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What's new at Harvest Family Success Center in **AUGUST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
			1	2	3
	Frenchtown Super Seniors 11:30-2:30 ESL 6:20-9:20 	Together Yoga 10-11 Recovery Center Veggie-Palooza 11:30 	Life Skills 1-2pm Thurs Night Supper Club @5 Wowsa 5:30-7:30 PAB- 6-7pm SHEP		SHEP Recovery Center
5	6	7	8	9	10
	Frenchtown Super Seniors 11:30-2:30 Kiwanis 12-1 ESL 6:20-9:20	Recovery Center Together Yoga 10-11 Veggie-palooza 11:30 	Life Skills 1-2 Thurs Night Supper Club @5 WOWSA 5:30-7:30 SHEP	 Girls Night In 5-8pm	Recovery Center SHEP
12	13	14	15	16	17
	Frenchtown Seniors 11:30-2:30 ESL 6:20-9:20	Recovery Center Together Yoga 10-11 Veggie-palooza 11:30 	Life Skills 1-2 Thurs. Supper Club@ 5 WOWSA 5:30-7:30 SHEP	Girls night In 5-8 	Recovery Center SHEP
19	20	21	22	23	24
	Frenchtown Super Seniors 11:30-2:30 ESL 6:20-9:20	Recovery Center Together Yoga 11am-12 Veggie-Palooza 11:30 	Life Skills 1-2 SHEP Kiwanis 6-7:30 	Board Game Night! 6-8 Arts, Crafts, and Mindful Parenting @ 10am 	Recovery Center SHEP
26	27	28	29	30	31
	Frenchtown Super Seniors ESL 6:20-9:20	Recovery Center Together Yoga 10-11 Veggie-Palooza 11:30	Life Skills 1-2 WOWSA 5:30-7:30 SHEP PAB 6-7pm		Recovery Center SHEP

Want to volunteer? Want to teach a class? Speak to Penni, she'll get you up and running!

Need to work on something personal? Meet one-on-one with a partner.

Just schedule an appointment with: Carmel, Penni or Claudia @908-237-0465

Harvest Family Success Center: Activity Descriptions

Arts, Crafts & Mindfulness – Art as relaxation for adults. Learn art projects such as beading, coloring and stamping by using different mediums. Prior artistic experience not necessary. R, SC, CS,

Beautiful Puzzles – Spanish support group for parents with children with autism and Asperger. Positive parenting skills. R, SC, CS, P&CD, S&EC

ESL- English as a second language classes for beginners and advanced students. R, SC,

Frenchtown Programming- Stop in and discuss your needs with a Harvest Family Partner and find out what services are available to help. Held at the Frenchtown Presbyterian Church on 4th Street. SC, CS, P&CD

Girls Night In- Girl empowerment group for girls from 1st through 7th grade. R, SC, P&CD, S&EC

Girl Scouts- Junior and Senior Troop meetings for girls from 5th grade through High School. SC, P&CD, S&EC

HIOC- Hunterdon County Interfaith Outreach Council meeting. SC, CS

Homework Club- Students from 1st-8th grade is welcome to join us and have High School students assist them with homework, projects and test prep. R, SC, P&CD, S&EC

Kiwanis- Meeting of members looking for ways to deal with the needs of local children. SC, P&CD, S&EC

Life Skills- Unifying Families program teaching assorted skills for managing your life today. R, SC

Mamas Sin Miedos- Spanish support group for moms with kids of all ages. PPD, healthy eating, positive parenting skills and more! R, SC, P&CD, S&EC

Movie Night- Special Needs Social Program for young adults, run through a collaboration of Harvest and Hunterdon Central High School Workplace Readiness Program. R, SC

PAB- Parent Advisory Board- Members join together to discuss the FSC, our events, needs and direction. SC

Positive Parenting- A six session program targeting improving parenting skills for parents of kids 8-14. R, SC, P&CD

Recovery Center- offering numerous programs in our safe, alcohol, drug and smoke free center. Come for a program or just come in to hang out and chat. R, SC, CS

SHEP- Parenting classes, by appointment. R, P&CD, S&EC

STEM Robotics Club- North Hunterdon Rotary-for children grades 4-7 build a robot while having while learning about science, technology, engineering and mathematics. SC, P&CD, S&EC

Super Seniors of Frenchtown!- Offered in Frenchtown, NIA class and guest speaker or craft, R, SC

Teen Coffee House- drop in for a snack, coffee and do homework or socialize with other local teens. SC, S&EC

Thursday Night Supper Club- Free complete hot meals available for pick up for families in need. R, CS,

Together Yoga- Held at Independence Manor, this yoga class is for everyone, seniors, toddlers, moms and EVERYBODY, can do this in a chair, mindfulness and stress reduction techniques. R, SC, P&CD

Tutoring/Mentoring- One-on-One tutoring for kids who have a hard time with a group setting, or just need a more intense program with one teacher. R,SC,CS, S&EC

Veggie-Palooza- FREE produce farmers market here at the center. SC, CS

Workplace Readiness- Super Seniors from Hunterdon Central may join in the fun of skill building tasks aimed at increasing marketable skills. R, SC, P&CD, S&EC

WOWSA- Women Offering Women Support...Always! Our women's support group offers dinner and instructors for crochet and knitting. R, SC, CS

Key Code using our 5 core values: R=Resilience, SC=Social Connections, CS= Concrete Support in times of need, P&CD= Parenting and Child Development, S&EC= Social & Emotional Competence of Children

