEN</b><br>10am-2pm  |
|   | <p><b>Register Your Child for FREE Tutoring! ASK US HOW!?</b></p> <p><b>Grief &amp; Violence Support Workshop</b><br/>"Have you lost a loved one or friend to homicide?"<br/>Tuesdays<br/>12:30 pm</p> | 10<br><b>Mommy &amp; Me Playgroup</b><br><b>Outside Fun Workshop</b><br>11-12pm<br><br><b>Clases De Ingles</b><br>3:30pm-4:30pm | 11<br><b>BIGGEST WINNER CLUB-Lose Big</b><br>11-12pm<br><b>Survivors of Homicide **</b><br>12:30pm<br><b>ShopRite Orders</b> 2-3pm | 12<br><br><b>JOB FAIR</b><br>10-1pm<br><b>Women's Book Club</b><br>12-2pm<br><b>Clases De Ingles</b><br>3:30-5pm | 13<br><b>Clases De Ingles</b><br>10am-11pm<br><br><b>Basket Making 101</b><br>4-5pm<br>(Bring Your Easter baskets)         | 14<br><br><b>Center Closed</b><br><br><b>GOOD FRIDAY</b>  | 15<br><br> |
|   |  | 17<br><br><b>Budgeting Class W/Wells Fargo</b><br><b>2pm-3:30pm</b><br><b>Clases De Ingles</b><br>3:30pm-4:30pm                 | 18<br><b>BIGGEST WINNER CLUB-Lose Big</b><br>11-12pm<br><b>Survivors of Homicide **</b><br>12:30pm<br><b>ShopRite Orders-2-3pm</b> | 19<br><b>Women's Book club</b><br>12-2pm<br><br><b>Clases De Ingles</b><br>3:30-5pm                              | 20<br><b>Clases De Ingles</b><br>10am-11pm<br><br><b>ESL Family Cooking Class (Spanish Speaking ONLY)</b><br>4:30pm-6:00pm | 21<br><b>Health Insurance Enrollment</b><br>9am-12pm<br><b>Culinary Arts</b><br><b>Spring Stir fry</b><br>2-3:30pm              | 22<br><b>**REGISTRATION IS MANDATORY FOR ALL WORKSHOPS**</b>                                  |
|   | <p><b>Join New Women's Empowerment Group</b><br/><b>Great Discussions ,Support And Activities!!</b></p>  | 24<br><br><b>Clases De Ingles</b><br>3:30pm-4:30pm<br><b>Women's Empowerment</b><br><b>Know Your Worth</b><br>12-2pm            | 25<br><b>BIGGEST WINNER CLUB-Lose Big</b><br>11-12pm<br><b>Survivors of Homicide **</b><br>12:30pm<br><b>Shoprite Orders-2-3pm</b> | 26<br><b>Women's Book Club</b><br>12-2pm<br><br><b>Clases De Ingles</b><br>3:30-5pm                              | 27<br><b>Clases De Ingles</b><br>10-11am   | 28<br><b>Health Insurance Enrollment</b><br>9am-12pm<br><b>Culinary Arts</b><br><b>Pasta w/Peas &amp; Asparagus</b><br>2-3:30pm | 29  |



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**Hours of Operation:**  
Mon 10am-5pm  
Tues/Thurs 10am-6pm  
Wed/Fri 9am-5pm



ACTIVITIES ARE FREE  
& OPEN TO ALL

**\*\*FLIP OUR CALENDAR FOR FULL DESCRIPTIONS OF WHAT SOME OF OUR WORKSHOPS ENTAIL\*\***

## Learn More About Our Monthly Activities

- ◇ **Health Insurance Enrollment:** Center For Family Services Navigator Program holds one-on-one enrollment sessions to provide assistance for insurance options and information for free.
- ◇ **Survivors of Homicide Support Group:** PNFSC supports your struggles with loss and together with CFS, we offer a support group to those who have lost a loved one due to homicide. A trained counselor from Survivors of Homicide uses creative projects and group therapy strategies to help heal difficult wounds and useful coping skills are taught as well.
- ◇ **Culinary Arts Classes:** Our Culinary Arts Program is designed to show residents how to create healthy and inexpensive meals that are easy to make at home. The classes are held every Friday and open to all families and individuals who are interested. Registration is mandatory for this class. Please call to inquire.
- ◇ **Clases De Ingles (ESL):** English as a second language class is designed for students of all levels and is taught by medical students from the Rowan Medical school. Sessions are open to adults and enrollment is ongoing. Please call to register.
- ◇ **Women's Empowerment Group:** Your Family Success Center has created an empowering group of women discussing a variety of relatable topics and take-away tools to encourage positive growth and life experiences. Join us for discussions, fun and great activities.
- ◇ **Youth Tutoring:** Free tutoring program for students in grades first through twelfth, living in Camden. Subjects include reading & math. Tutoring takes place at Cooper-Rowan Medical School on Broadway. Pre-tests and post-tests are given to assess the academic needs and progress of your child. Classes are held Mondays, Tuesdays and Wednesdays. Snacks provided.
- ◇ **Parent Learning Academy:** PLA is a series of classes that focus on supporting families by strengthening parents' skills in many areas of learning and are taught by professors of Rowan University. Our ESL class strives to improve conversational, written and everyday English for parents of any culture. Parent learning provides an opportunity for parents to improve reading and writing skills which can help in preparing for employment, assisting their children with schoolwork and becoming more confident when advocating for their children or themselves. Classes are comfortable, small in size and move at an individual pace. Please call to register.
- ◇ **Healthy Eating Series**– In these sessions, families will learn to create healthy, affordable and delicious meals together. Classes will be held each month at various locations and will feature 'Guest Chefs' from time to time to offer new and exciting culinary ideas. Parents and children will be encouraged to learn new cooking skills, new cultures and make new friends in the community. Recipes, educational information and nutritional informational will be provided at each session. Registration is ALWAYS required and is restricted to families. Please call to enroll.
- ◇ **Mommy & Me Playgroup**– Meeting once per month, this friendly group offers a comfortable, private meeting place for Mom's to meet and talk with one another to learn, grow and thrive! Staff will provide activities, snacks and facilitate discussions on various parenting topics. Educational lectures led by various professionals will also be offered at different sessions. Children should be aged 0-5 to participate. Please call to register.
- ◇ **BIGGEST WINNER CLUB**– Every Tuesday at 11, come in to the Center for fun & free ways to get in shape and get healthy! Meet new friends and get on the road to health. We will walk, move, provide health education, recipes, snack on healthy foods and drinks, weigh in and more! Prizes every week! Please call to register!