

November 2020



"Let us be full of thanks and giving!" -Anonymous

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Strengthening Families Program 4:00 – 6:15 PM	3 Election Day! Center Closed 	4	5 Active Parenting Understanding and Redirecting Misbehavior 10:00 AM - 12:00 PM	6 Virtual Resume Writing Assistance	7 Cooking for Kids Thanksgiving Dessert
8	9 Strengthening Families Program 4:00 – 6:15 PM	10 How to Treat and Prevent Mold & Mildew 5:00 PM	11 Free Developmental Screening Ages 0-6 9:00 AM – 12:00 PM Interviewing Tips and Tricks 6:00 PM	12 	13	14 Foodie Favorites Harvest Hash
15	16 Strengthening Families Program 4:00 – 6:15 PM	17 	18 Free Developmental Screening Ages 0-6 9:00 AM – 12:00 PM Resume Do's and Don'ts 6:00 PM	19	20 Virtual Home Hunting Assistance	21 Mommy & Me Spa Night
22	23 Strengthening Families Program 4:00 – 6:15 PM	24 Preschool Storytime & Craft 3:00 PM	25	26 Thanksgiving Day! Center Closed 	27 Black Friday Native American Heritage Day Center Closed	28
29	30 Strengthening Families Program 4:00 – 6:15 PM	All YouTube programs will be available on our YouTube channel beginning Sunday, November 1st				

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



@PinelandsFSC



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REGISTRATION REQUIRED FOR SOME PROGRAMS.



VIRTUAL PROGRAMS DELIVERED VIA ZOOM VIDEO CONFERENCING, GOOGLE MEET AND YOUTUBE

Active Parenting | Understanding and Redirecting Misbehavior | Incentive Provided (Zoom) - Attendees will learn methods to redirect their child's misbehavior to achieve positive outcomes, the dynamics of power struggles and how to handle them, and the value of helping their children to use anger in a positive manner. **The first eight participants to register will receive a \$25 Acme gift card upon completion of the program** Register Online: www.pinelandsfsc.org

Cooking for Kids | Thanksgiving Dessert (YouTube) - Learn how to make a really yummy Pumpkin Mousse perfect for your holiday table or any time you need a fun dessert. If you like Pumpkin pie, you're going to love this pudding-like treat! Ingredients: Sugar, Cornstarch, Salt, Whole milk, Vanilla, Heavy Cream, Pumpkin Puree, Pumpkin Pie Spice – If you don't have it, you can use a combination of cinnamon, nutmeg, ginger, allspice and cloves. This cooking demonstration can be viewed on the Pinelands FSC YouTube channel.

Foodie Favorites | Harvest Hash (YouTube) - Chef Laurel is back with a delicious recipe that goes with Thanksgiving dinner, or any dinner at all! Ingredients: 1/4 Cup oil (prefer olive oil), 2 Large sweet potatoes, 1lb Brussel sprouts, 8 Slices bacon, 1/4 Onion (chopped), 1lb Cooked diced ham, 1 Teaspoon cinnamon, Salt and pepper to taste. This cooking demonstration can be viewed on the Pinelands Family Success Center YouTube page.

Free Developmental Screening | Ages 0-6 - The Virtua Pediatric Mobile Service team will be providing free Developmental Screenings in Bordentown. Without access to routine exams and screenings, children with developmental delays and other health concerns go undetected and issues unaddressed during a critical period of their development. Bring your 0- 6 year-old any time between 9am and noon to be checked for age appropriate developmental milestones. Registration is not required. For questions, call 609-261-5847 Location: Over the Rainbow Child Development Center, 146 Route 130, Bordentown, NJ

How to Treat and Prevent Mold & Mildew | Incentive Provided (Zoom) – Attendees will learn about moisture, mold and mildew sources, and low-cost suggestions to get the moisture out of your home and reduce allergy symptoms. There will be a question and answer period in partnership with the Southern New Jersey Perinatal Cooperative.

The first 8 participants to register will receive a \$25 Acme gift card upon completion of the program Register Online: www.pinelandsfsc.org

Interviewing Tips and Tricks (Google Meet) - The Career Services Team at RCBC presents this informative workshop on how to have a successful job interview. To join: <https://meet.google.com/jfd-gjpi-dxh>

Mommy & Me Spa Night - The Pinelands FSC would like to help you and your little ones have some fun and relaxation at home! After registering, participants may come to the Center on 11/16 or 11/18 between the hours of 10am and 4pm to pick up a basket full of fun selfcare items! Register Online: www.pinelandsfsc.org

Preschool Storytime & Craft (Zoom) - Join our Community Partner, Jenni, for a live story and craft via Zoom. Participants can pick a book and a craft kit at the Center on Wednesday, 11/18 or Monday, 11/23 between the hours of 10am and 4pm. Register Online: www.pinelandsfsc.org

Resume Do's and Don'ts (Google Meet) - The Career Services Team at RCBC presents this informative workshop on how to make your resume the best it can possibly be! To join: <https://meet.google.com/jfd-gjpi-dxh>

Strengthening Families | For Children Ages 9-14 (Zoom) – Strengthening Families Program is a science-based program which includes the entire family. It is designed to further develop family relationships and improve communication by helping parents / caregivers practice limit setting with love and by helping children develop critical life and social skills. Lessons focus on family management techniques, decision making, coping with stress, and communication. Specific details for you and your family:

- Each family who completes the program will earn a \$150 Visa Gift Card. You MUST attend at least 5 of 6 Zoom sessions to be eligible.
- The program will run for 6 weeks on Mondays (11/2, 11/9, 11/16, 11/23, 11/30, 12/7).
- Separate 1-hour parent and youth sessions held each week: Youth Sessions: Mon 4:00 - 4:45 pm - Parent/Caregiver Sessions: Mon 5:00 - 6:15 pm
- All program materials (handouts, etc.) will be delivered (through no contact) to your home by FSC staff by 10/30.
- Pizza will be ordered by our staff and delivered to your home at the end of each parent's session. Family dinners are an important component of the SFP.
- Registration is required and space is limited: 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 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 or call 609-261-5847 Option 3

YouTube Videos will go live November 1st and will remain available for viewing at your convenience. Registration is required for some programs.

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