



## September 2022 Newsletter

The mission of the Harvest Family Success Center is to strengthen and empower individuals and families in Hunterdon County through family-centered activities, workshops and individualized assistance to help everyone we serve reach their full potential. As a 501c3, all services provided are free of charge, offered in a warm and welcoming home environment and available to all regardless of class, race, sex, gender and sexual orientation.

### **Strengthening Families**

A family skills training program designed to increase resilience and reduce risk factors for substance abuse, depression, violence & aggression, delinquency in children/young adults.



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### **Great incentives for participation!**

**Dates: Via Zoom**

9/7/22 4:30-6:30 pm  
9/14/22 4:30-6:30 pm  
9/21/22 4:30-6:30 pm  
9/28/22 4:30-6:30 pm  
10/5/22 4:30-6:30 pm

### **SPACE IS LIMITED**

**If you are interested in participating please email Penni at [ptrionfo@njprevent.com](mailto:ptrionfo@njprevent.com)**

### **Fall Parenting Conference**

**When: October 20, 2022 10am-12pm**

## Where: Via Zoom

Our 5<sup>TH</sup> Bi-Annual Parenting Conference brings 3 expert speakers to our virtual platform sharing their knowledge through concise educational webinars. All topics are geared toward parents and youth-serving professionals. The conference is free to attend and giveaways will happen after the presentations! Please join us to gain knowledge that will help your personal and professional life!



**Registration Link to Come!**

**Visit Our New Website**  
[\*\*https://njprevent.com/harvest/\*\*](https://njprevent.com/harvest/)



### **Diaper Drive**

Every Thursday from 11am-12pm  
Stop by to pick up a dozen diapers for  
your little and receive valuable  
information on child milestones,  
parent/baby programs, PMD and more!



### **WOWSA (Women Supporting Women Always)**

A women's support/ knitting group that  
meets every week on Thursday nights  
from 5:30pm to 8pm. Bring your  
crafting supplies and join us for some  
good conversations! Oh! And dinner is  
provided!

**Call us at 908-237-0465 to RSVP..**

### **Veggiepalooza**

This is a free program OPEN TO ALL  
where we give out fresh produce to  
families.

**When: Every Wednesday from now  
until the first week of November.**

**Where: 5 East Main Street Flemington,**



## **Frenchtown Super Seniors**

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11:15-12 is inclusive chair yoga for every-BODY, 12-enjoy your own brown bagged lunch, and 12:15-1 is a guest speaker or craft!

Every Tuesday at Alexandria Park

242 Little York-Mt. Pleasant Road  
Milford, New Jersey 08848

Questions? Call us at  
908-237-0465

## **More Programs!**

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### **Budgeting**

A program promoting the education and understanding of finances and smart budgeting that leads to sustainability.

Call us for more information 908-237-0465



### **ESL Classes**

Classes are offered throughout the year, contact Claudia at 908-237-0465 if you are interested in participating!



### **Parenting and Co-Parenting Classes**

A program for parents that may not live together or have remarried with a goal of gaining equal

responsibility and care of the children as a cohesive team.

Positive Parenting is 6 to 8 week program for families referred to us by DCPP, the court, or on a voluntary basis. A wonderful opportunity to strengthen your understanding of child and teen development as well as learn communication strategies.



## What's Crock'n

- Learn some fun, easy, and healthy Crock Pot recipes for you and your family.
- All participants receive a crock pot and step-by-step directions for the meals we will be preparing together.
- Each week, the ingredients needed to make the meals we prepare will be provided.

The program starts at 12:30pm

Dates: Harvest Family Success Center  
5 East Main Street Flemington.

Sep 21

Oct 19

Nov 16

Dec 14

Dates: Frenchtown United Methodist

16 Third St Frenchtown

Sep 22

Oct 20

Nov 17

Dec 15



**To Register call 908-237-0465**



**Open Door  
Recovery Center**

*Unify, Inspire, Believe, Live*  
A Division of Prevention Resources, Inc.

## Open Door Recovery Center

Offering numerous programs in our safe, alcohol, drug, and smoke free center. Come in for a program or just come in to hang out and chat.



## Sharing the Hope Family Support Center

The center offers resources to families seeking information on substance use disorders and treatment. Resources include assessing information and navigating the confusing behavioral health system. We promote tools of self-care to cope with the negative emotions and address feelings of isolation. For more information call 908-237-0465.

**Want to learn how you can help us? We are always accepting new volunteers! Get your community service hours in and have fun at the same time!**

**Email Nick at [NMarcantuono@njprevent.com](mailto:NMarcantuono@njprevent.com) to learn more!**

**5 East Main Street  
Flemington, NJ 08822**

908-237-0465

Or visit our website at <http://njprevent.com/Harvest/>

