

February 2023

BLACK HISTORY MONTH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1  Caregivers Support Group Wellness Calls  Feed the Frontlines 5pm	2  Card Making 11am-1pm	3	4
6  Caregivers Support Group- English 1pm  Yoga 6:45pm	7 Family Resource Email 11am  Meditation- Spanish 4pm  Zumba 5pm Strengthening Families 6-8:30pm	8  Caregivers Support Group Wellness Calls  Feed the Frontlines 5pm	9  Card Making 11am-1pm  Healthy Eating Workshop 5pm	10	11
13  Caregivers Support Group- English 1pm  Yoga 6:45pm  Virtual Science Workshop 4pm	14 Valentine's Day Family Resource Email 11am  Meditation- Spanish 4pm  Zumba 5pm Strengthening Families 6-8:30pm	15  Caregivers Support Group Wellness Calls  Feed the Frontlines 5pm	16  Card Making 11am-1pm  Road Safety Workshop 5pm	17 National Caregivers Day	18
20 WE WILL BE <u>CLOSED ON</u> PRESIDENTS DAY -----  -----	21 Family Resource Email 11am  Meditation- Spanish 4pm  Zumba 5pm Strengthening Families 6-8:30pm	22  Caregivers Support Group Wellness Calls	23  Card Making 11am-1pm  Arts and Crafts Workshop 4pm	24	25
27  Yoga 6:45pm  Advisory Board	28 Family Resource Email 11am  Meditation- Spanish 4pm  Zumba 5pm		For services and more info please call: Natalia Valencia 201-694-1891 • Mon 9am - 7pm • Tues 10am - 8pm • Wed 10am - 6pm • Thurs 9am - 5pm • Fri 9am - 3pm • Available Saturdays By Appointment 44 Armory Street Englewood, NJ 07631	ACTIVITIES ARE FREE & OPEN TO ALL	



ALL PROGRAMS ARE FREE AND OPEN TO THE COMMUNITY

Bridges Family Success Center also offers: Information & Referral Services — Information & Access to Health Care Services — Linkages to Family Crisis & Counseling — Early Childhood Development Education — Home Visiting



Parent/Child Activities & Education

Family Resource Emails — FSC will be emailing parents about fun and productive educational activities.

Road Safety Workshop — Join us to learn about the importance of wearing a helmet, safety in crosswalks, bike safety, rules of the road, and more. The Brain Injury Alliance of New Jersey presents a free and interactive workshop for families. [Registration Required.](#)

Strengthening Families — For Parents and Their Children Ages 10-14, This family program helps parents and caregivers build on their strengths in showing love and setting limits and helps youth develop skills for building a positive future. [Registration Required.](#)

Virtual Science Workshop — Instructional video and materials provided by volunteer Ryan. Virtual via ZOOM. Materials Provided. [Registration Required.](#)

Arts and Crafts Workshop — Miss Nicole leads children in a creative Valentine's Day Arts and Crafts Session. Virtual via ZOOM. Materials Provided. [Registration Required.](#)



Health

Daily Wellness Check Ins, Bridges FSC Staff are conducting phone calls to families. We are continuously spreading information and resources via email and phone calls.

Yoga on Zoom — Mondays & Thursdays 6:45pm; Relieve stress and stretch with this low impact workout that will get those muscles moving. Consult your physician before beginning this or any exercise program. Registration ongoing <https://linktr.ee/bfcFamilySuccessCenter>

Meditation in Spanish — Mary Ann From the Graf Center will be providing Meditation in Spanish via Instagram [@MARIVINYC](#), on Tuesdays.

Virtual Zumba — Zumba instructor Rosa Vallejo leads Zumba every Tuesday, registration ongoing <https://linktr.ee/bfcFamilySuccessCenter>

Healthy Cooking Class with Chef Aaron — Join Us to learn some fun, easy and healthy recipes in time for Valentine's Day in collaboration with the Bergen Pac, learn how to make healthier eating decisions and make your diet a lifestyle with us. [Registration Required.](#)

Feed the Frontlines — Join us for a drive thru and walk up hot meal distribution, every Wednesday at 5:30pm. [No registration required.](#)



Advocacy

Caregivers Wellness Calls & Informative Resource Sharing — A friendly reminder of mentoring supports to caregivers that they are not alone during this time of Social Distancing. Offered in Spanish on the last Monday of the month.



Life Skills

Card Making Mentoring Peer-to-Peer — Members are making cards for Seniors of BFC as well as essential health care workers.

Black History MONTH — is an annual commemoration of African Americans' achievements, recognition of the contributions made & their central role in U.S. history & culture. The celebration evolved from "Negro History Week," first celebrated Feb. 7, 1926 to be continued every second week in February.

It was created by acclaimed historian, educator & activist Carter G. Woodson (1875-1950) known as the "Father of Black History."

Black History Month was first observed in 1970 at Kent State University & since 1976, every U.S. President declared February as Black History Month. Also, now known as African American History Month, it has been observed in countries around the world including Canada & the United Kingdom.

Staff Numbers:

Natalia - (201) 694-1891

Olga - (201) 500-7173

Nicole - (973) 814-6963

Jhonatan - (862) 283-0185