

# April 2023

## CHILD ABUSE AND PREVENTION AWARENESS MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2	3  Caregivers Support Group- English 1pm  Yoga 6:45pm	4  Family Resource Email 11am  Meditation- Spanish 4pm  Zumba 5pm	5 <b>Passover</b>  Caregivers Support Group Wellness Calls  Spring Egg Basket Distribution 11am	6  Card Making 11am-1pm  Parent Cafe 4pm	7 <b>Good Friday</b>  Sorry we're <b>CLOSED</b>
9 <b>Easter Sunday</b>	10 <b>Easter Monday</b>  Caregivers Support Group- English 1pm  Yoga 6:45pm	11  Family Resource Email 11am  Meditation- Spanish 4pm  Zumba 5pm	12  Caregivers Support Group Wellness Calls	13  Card Making 11am-1pm  Child Abuse Prevention Workshop (Eng) 5pm	14
16	17  Caregivers Support Group- English 1pm  Advisory Board	18  Family Resource Email 11am  Meditation- Spanish 4pm  Zumba 5pm	19  Caregivers Support Group Wellness Calls  Virtual Science 4pm	20  Card Making 11am-1pm	21  Healthy Kids Workshop 11am
23	24  Yoga 6:45pm	25  Family Resource Email 11am  Meditation- Spanish 4pm  Zumba 5pm	26  Caregivers Support Group Wellness Calls  Positive Discipline 5pm	27 <b>Eid</b>  Card Making 11am-1pm  Child Abuse Prevention Workshop (Span) 5pm	28
30  Englewood Family Health Festival 12pm-5pm			<p>For services and more info please call: Natalia Valencia 201-694-1891</p> <ul style="list-style-type: none"> <li>• Mon 9am - 7pm</li> <li>• Tues 10am - 8pm</li> <li>• Wed 10am - 6pm</li> <li>• Thurs 9am - 6pm</li> <li>• Fri 9am - 3pm</li> <li>• Available Saturdays By Appointment</li> </ul> <p>44 Armory Street Englewood, NJ 07631</p>	<b>ACTIVITIES ARE FREE &amp; OPEN TO ALL</b>	



\*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.

Parent Cafe — Learn about Love Language with your child. Workshop led by Maria Garcia Family Engagement Specialist (FES), County of Bergen, Department of Human Services, Office for Children. Virtual Workshop via ZOOM. [Registration Required](#).

Spring Egg Basket Distribution — Children will receive Spring egg baskets with eggs and candy to host their own egg hunt at home. IN-PERSON PICK UP. [Registration Required](#).

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

Positive Discipline Workshop — Tips for parenting in a positive direction. Virtual Workshop via ZOOM. [Registration Required](#).

Englewood Family Health Festival — Health festival promoting physical, mental, and social well-being of families. IN-PERSON.

Healthy Kids Workshop — Healthy kids nutrition workshop with Shoprite Dietitian Miss Stephanie Sass leading children and parents in eating healthy. IN-PERSON. Materials Provided. [Registration Required](#).

April is the national observation of Child Abuse Prevention and Awareness Month. During this time, Prevent Child Abuse-New Jersey implements its "Pinwheels for Prevention" campaign. The pinwheel was chosen as a national symbol of prevention because it is whimsical and evokes childlike notions — so it is a good emblem of the "Great Childhoods" we desire for all children.



## 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>



## 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.

Child Abuse Prevention Workshop in English — Join us for a workshop on child abuse prevention, 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. [Registration Required](#).



## Life Skills

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

## Staff Numbers:

Natalia - (201) 694-1891

Olga - (201) 500-7173

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