

# April 2022



"The same boiling water that softens the potato hardens the egg. It's about what you're made of, not the circumstances." -UNKNOWN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
	<p><b>Puzzle Swap Monday</b> 10:00 AM – 4:00 PM</p>	<p><b>Foodie Favorites In Person</b> 5:30 PM – 7:00 PM</p>		<p><b>Team Youth Initiative</b> Setting and Achieving Your Goals Incentive Provided 5:00 PM – 6:00 PM</p>		
10	11	12	13	14	15	16
		<p><b>A Taste of African Heritage Cooking</b> 4:00 PM – 5:00 PM</p>	<p><b>Helping Young Children Stress Less</b> 2:00 PM – 3:00 PM</p>		<p><b>Center Closed</b></p>	<p><b>Eggstravaganza!</b> 11:00 AM – 2:00 PM</p>
17	18	19	20	21	22	23
<p><b>Easter Sunday</b></p>	<p><b>Easter Monday Tax Day</b></p> <p><b>Puzzle Swap Monday</b> 10:00 AM – 4:00 PM</p>			<p><b>Finances 101</b> In Person and Zoom 5:00 PM – 6:00 PM</p>	<p><b>Volunteer Appreciation Celebration</b> 5:30 PM – 7:00 PM</p>	
24	25	26	27	28	29	30
		<p><b>National Pretzel Day Give Away</b> 5:00 PM – 7:00 PM</p>	<p><b>Child Abuse Prevention Awareness</b> 4:30 – 5:15 PM</p>	<p><b>Team Youth Initiative Supporting Families Affected by Mental Health</b> 5:00 PM – 6:00 PM</p> <p><b>Strengthening Families</b> 5:30 PM – 7:30 PM</p>		

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

Phone: (609) 261-5847

www.PinlandsFSC.org

**HOURS OF OPERATION:**

Monday 10:00am-5pm

Tuesday 11am-7pm

Wednesday 10:00am-5pm

Thursday 11pm-7pm

Friday 10:00am-1pm

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

[PINLANDSFSC.ORG](http://PINLANDSFSC.ORG)



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REGISTRATION REQUIRED FOR SOME PROGRAMS.



## VIRTUAL PROGRAMS DELIVERED VIA ZOOM VIDEO CONFERENCING AND YOUTUBE

**A Taste of African Heritage Cooking (Zoom)** - Learn to Cook African Diaspora Cuisine! Join Shanna from the Food Bank of South Jersey as she teaches you how to shop for and prepare healthy plant-based foods using spices and herbs, leafy greens, whole grains, beans, tubers, fruits, and vegetables. Free delicious recipes to cook for your family and friends will be offered and taught every month for 6 months. This program is in partnership with the Food Bank of South Jersey. Register online: <https://bit.ly/AtoahPL>

**Child Abuse Prevention Awareness (Zoom)** - In our continued efforts to prevent child abuse and neglect, the Pinelands FSC has partnered with the Center for Family Services and Burlington/Camden County CAP to offer this informative workshop. This is a parent program given by CAP facilitators which includes an overview of assault, information on identification of abused children, community resources, and legal responsibilities for reporting abuse or neglect for adults in the community. The training emphasizes communication skills for discussing assault with children and how to effectively respond. Five attendees will be chosen at random to receive a \$10 Wawa gift card. Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Eggstravaganza!** The Pinelands FSC is "eggcited" to take part in this amazing event! Bring the kids to enjoy an egg hunt, meet the Easter Bunny and more! Be sure to stop by our table for an extra treat, fun and giveaways! This program is sponsored by Pemberton Recreation and Pemberton TAG. This event takes place at Whitesbog Historic Village.

**Finances 101 (In Person and Zoom)** - Join us and local financial professional, Tony Miehle for this insightful class. Tony will be reviewing the next chapter of Suze Ormon's "Money Book for the Young, Fabulous and Broke". You will be asked upon registration if you would like to participate at the Center or via Zoom. Space is limited, some participants may be asked to join virtually. Masks are requested. Dinner provided. Register online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Foodie Favorites (In Person)** - Chef Laurel is back in the FSC kitchen to help you create a delicious meal for your family. This month we will be making Chicken in Peanut Sauce! Participants will take home their prepared recipe. **\*\*Adults Only and please only register one adult per family\*\*** Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Helping Young Children Stress Less (Zoom)** - Stress affects even the youngest generation. This informative session will identify two kinds of stress that affect children most, the experiences that can cause stress and what caregivers can do to help minimize stress on our children. This program is in partnership with the Southern Jersey Perinatal Cooperative. Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**National Pretzel Day Give Away** - Pinelands FSC is happy to sponsor the pretzels for this awesome day! In partnership with Pemberton Recreation, Pemberton TAG, Pemberton Township Police Department, Local PBA 260 and the Governor's Council on Alcoholism and Drug Abuse, we will be at two locations around town giving away FREE soft pretzels! Stop by Power's Pharmacy or Imagination Kingdom for a snack and say hi!

**Puzzle Swap Monday** - The Pinelands FSC is offering a free puzzle swap! Give a puzzle, get a puzzle, swap a puzzle! Take your "new" puzzle home and complete it with your loved ones! When you're finished, just bring it back on a scheduled Monday in March or April and take home another one to complete. Feel free to send us pictures of your hard work! Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Strengthening Families Program – 7 Week Session | For parents/caregivers with children ages 9-14 | Incentive Provided (In Person)** - Strengthening Families Program includes the entire family and is designed to improve relationships and communication by helping parents/caregivers practice limit setting with love as they develop critical life and social skills for their families. Families that complete six of seven weekly sessions will receive a \$150 Visa Gift Card. If you or your youth must miss a session, please let us know ahead of time. The program will run on Tuesdays (4/28, 5/5, 5/12, 5/19, 5/26, 6/2, 6/9). All sessions will be held in person at the Pinelands FSC. Registration required and space is limited. Dinner will be provided during each session. Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Team Youth Initiative | Incentive Provided (Zoom)** The Pinelands FSC and Life Opportunities, Inc. have partnered to bring mentoring programs to teens in our community to provide these and other programs throughout the year.

- April 7<sup>th</sup> session will focus on setting and achieving your goals and is presented by Councilman Jason Allen. **\*\*Three participants will be randomly selected to receive a \$15 Wawa gift card via email.\*\*** Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)
- April 28<sup>th</sup> session will focus on how to help individuals and families who are affected by mental illness". **\*\*Three participants will be randomly selected to receive a \$15 Wawa gift card via email.\*\*** Register Online: [www.pinelandsfsc.org](http://www.pinelandsfsc.org)

**Volunteer Appreciation Celebration** - We couldn't do what we do without our amazing volunteers! Whether it be in person, via Zoom, organizing donations behind the scenes and more, we're grateful for it all. We look forward to an evening of celebrating you!

**Participants of Zoom programs will receive an email & text with the Zoom link at least 24 hours before the program.**

