



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 ESL 11 am—12 pm	3 ESL 11 am—12 pm PCAB 12—1 pm	4	5 DIY 11 am—12:30 pm Bingo 3—4 pm	6 Long Branch Library Free Family Fun Activities 12—1 pm
7  For the New Year!	8 Center closed to walk-in's. Staff in—service	9 ESL 11 am—12 pm Healthy Habits 12—1 pm	10 ESL 11 am—12 pm	11 Yoga 3—4 pm	12	13 Long Branch Library Free Family Fun Activities 12—1 pm
14 The MLK Jr. holiday celebrates the life and legacy of a man who brought hope and healing to America.	15 Martin Luther King Jr.  Center Closed	16 ESL 11 am—12 pm	17 ESL 11 am—12 pm	18 Jam Session 4—5 pm	19 DIY 11 am—12:30 pm	20 Long Branch Library Free Family Fun Activities 12—1 pm
21 Look ahead as a family—reflect on how you would like your family to grow. Thinking about goals prompts us to think about	22 Center closed to walk-in's. Staff in—service	23 ESL 11 am—12 pm Don't be a Victim!	24 ESL 11 am—12 pm	25 Yoga 3—4 pm	26	27 Long Branch Library Free Family Fun Activities 12—1 pm
what matters and provides the opportunity for both parent and child to express their thoughts and feelings.	29	30 ESL 11 am—12 pm	31 ESL 11 am—12 pm			

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.

Jam Session— Join us for a Jam Session with Mark the Gardener. We'll learn about and play home made instruments. Bring your creativity and be ready to have some fun!

DIY—Join us for DIY! We're friends, families, and neighbors getting together regularly to practice skills, build epic projects, share ideas, and create new experiences.

Healthy Habits—hosted by the VNA—Ana Serna, this workshop will discuss healthy habits to implement into your family's everyday life. The group will discuss proper oral hygiene, childhood nutrition, and personal hygiene. Demonstrations will be given on proper teeth brushing.

Don't be a Victim!—This workshop will be led by 180 Turning Lives Around rep Esmeralda Amaya, informing the public on this modern day form of slavery. We will discuss where it's happening, life conditions, laws passed to protect, and services in place. The presenter will discuss the who, how, and why of trafficking. Let's stay safe, by staying informed. .