



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>	<p>2</p> <p>Office Closed. See you tomorrow!</p>	<p>3</p> <p>ESL 10 am—12 pm</p>	<p>4</p> <p>ESL 10—11 am PCAB 11 am—12 pm</p>	<p>5</p>	<p>6</p> <p>Sewing Class 10:30 am—12 pm</p>	<p>7</p> <p>Long Branch Library Free Family Fun Activities 12—2 pm</p>
<p>8</p> <p>April is Stress Awareness Month! Join us for our Yoga classes hosted on Wednesdays and look out for the walking club</p>	<p>9</p> <p>NJ Snap Screenings 10 am—4 pm Family Fun Night—Bingo 4—5 pm</p>	<p>10</p> <p>ESL 10—11 am Wellness Workshop 11 am—12 pm</p>	<p>11</p> <p>ESL 10—11 am Yoga 11 am—12 pm</p>	<p>12</p>	<p>13</p>	<p>14</p> <p>Long Branch Library Free Family Fun Activities 12—2 pm</p>
<p>15</p> <p>Starting the last week of the month and we're taking it through the summer. Try some other de-stressing techniques to</p>	<p>16</p> <p>NJ Snap Screenings 10 am—4 pm</p>	<p>17</p> <p>ESL 10 am—12 pm</p>	<p>18</p> <p>Office Closed. State Conference.</p>	<p>19</p>	<p>20</p>	<p>21</p> <p>Community Garden Kick-off and Health Fair 10 am—2 pm</p>
<p>22</p> <p>Keep your calm centered: Deep breathing Positive self talk Sleep well, eat well Practice gratitude</p>	<p>23</p> <p>NJ Snap Screenings 10 am—4 pm Community Garden 9:30 am—3:30 pm</p>	<p>24</p> <p>ESL 10 am—12 pm LBSD Community Dinner and Presentation 6pm</p>	<p>25</p> <p>ESL 10—11 am Yoga 11 am—12 pm</p>	<p>26</p> <p>Community Garden 9:30 am—3:30 pm</p>	<p>27</p>	<p>28</p> <p>Community Garden 9:30 am—3:30 pm Long Branch Library Free Family Fun Activities 12—2 pm</p>
<p>29</p> <p>NJ Marathon!! Come volunteer with us!!</p>	<p>30</p> <p>Community Garden 9:30 am—3:30 pm NJ Snap Screenings 10 am—4 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.

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.

Wellness Workshop—Obesity & Nutrition—This workshop will provide information for making food choices that promote good health, a healthy weight, and help prevent disease. Proper nutrition, physical activity, and a healthy body weight are essential parts of a person's wellness—join us as our Wellness Partners from the VNA review and discuss the best ways to achieve and maintain a healthy lifestyle for you and your family.

Community Garden Kick—off—It's that time of year again, the CCFSC is proud to announce another year of growing! Our plots have doubled in number! We are so excited to be able to provide 65 free plots to individuals and families in the community at no cost! Join us for a shared breakfast, plot registration, garden activities, and the opportunity to learn about local organization's valuable resources.

NJ MARATHON—Join the CCFSC on Sunday April 29th, 2018 at 6:30 am! We are volunteering at the race and will have a water station to help keep runners hydrated and on the course. This is your opportunity to feel good, by doing good. Volunteer with us! Call the center for details and instructions on registering.

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. This is the second day of the 2 day workshop, we will be constructing decorative pillows. All supplies provided.

Long Branch School District Community Dinner and Presentation—CCFSC has been invited to present the organization, programs, and workshops to the 50+ families at a dinner hosted by the school district. This event will inform families of our work, the community garden, and the benefits of coming together at their neighborhood gathering place—CCFSC.