

# October 2020



“What if I fall? Oh, but my darling. What if you fly? Sometimes all you need is 20 seconds of insane courage & other times all you need is 20 seconds of embarrassing bravery!” - Anonymous

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY                                 | SATURDAY  |
|--|--|--|---|---|--|---|
| All YouTube programs will be available on our YouTube channel beginning Tuesday, October 1st |  |  |   | 1   | 2<br>Virtual Resume Writing Assistance | 3<br>   |
| 4  | 5<br>Free Flu Shots<br>Ages 6 and Under<br>9:00 AM – 12:00 PM                | 6<br>Nurtured Heart Approach<br>4:00 – 5:00 PM<br>Anxiety vs. Fear<br>Incentive Provided<br>6:00 – 7:00 PM | 7<br>   | 8   | 9                                      | 10  |
| 11   | 12<br>CENTER CLOSED<br>COLUMBUS DAY<br><br>STEAM<br>Snap Circuits<br>1:00 PM | 13<br>Nurtured Heart Approach<br>4:00 – 5:00 PM  | 14<br>Interview Sills Session<br>Incentive Provided<br>4:00 – 5:00 PM       | 15<br>How Money Works<br>Incentive Provided<br>7:00 – 8:00 PM | 16<br>Virtual Home Hunting Assistance  | 17<br>Healthy Cooking for Kids<br>Halloween Party |
| 18   | 19<br>   | 20<br>Nurtured Heart Approach<br>4:00 – 5:00 PM  | 21<br>Understanding the IEP Process<br>Incentive Provided<br>5:30 – 6:30 PM | 22<br>  | 23<br>Family Movie Night               | 24<br>  |
| 25   | 26<br>Foodie Favorites<br>Pumpkin Mac & Cheese                               | 27<br>Nurtured Heart Approach<br>4:00 – 5:00 PM  | 28<br>Halloween Candy and Craft Pick Up<br>10:00 AM – 4:00 PM               | 29<br>Man Cave<br>6:00 PM                                     | 30<br>                                 | 31<br>Halloween!                                  |

CENTER HOURS  
BY APPOINTMENT ONLY  
MONDAY 10AM – 4PM  
WEDNESDAY 10 AM – 4PM

To schedule an appointment please call:  
(609) 261-5847

All activities and programs offered by the Center are free and open to everyone.  
Join us!

55 Pemberton-Browns Mills Rd.  
Browns Mills, NJ 08015

[WWW.PINELANDSFSC.ORG](http://WWW.PINELANDSFSC.ORG)



@PinelandsFSC



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REGISTRATION REQUIRED FOR MOST PROGRAMS.



## VIRTUAL PROGRAMS DELIVERED VIA ZOOM VIDEO CONFERENCING AND YOUTUBE:

**Anxiety vs. Fear | Incentive Provided (Zoom)** - Participants will learn more about what are real fears and our instincts vs. anxiety. Anxiety exists when there is no imminent danger, so why do we feel “fear” all the time? You will learn ways to identify the two, and how to combat some anxieties. This program is in partnership with the Women's Opportunity Center.

**\*\*The first 7 people to register will receive a \$15 Wawa gift card upon completion of the program\*\*** Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Family Movie Night** - The Pinelands FSC would like to treat your family to a movie night! Registered participants will receive a basket filled with popcorn, candy and a gift card to Walmart to be used to purchase a movie. Baskets can be picked up at the Center on either Monday 10/19 or Wednesday 10/21 between 10 am and 4 pm. Register Online:

[www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Foodie Favorites | Pumpkin Mac & Cheese (YouTube)** - Fall means comfort food and a favorite comfort food is mac and cheese! Chef Laurel has put a fall flavored twist on this traditional favorite and your family will love it! Ingredients: 2.25 cups chopped pumpkin or squash; oil; salt and pepper; dried sage; 1/3 cup of butter; 1/3 cup of flour; 2.5 cups of milk; nutmeg; garlic powder; 2 cups cheddar cheese; 1/4 cup parmesan cheese; macaroni; 1/4 cup mozzarella cheese. This recipe can be viewed on the Pinelands FSC YouTube channel.

**Free Flu Shots | Ages 6 and Under** - Virtua Pediatric Mobile Services is offering free Flu Vaccine Clinics for Fall 2020. No appointments are necessary. Walk-Ins are welcome! Please check the schedule frequently for updates or changes: <https://www.virtua.org/about/pediatric-mobile-services-program> Location: Pemberton Early Childhood Education Center, 100 Arneys Mt Rd, Pemberton, NJ 08068

**Halloween Candy and Craft Pickup** - No tricks, just treats! Stop by the Center on Monday 10/26 or Wednesday 10/28 between 10 am - 4 pm to pick up a pumpkin decorating kit and a small bag of candy! Supplies are limited, registration required. **\*\*Please register for the number of children living in your home\*\*** Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Healthy Cooking for Kids | Halloween Party (YouTube)** - We will be making two fun and healthy Halloween inspired recipes. First, we'll make Jack-O-Lantern Eyeballs using fruits and veggies - and hint, not a pumpkin in sight! We will finish up with a Zombie Cheeseball Brain, so if you love cheese, this is for you! Halloween doesn't always have to be about the candy! Ingredients: 1 orange bell pepper; dark purple grapes; candy eyeballs; honey; (2) 8 oz. package of cream cheese at room temp; 2 c. shredded white cheese, cheddar, monterey jack or mozzarella; green food coloring; dried cranberries (Craisins); assorted veggies (carrots, celery etc. for dipping); crackers. This recipe can be viewed on the Pinelands FSC YouTube channel.

**How Money Works | Incentive Provided (Zoom)** - In partnership with Primerica, we have guest speaker Tony Miehle with us to discuss the root causes of financial failure in the US, how to pay off debt in the best possible manner, the 3 D's of investing and more. **\*\*The first 7 people to register will receive a \$15 Wawa gift card upon completion of the program\*\*** Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Interview Skills Session | Incentive Provided (Zoom)** - It's more important than ever to have excellent job interview skills. In partnership with Aspire, Curtis Myers will be hosting a Zoom session on how to present your best self during an interview. **\*\*The first 7 people to register will receive a \$15 Wawa gift card upon completion of the program\*\*** Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Man Cave (Zoom)** - In partnership with the Irvington Family Success Center and the Partnership for Maternal & Child Health, Man Cave will offer men the opportunity to discuss sports, relationships and problems with today's justice system. This is a program for men only. To attend this program, please use this link: [https://zoom.us/join/joinMeeting/register/tJAqfuqsrijsGdS\\_fdcSJZ5o5Oq7poaOQFE4](https://zoom.us/join/joinMeeting/register/tJAqfuqsrijsGdS_fdcSJZ5o5Oq7poaOQFE4)

**Nurtured Heart Approach (Zoom)** - The Family Support Organization invites parents and caregivers to learn and discuss the Nurtured Heart Approach. Each week the FSO will lead a discussion on a different segment of NHA. Join Meeting: <https://drive.google.com/file/d/1KUHcj-usOAPOIHJ6C3-Oz-lKI-9V6gWN/view>

**STEAM Snap Circuits (Zoom)** - Snap Circuits® makes learning electronics easy and fun! Ms. Julie will host a live Zoom program to demonstrate the different ways these circuits can be built! Snap Circuit kits will be distributed at the Center on Mondays and Wednesdays between 10 am-4 pm to registered participants. Kits must be picked up by Wednesday, October 7th. These kits can be used over and over again. Register online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Understanding the IEP Process | Incentive Provided (Zoom)** - In partnership with the ARC of NJ we invite families to participate in a Zoom meeting to learn more about navigating the IEP process, which can be especially challenging during the time of virtual schooling. **\*\*The first 7 people to register will receive a \$15 Wawa gift card upon completion of the program\*\*** Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Virtual Home Hunting Assistance** - Are you looking to move but not sure where to look? Schedule a virtual appointment with our Family Partner, Ric, to help in your search! To make an appointment, email Ric at [riccarpenter@prevplus.org](mailto:riccarpenter@prevplus.org) or call 609-261-5847 Option 3

**Virtual Resume Writing Assistance** - Do you need to create or update your resume? Schedule a virtual appointment with our Family Partner, Ric, for guidance and assistance. To make an appointment, email Ric at [riccarpenter@prevplus.org](mailto:riccarpenter@prevplus.org) or call 609-261-5847 Option 3

**YouTube Videos will go live October 1<sup>st</sup> and will remain available for viewing at your convenience. Registration is required for programs that have a scheduled time.**

**To find YouTube programs simply search Pinelands Family Success Center on YouTube.**