

255 Livingston Avenue
New Brunswick, NJ 08901
Telephone: 732-640-0800
Fax: 732-640-0806
Email: harmonyfsc@prab.org



Harmony Family Success Center

Calendar of Activities

August 2017

Hours of Operation:
Mon/Wed/Fri: 9:00am-5:00pm
Tues/Thurs: 11:30am-7:30pm
Saturday/Sunday: Closed



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 AUGUST		1 <u>2:00pm-4:00pm</u> Summer Packet Help w/Rutgers RWJM medical student 6:00pm-8:00pm National Night Out 	2 Come check out your local HFSC :)	3 <u>5:00pm-7:00pm</u> Decorate your own Cookie for National Cookie Day! 	4 <u>2:00pm-4:00pm</u> Summer Movie Friday! 	5 National Chocolate Chip Cookie Day!
HAPPY NATIONAL IMMUNIZATION AWARENESS MONTH! 	7 <u>10:00am-1:00pm</u> Staff Administrative Time 	8 <u>5:00pm-7:00pm</u> Join us for our COMMUNITY CAFE 	9 <u>2:30pm-4:30pm</u> Marvelous Moms <i>Amazing Savings, with a new baby!</i>	10 <u>3:00pm-6:00pm</u> FedEx Needs You! 	11 <u>2:00pm-4:00pm</u> Summer Movie Friday! 3:00pm-5:00pm Salvation Army Resource Fair	12 <i>August is National Peach Month!</i>
13 	14 <u>10:30am-12:30pm</u> Lord Stirling "Silver Stars" Seniors @ LS Apartments 	15 <u>5:00pm-7:00pm</u> Why Dads Matter! 	16 <u>2:30pm-4:30pm</u> End of Summer Splash! (with NBF) <i>@ Joyce Kilmer Park</i> 	17 <u>5:00pm-7:00pm</u> "Scent Away Your Stress" @ PRAB Main Office	18 <u>11:00am-1:00pm</u> Parents Unite! (with NAMI) 	19
	21 <u>10:00am-1:00pm</u> Staff Administrative Time 	22 <u>5:30pm-7:00pm</u> Let's Get Cooking (Pt. 2) <i>@ NB Free Public Library</i> 	23 <u>10:30am-12:30pm</u> Community Resources <i>With Family Support Org.</i> 	24 <u>5:00pm-6:00pm</u> Identity Theft Happens—Pt. 1 <u>6:00pm-7:00pm</u> Identity Theft Happens—Pt. 2 	25 ...due to Staff Training	AUG AUGUST National Water Quality Month
27 	28 <u>10:00am-1:00pm</u> Staff Administrative Time 	29 <u>5:00pm-7:00pm</u> Planning For The Future (with CCYC) 	30 Come check out your local HFSC :)	31 Let's Make Waves HFSC and CCYC's Going Swimming (call for details)	 FATHERS MATTER	HFSC Hours Mon., Wed., Fri. 9:00am-5:00pm Special Events Tues., Thurs. 11:30am-7:30pm



Description of Activities - August 2017



08/07/17, 08/21/17, 08/28/17: Administrative Days for Staff. We encourage you to call ahead if you'd like to stop by, however, we will welcome any one needing urgent assistance during those hours, as well.

08/01/17– SUMMER PACKET HELP: Although summer is still here, we understand the school year is coming quickly and the summer homework packets need to be completed. With the help of Rutgers RWJM HIPHOP program interns, will be assisting students with their summer homework packets. But register quick there only 15 spots available.

08/01/17– NATIONAL NIGHT OUT (NNO) @ VARIOUS LOCATIONS: We encourage you to attend National Night Out, which is an opportunity for families to participate in free fun activities put together as a community-police awareness event in the United States, held the first Tuesday of every August. HFSC will be present at the War Memorial Park in front of Walgreens on Jersey Avenue.

08/03/17— DECORATE A COOKIE FOR NATIONAL COOKIE DAY: Harmony FSC will be hosting this fun activity as a way to celebrate Chocolate Chip Cookies! Come and use your creativity to decorate, put together, and finally EAT the most amazing cookie sandwich that you can make! *Please call ahead for registration so that we have enough cookies for everyone!*

08/04/17 & 08/11/17- SUMMER MOVIE FRIDAYS: For the first two Fridays of this month, we'll be hosting Summer Movie Days! Come and enjoy two movies this month; first **Moana**, and then **Charlie and the Chocolate Factory** during the second week!

08/08/17— “COMMUNITY CAFÉ”: Take a break from your busy schedule, come join us as we brainstorm creative ways to build up our community and bring more fun and positive opportunities to all. We will be connecting with old friends and making new ones as we sip on coffee (*or Tea*), indulge in light snacks, and enjoy some great conversation! We look forward to spending time with you!

08/09/17 - MARVELOUS MOMS—AMAZING SAVINGS WITH A NEW BABY!: This month our MM's Group is inviting the Central Jersey Family Health Consortium to come talk about the importance, benefits, and issues with BREASTFEEDING. Did you know that breastfeeding is one of the best ways to feed your baby and save money! Come and enjoy some time with other women where we'll share, learn, and grow together.

08/10/17– FED EX NEEDS YOU!: Are you currently seeking a new job opportunity? FedEx will be on site at Harmony Family Success Center helping anyone who is looking for employment fill out job applications. Positions starting at \$13.00 available! Call Harmony FSC to register or for more information.

08/11/17 - SALVATION ARMY RESOURCE FAIR @ 287 HANDY ST.: Join Harmony FSC as we host a table at the Salvation Army Resource Fair—**287 Handy Street in New Brunswick**. There will be many more opportunities to find information, resources, and free items for you and your family!

08/14/17—“SILVER STARS SENIORS” @ LORD STIRLING SENIOR APARTMENTS: This event is a closed group held at **40 Hassart Street in New Brunswick**. Call for more information.

08/15/17—WHY DADS MATTER: Calling all DADS! We invite you to come and share with us your thoughts on “Why Dad’s Matter” in the lives of their children. We are partnering with the Youth Advocate Programs, led by Kareem Lovelace, who will facilitate a discussion for all fathers to come and openly express frustrations and also solutions to some of the real issues that many experience day to day. Please call to reserve a space!

08/16/17 - END OF SUMMER SPLASH! @ JOYCE KILMER PARK: If you're tired of the hot and humid weather come and join us for a summer splash done with NFPD. The fire department will be opening the fire hydrants to cool the community for a summer splash.

08/17/17—SCENT AWAY YOUR STRESS @ PRAB MAIN OFFICE—Join us at 90 Jersey Avenue, for a relaxing time to create your very own scent. Enjoy mixing essential oils with recipes for stress, allergies, aging and much more.

08/18/17—PARENTS UNITE WITH NAMI EN ESPANOL: In collaboration with NAMI NJ en Español— this free group is open to all who are interested! A safe and confidential place where parents connect with other pts through their collective lived experiences and learned group wisdom. (This group is held in Spanish and meets on the third Friday of each month.)

08/22/17-LET'S GET COOKING W/ URBAN IMPACT PART TWO @ NEW BRUNSWICK FREE PUBLIC LIBRARY: Urban Impact is a group of young men and women that are striving to positively contribute to their community by giving, empowering, and sharing hope with others. They will be partnering with HFSC this month to bring a fun interactive workshop about “Healthy Eating on a Budget”. We invite families with their children to join us for some yummy fun! — as well as, an opportunity to learn something new about the food we eat and cook daily. This meeting will take place at the NB Public Library.

08/23/17 - COMMUNITY RESOURCES W/ FSO: Family Support Organization provides support to families of children with behavioral and emotional challenges and developmental disabilities. Through culturally respectful trainings, speakers and advocacy, they work towards the best outcome possible. Come join FSO for an empowering and educational conversation with other parents experiencing similar situations.

08/24/17—IDENTITY THEFT HAPPENS PART 1 & PART II— Are you aware of the many ways thieves can steal your identity? Find out how to protect you and your family from having valuable information with Giovanni Laurretta, a Community Educator for New Jersey Citizen Action (NJCA). Approximately 15 million people in the U.S. have their identities stolen. Don't let that be you!

08/29/17— PLAN FOR THE FUTURE—Learn to plan for your financial future. HFSC and CCYC will be hosting a budgeting workshop learn how to save for your families future financial security such as, college and retirement, Come and join us to for this free workshop and begin creating a nest egg for your family today.

08/31/17— LET'S MAKE WAVES— YES! Get your bathing suits ready!! HFSC partnered with CCYC are going swimming. We are taking a trip to Middlesex Community pool to enjoy the last days of summer. Unfortunately we can only take a certain amount of family members. So, be sure to call HFSC and register your family, today!

ALL ARE WELCOME TO PARTICIPATE IN OUR FREE SERVICES!

Call or email **Harmony FSC** at **(732) 640-0800 / harmonyfsc@prab.org** for more information and to register for an activity.