



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"If a race has no history, the thought of the world, Join us on our social</p>	<p>if it has no worthwhile and it stands in danger as we take a look in to</p>	<p>tradition, it becomes of being exterminated. " the greatness that</p>	<p>a negligible factor in Carter G. Wilson Black has brought to</p>	<p>1 the American Society.</p>	<p>2</p>	<p>3 Long branch Library Free Family Fun Activities 12—1 pm</p>
<p>4 Stay Connected! Facebook and Instagram: Coastal Communities</p>	<p>5 NJ SNAP Screenings 1—3 pm</p>	<p>6 ESL 11 am—12 pm PCAB 12—1 pm</p>	<p>7 ESL 11 am—12 pm Yoga 12—1 pm</p>	<p>8</p>	<p>9</p>	<p>10 Mini—garden Workshop 10 am—1 pm</p>
<p>11 Join us for Family Fun Night! Bingo games and prizes, bring the whole family!</p>	<p>12 NJ SNAP Screenings 1—3 pm</p>	<p>13 ESL 11 am—12 pm Heart Disease Workshop 12—1 pm</p>	<p>14 ESL 11 am—12 pm The Loving Yourself Workshop 12—1 pm</p>	<p>15 Family Fun Night Bingo! 3:30—4:30 pm</p>	<p>16</p>	<p>17 Long branch Library Free Family Fun Activities 12—1 pm</p>
<p>18 BMI, Cholesterol, Blood pressure, & HIV screening coming up this week! Make time to know your health!</p>	<p>19 </p>	<p>20 ESL 11 am—12 pm Health Screenings 12—1 pm</p>	<p>21 ESL 11 am—12 pm Yoga 12—1 pm</p>	<p>22</p>	<p>23</p>	<p>24 Long branch Library Free Family Fun Activities 12—1 pm</p>
<p>25 Family is not defined by our genes, it is built and maintained through love. </p>	<p>26 NJ SNAP Screenings 1—3 pm</p>	<p>27 ESL 11 am—12 pm</p>	<p>28 ESL 11 am—12 pm Yoga 12—1 pm</p>	<p></p>	<p></p>	

Program Snapshot:

Parent Education and Workshops — The **Coastal Communities Family Success Center** (CC FSC) utilizes direct outreach, referrals from other organizations and in-house workshops both in English and Spanish to facilitate economic education of the area's diverse populations. These activities assist families by improving their life and job skills. Our programs also promote community well-being by encouraging behaviors that lead to safer, healthier and more prosperous neighborhoods. They are an investment in the community. The benefit to individuals and families, private institutions, government agencies, and society as a whole is exponential. Our measurement tools include pre and post tests to gauge increased knowledge, as well as follow-up with participants to document how the workshops have affected their behavior and lifestyle. Below is a snapshot of few of our programs and workshops.

Home Office—allows families to access computer work stations, email, printer, and copier, as well as use of the phone and fax machine. Promotes online job searching and electronic employment applications. Encourages resume development while offering the ability to manage personal, family, and professional documentation.

Training and Development Institute—Allows community partners and local service providers to utilize the agency to facilitate workshops, trainings, and assessments for community members.

Family Fun Night— Creates an opportunity for positive parent—child interaction through one-on-one and group activities. All parent—child activities include educational components for children of different ages. The activities are theme based. The Agency offers healthy food, snacks, and beverages. Family Fun Night is scheduled from 3—4 pm to accommodate the work schedule of our families.

ESL (English as a Second Language)—LBC FSC, through Literacy Volunteers of Monmouth County, provides tutoring services to adults desiring increased literacy skills in either basic literacy or English as a second language (ESL). ESL classes and one-to-one tutoring are conducted at all levels of English proficiency, from basic ESL, beginning ESL, intermediate ESL, and advanced ESL courses.

Parent Community Advisory Board—Offers parents the opportunity to provide feedback on the Center's activities, workshops, and outreach to ensure the needs of the community are being met. PCAB members are welcomed to share their ideas and insight as we develop and implement programs and outreach.

Yoga—Briele will host a This Is Yoga class discovering possibilities, living in the moment, trying new things, laughing with friends, and enjoying yourself as you move to a more conscious, healthier, and flexible you! Come discover your place in the practice that has the power to change lives.

Mini—Greenhouse Workshop—The Monmouth County Parks department will host this free, fun, and easy workshop on sowing seedlings! Each family will prep and plant seedlings that will be ready to plant at the **7th Avenue Community Garden** this April! This workshop provides information on planting, community socialization and it's a fun family activity.

The Loving Yourself Workshop—It's the new year and now is the time to "Do You!" Join us for this self—care workshop exploring the benefits of massage and aromatherapy. A masseuse with over 30 years experience, specializing in ashatsu, hot stone, and deep tissue massage, will lead this workshop exploring self—massage practices and review the benefits of utilizing essential oils.

Heart Disease Workshop—The VNA Health Group will lead this workshop discussing an overview of heart disease, symptoms, diagnosis, treatment, and support. Join us as we explore the current trends, the benefits of adopting a healthier lifestyle, and preventative tips.