

**Strengthening Individuals
Supporting Families
Building Communities**

July 2022

PURPOSEFUL PARENTING MONTH

Bridges Family Success Center

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
For services and more info please call: Natalia Valencia 201-694-1891 • Mon & Wed 9am - 5pm • Tues 9am - 6pm • Thurs 9am - 7:30pm • Fri 9am - 3pm, • Available on Saturdays By Appointment 44 Armory Street Englewood, NJ 07631		ACTIVITIES ARE FREE & OPEN TO ALL		1	2
4  4th of July Office Closed	5  Family Resource Email 11am  Meditation- Spanish 4pm Zumba 5pm	6  Caregivers Support Group Wellness Calls  SNAP Program 11:30am	7  Card Making on Zoom 11:30am-1pm	8	9
11  Bilingual Story Time 11am  Caregivers Support Group- English 1pm  Know Your Rights 1pm Yoga 6:45pm	12  Family Resource Email 11am  Meditation- Spanish 4pm Zumba 5pm	13  Caregivers Support Group Wellness Calls  SNAP Program 11:30am	14  Card Making on Zoom 11:30am-1pm	15	16
18  Caregivers Support Group- English 1pm  Yoga 6:45pm	19  Family Resource Email 11am  Taller sobre los derechos de los inquilinos 4pm  Meditation- Spanish 4pm Zumba 5pm	20  Caregivers Support Group Wellness Calls  SNAP Program 11:30am	21  Card Making on Zoom 11:30am-1pm  Virtual Science 4pm	22  Outdoor Healthy Kids Workshop	23
25  Yoga 6:45pm  Advisory Board 5pm	26  Family Resource Email 11am  Meditation- Spanish 4pm Zumba 5pm	27  Caregivers Support Group Wellness Calls  Parent Cafe 4pm	28  Card Making on Zoom 11:30am-1pm	29	30



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.

Bilingual Story Time — Daniela Palacios, the founder of a bilingual children's book company, Para KIDS, will read a story. [Registration Required.](#)

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

Outdoor Healthy Kids Workshop — Shoprite Dietitian Miss Erika Lannaman leading children and parents in eating healthy. Healthy snacks will be provided. [Registration Required.](#)

SNAP Program — Join us for a fun series of hands-on cooking and nutrition classes for kids in grades 3-5! We will be making and trying a delicious, healthy recipe in the last class and every student will receive fun prizes and a cookbook that will help them to cook nutritious meals at home. The course will once/week for 3 weeks and each session will be 1 hour long. [Registration Required.](#)

Parent Cafe — When Are Children Developmentally Prepared for Toilet Training [Registration Required.](#)

PURPOSEFUL PARENTING MONTH —

Purposeful Parenting is a parent-lead movement that has gained popularity and traction over the last few years. According to PsychCentral, "It is based on the belief that when the parental role is established with proactive intentionality and thorough understanding about child development, the ability of children to fulfill their potential and have more options available to them increases". The overall concept of the movement is born from the age-old nature versus nurture debate. However, Purposeful Parenting is essentially about focusing on your child's growth in the best way possible so your child can flourish through development.

acendahealth.org



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 4:30pm; 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>

Staff Numbers:

Natalia- (201) 694-1891

Olga- (201) 500-7173

Nicole- (973) 814-6963

Jhonatan- (862) 283-0185



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.

Taller sobre los derechos de los inquilinos —Este taller repasará los derechos de los inquilinos en casos de desalojo, devolución de un depósito de seguridad, disputas entre propietarios e inquilinos y más. Presentado por Northeast New Jersey Legal Services. [Registration Required.](#)

Know Your Rights Workshop — How to recognize the signs of a senior getting taken advantage of and what to do when it happens. [Closed Registration.](#)



Life Skills

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

