







January 2022



The New Year stands before us, like a chapter in a book, waiting to be written.

| SUN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|--|
| All YouTube programs will be available on our YouTube channel beginning Saturday, January 1 st . | | | | | | 1  |
| 2 | 3 | 4  | 5 | 6  | 7 Family Game Night 7:00 PM – 8:00 PM | 8 |
| 9 | 10 | 11 Rinsey Racoona and How to Prevent Lead Poisoning Incentive Provided 4:00 PM – 5:00 PM | 12 Choosing Child Care Incentive Provided 11:00 AM – 12:00 PM | 13 Decluttering Incentive Provided 2:00 PM – 3:00 PM | 14 | 15 Foodie Favorites Vegetarian Three Bean Chili |
| 16 | 17 CENTER CLOSED  | 18 Active Parenting, Part 1 Incentive Provided 10:30 AM – 12:00 PM | 19 | 20 Team Youth Initiative Making Better Choices Teens Incentive Provided 5:00 PM – 6:00 PM | 21  | 22 |
| 23 | 24 | 25 Healthy for Life Food & Blood Pressure Incentive Provided 4:00 PM – 5:00 PM | 26  | 27 How to Manage and Get Out of Debt with Investors Bank 3:00 PM – 4:00 PM | 28 Healthy Cooking for Kids Skillet Tortilla Pizza | 29 |
| 30 | 31 | | | | Participants of Zoom programs will receive an email & text with the Zoom link at least 24 hours before the program. | |

CENTER IS TEMPORARILY CLOSED DUE TO PANDEMIC UNTIL FURTHER NOTICE

To schedule a virtual 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 Road
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PINELANDSFSC.ORG



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 Find us on Facebook

REGISTRATION REQUIRED FOR SOME PROGRAMS.



VIRTUAL PROGRAMS DELIVERED VIA ZOOM VIDEO CONFERENCING AND YOUTUBE

Active Parenting, Part 1 | Incentive Provided (Zoom) - For parents of children ages 5-12. In the first of this three-part series, parents will learn how children's brains develop and how this influences what children need from parents. Parents will understand the importance of giving children choices and will become familiar with relationship-building methods: mutual respect, family enrichment activities and family meetings. The Active Parenting Program will be bi-weekly on 1/18, 2/1, 2/15, 3/1, 3/15 and 3/29. ** Upon registration and completion of at least 5 of the 6 classes, participants will receive a \$75 Amazon gift card via email** Register online: www.pinelandsfsc.org

Choosing Child Care (Zoom) - In this interactive session, participants will identify goals, discover the true cost of childcare vs. subsidized care, look at the various childcare options of care, and learn how to access resources that can assist when choosing care. This program is in partnership with the Southern New Jersey Perinatal Cooperative. **2 participants will be randomly chosen to receive a \$25 Acme gift card** Register online: www.pinelandsfsc.org

Decluttering | Incentive Provided (Zoom) - This program is in partnership with Olga St. Pierre, Realtor. Participants will learn 1) How to create an action plan, room by room guide, 2) Ways to manage the emotions we attach to physical items, 3) Secrets to deciding what to keep and what to toss, 4) Community resources available to help, and 5) The correlation between organization and your health. **One random participant will be chosen to receive a \$25 Acme gift card**

Register online: <https://www.eventbrite.com/e/214656993847>

Family Game Night – The Pinelands FSC would like to treat your family to game night! Some good old-fashioned family fun you can have over and over. Upon registration, families can choose from: Jenga, Uno, Connect 4, and Trouble. We will ship the game directly to your home so your family can enjoy some quality time together!

Register online: www.pinelandsfsc.org

Foodie Favorites | Vegetarian Three Bean Chili (YouTube) - Chef Laurel is back with a delicious recipe for a healthier alternative to the traditional meat chili. You can choose your desired level of heat, mild or hot! Both versions aim to please. Serve with a side of Tostitos “scoops” or over your favorite rice or pasta. The ingredient list is available on our online calendar. **Registered participants will receive a \$25 Acme gift card to create this recipe at home** This cooking demonstration can be viewed on the Pinelands FSC YouTube channel. Register online: www.pinelandsfsc.org

Healthy Cooking for Kids, Skillet Tortilla Pizza (YouTube) - On a cold winter's day, what could be better than a warm pizza treat! Kids can whip up this easy lunch or snack with just a little help, right on the stovetop. Tortillas serve as the pizza shell and, then it's loaded up with healthy toppings to make a super pizza! This one is definitely fun and delicious! The ingredient list is available on our online calendar. This cooking demonstration can be viewed on the Pinelands FSC YouTube channel.

Healthy for Life, Food & Blood Pressure | Incentive Provided (Zoom) - Join us to learn how food can impact overall health and why blood pressure is a critical indicator of your health. All registered participants will receive a FREE meal kit to make the recipe at home via contactless delivery to your home. This program is in partnership with the Food Bank of South Jersey. Register online: https://bit.ly/1_25HFL

How to Manage and Get Out of Debt with Investors Bank (Zoom) - One survey shows that approximately 80% of Americans are currently in debt, whether from a credit card, student loan, or mortgage. Understanding how debt works, knowing where to go for help, and planning, are the keys to help you better manage your debt. During this workshop a representative from Investors Bank will share valuable tools for helping you manage and get out of debt. Register Online: www.pinelandsfsc.org

Rinsey Raccoon and How to Prevent Lead Poisoning| Incentive Provided (Zoom) - In an effort to eliminate childhood lead poisoning and reduce the spread of illnesses, the Lead and Healthy Homes Program offers this fun and educational hand washing interactive story for children ages 3-8. With the help of Rinsey the Raccoon, participants will review 5-steps of hand washing (soap and water, bubbles, 20 second rule, rinse, and dry). Following Rinsey, a brief workshop is provided on lead poisoning prevention to address how to Test Your Home, Test Your Child and Use Lead-Safe Cleaning Methods. This program is provided in partnership with the Southern Jersey Perinatal Cooperative, Lead and Healthy Homes Program. **The first 6 participants to register and attend will receive a Healthy Homes Bag courtesy of SNJPC** Register Online: www.pinelandsfsc.org

Team Youth Initiative, Making Better Choices | Teens | Incentive Provided (Zoom) - The Pinelands FSC and Life Opportunities, Inc. have partnered to bring this extremely beneficial **Teen Mentoring Program** to teenagers in our community. The Team Youth Initiative will meet virtually twice a month from January to April. During each meeting, a mentor from our community will cover a different topic relevant to teens' lives. For this session Valerie Granberry (Motivational Speaker), will focus on Encouraging Youth to make better choices when faced with life dilemmas. **Three participants will be randomly selected to receive a \$15 Wawa gift card via email.** Register Online: www.pinelandsfsc.org

YouTube Videos will go live January 1st 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.