



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>"You're never too old, too wacky, too wild, to pick up a book and read to a child." -Dr. Seuss</p>		<p>Friday is Dr. Seuss Day! Celebrate by going to your local library and reading together. Reading exercises the brain, improves vocabulary, and concentration.</p>	1	<p>2 Spring Wreath Making 11 am—12:30 pm </p>	<p>3 Long Branch Library Free Family Fun Activities 12—2 pm</p>
<p>4 </p>	<p>5 NJ SNAP Screenings 10 am—4 pm</p>	<p>6 ESL 10 am—12 pm</p>	<p>7 ESL 10—11 am PCAB 11 am—12 pm</p>	8	<p>9 Library Tour 11 am—12 pm</p>	<p>10 Long Branch Library Free Family Fun Activities 12—2 pm</p>
<p>11 Happy B-day Lourdes! Day Light Savings </p>	<p>12 NJ SNAP Screenings 10 am—4 pm</p>	<p>13 ESL 10 am—12 pm</p>	<p>14 ESL 10—11 am Yoga 11 am—12 pm Tenants' Rights 5—6 pm</p>	15	<p>16 Bingo 4—5 pm</p>	<p>17 Long Branch Library Free Family Fun Activities 12—2 pm </p>
<p>18 Tantrums— what you can do </p>	<p>19 NJ SNAP Screenings 10 am—4 pm</p>	<p>20 ESL 10—11 am Wellness Workshop 11 am—12 pm "The International Day of Happiness"</p>	<p>21 ESL 10—11 am Yoga 11 am—12 pm</p>	22	<p>23 Sewing Class 10 :30 am—12 pm</p>	<p>24 Long Branch Library Free Family Fun Activities 12—2 pm</p>
<p>25 Stick to a daily routine that balances fun, sleep and healthy food. —give small choices—praise your child when he/she shows self control</p>	<p>26 NJ SNAP Screenings 10 am—4 pm</p>	<p>27 ESL 10 am—12 pm</p>	<p>28 ESL 10—11 am Yoga 11 am—12 pm</p>	29	<p>30 Sewing Class 10 :30 am—12 pm</p>	<p>31 Long Branch Library Free Family Fun Activities 12—2 pm</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.

Library Tour—Family partners accompany families to the Long Branch Public Library for a tour and provides information on resources and programs.

Wellness Workshop—Colorectal Cancer Awareness—This workshop will be led by VNA Health Education & Wellness team, Natasha & Raven, discussing the cancer, causes, symptoms, risk factors, and prevention. This workshop will discuss early detection, diagnosis, staging, and treatment. A light lunch will be served. **Please call the center to register.**

Sewing class—Learn to sew! Register and join us for an introduction to sewing class. Learn the basics about stitches, seams, and the sewing process. In this two day workshop we will be constructing decorative pillows. Please register by March 19th. All supplies provided.

Yoga with Brielle—This Is Yoga class discovers 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.

Spring Wreath Workshop—Natural Spring wreaths bring warmth and add life to your home. Join us for a natural wreath making workshop. This workshop will teach you how to assemble and decorate these classic symbols of the holidays using natural materials. For fun, bring some decorative materials from home and let's make your wreath one of a kind!

Tenant Rights—In partnership with Legal Services of New Jersey, CCFSC will host an informational workshop to help renters understand their rights. The workshop will provide information on a variety of topics including, tenant rights and responsibilities. This conversational workshop will provide an opportunity to ask questions from an expert attorney to help know and protect your rights! Refreshments will be served.