

February 2023



“There is always in February some one day, at least, when one smells the yet distant, but surely coming summer” – Gertrude Jekyll



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 FIRST DAY OF BLACK HISTORY MONTH Wellness Wednesday Reducing Sodium 12:30 – 1:15 PM	2 Parent Advisory Council Meeting 5:30 - 6:30 PM	3	4
5	6	7 Women’s Support Group 5:30 – 7:00 PM	8 Wellness Wednesday Heart Healthy 12:30 – 1:15 PM	9 Youth Initiative Program Human Trafficking Awareness 5:00 – 6:00 PM	10 Father Child Dinner Date 5:30 – 7:00 PM	11
12	13 Community Connection & Resource Guidance 12:00 – 4: 00 PM Youth Mental Health First Aid 5:00 – 7:00 PM	14 Valentine’s Day Family Cookie Decorating 5:30 – 6:30 PM	15 Wellness Wednesday Cancer Basics 12:30 – 1:15 PM	16 Healthy Cooking for Kids Ages 6-12 5:30 – 7:00 PM	17	18
19	20 Center Closed PRESIDENT’S DAY PRESIDENT'S DAY	21	22	23 Youth Initiative Program How to Create a Website 5:00 – 6:00 PM Get the Job, Keep the Job Virtual 6:00 – 8:00 PM	24	25
26	27 Youth Mental Health First Aid 5:00 – 7:00 PM	28 Food and Finance Part 1 Incentive Provided 5:30 – 6:30 PM				

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

Phone: (609) 261-5847
www.PinelandsFSC.org

HOURS OF OPERATION:

Monday 10am-5pm
Tuesday 11am-7pm
Wednesday 10am-5pm
Thursday 11am-7pm
Friday 10am-1pm

HOURS SUBJECT TO CHANGE

All Activities and Programs offered by the Center are FREE and open to everyone. JOIN US!

PINELANDSFSC.ORG



@PinelandsFSC

Find us on Facebook

REGISTRATION REQUIRED FOR MOST PROGRAMS.



ALL PROGRAMS ARE IN PERSON UNLESS OTHERWISE NOTED

Community Connection & Resource Guidance - Community members are invited to the center to make a connection with us and become informed of resources available in Burlington County. Walk-ins welcome.

Community Round Table | Incentive Provided- Community members are invited to join us in person to discuss how the Family Success Center can best support our community through programs and activities for children and families. All participants will receive a \$5 Wawa gift card and will be entered into a drawing for a \$20 Amazon Gift card. Light refreshments provided. Register Online: www.pinelandsfsc.org

Father Child Dinner Date - For Dads and those who fill the role, bring the kids to the Center to have a fun and yummy dinner together!
Register Online: www.pinelandsfsc.org

Food and Finance | Part 1 | Incentive Provided - This monthly, three-part series, will help you learn how to shop healthy on a budget and meal planning. Participants will also learn how to create a menu plan and shopping lists. The final class will take place at a local grocery store (TBD) where participants will receive a \$100 grocery gift card to use!
****Note- You must attend all three sessions to be eligible for \$100, which must be spent during final shopping trip**** Class Dates: 2/28, 3/28, and 4/25 (the fourth Tuesday of the month) This program is in partnership with the Food Bank of South Jersey. Register Online: www.pinelandsfsc.org

Get the Job, Keep the Job | Virtual - In this workshop you will learn how to create the perfect resume that highlights your strengths and experience Discussion will also include cover and thank you letter etiquette, interviewing tips and job search strategies. Additional discussions will revolve around appropriate workplace behavior like proper attire, work ethic and time management. This program is offered by Rowan College of South Jersey.
Register Online: <https://www.rcsj.edu/pit/newsletters>

Healthy Cooking for Kids | Ages 6-12 - Kaleidoscope Fruit Pizza: This class turns pizza upside down! Kids will get to use their creativity to make a simple pre-baked pizza shell into a colorful, fruitastic work of art! Plus, we will learn why eating the rainbow is so important.
Register Online: www.pinelandsfsc.org

Valentine's Day Family Cookie Decorating - Come to the Center and create a sweet for your sweetheart! Cookies and supplies provided.
Register Online: www.pinelandsfsc.org

Wellness Wednesday | Cancer Basics - Join Rutgers Cancer Institute of New Jersey as we talk about the basics of cancer, understand cancer risk factors and what steps you can take to reduce your risk for certain cancers.
Register Online: https://rutgers.zoom.us/webinar/register/WN_YDxJSmFNQo6xjrXd0551YA

Wellness Wednesdays | Heart Healthy - Celebrate Heart Health Month by exploring strategies to be mindful of your heart, while planning meals and stocking your pantry with heart healthy foods and trying out new recipes that are delicious while boosting your heart health.
Register Online: https://rutgers.zoom.us/webinar/register/WN_zFFJuJa1QkG9gV7EqEmNQ

Wellness Wednesdays | Reducing Sodium - In this webinar, participants will learn tips to reduce salt in meals. Cooking tips and recipe ideas will be provided.
Register Online: https://rutgers.zoom.us/webinar/register/WN_9uEsHlwmTVeaYou7XluREQ

Note: Wellness Wednesday Programs are Presented by Rutgers Cooperative.

Women's Support Group - Join us for an evening of friendship and support as we discuss our challenges and achievements. This month's theme is "Devotion". We we'll be playing a sweet reward bingo! Led by local community members, it's going to be a great place to make new friends as well! Dinner provided.
Register Online: www.pinelandsfsc.org

Youth Initiative Program - The Pinelands FSC and Life Opportunities, Inc. have partnered to bring this extremely beneficial **Teen Mentoring Program** to the teenagers in our community. Meetings will be held twice a month from January to April. During each meeting, a mentor from our community will cover a different topic relevant to teens. Participants will receive a \$10 Wawa gift card for each session they attend at the end of the entire Team Youth Initiative Series. This program will be offered in person and via Zoom. Dinner is provided for in person attendees. Parents are required to remain at the Center during the program and are encouraged to participate with their child. The topics below will be covered in February:

****Human Trafficking Awareness (2/9) ** How to Create a Website (2/23)**

Register Online: www.pinelandsfsc.org

Youth Mental Health First Aid - Youth Mental Health Matters! A Young person you know could be experiencing a mental health or substance use problem. Learn an Action Plan to Help! Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives parents and adults who work with youth the skills they need to reach out and provide initial support to adolescent (ages 12-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. This program is offered by the Pemberton Township Alliance Group and Pemberton Recreation. ****This is a two night training, you must attend both dates. 2/13 and 2/27****

Register Online: <https://docs.google.com/forms/d/e/1FAIpQLSdVpvJvBFghE4G497YCZ8nNwdtXEmjMdPXTokftihV4oWmrLA/viewform>