



# Our Programs

***All programs & offerings at HFSC are always 100% free!***

***Looking for this month's schedule?***

***See Our Calendar or call us directly for scheduling!***

***Pre-Registration is required for HFSC programs, call the center to register.***

***908-237-0465***

## **Family Partnerships**

Schedule an appointment with one of our Family Partners to discuss personal matters in a safe, private, and confidential space. Partners serve as life coaches and advocates, guiding you through even the most difficult times.

## **For Teens & Kids**

### ***Homework Club***

A program where high school students assist children grade-school students with homework, projects, and test preparation. Private tutoring is also available.

### ***Teen Coffee House***

Drop in for a snack and coffee. Do homework and socialize with other local teens before homework club starts and stay for homework club to volunteer for the younger students.

### ***Girl Scouts***

Harvest's own girl scout troop! Junior and Senior meetings held for girls.



### ***First Lego League Jr.***

Run in conjunction with Hunterdon Central, we host two teams each fall for 1<sup>st</sup> & 2<sup>nd</sup> Graders and 3<sup>rd</sup> & 4<sup>th</sup> Graders. First Lego League is run according to their official yearly program where kids can build lego robotics simultaneously learning about technology and science.

### ***STEM Robotics***

A program run in conjunction with North Hunterdon Rotary Club where kids can build line-following Minecraft Lego Robots that make learning about science, technology, engineering and mathematics for kids, fun!

### ***Girls Night In***

Girl empowerment group

### ***Toddler Time***

A program where Moms, Dads, & Caregivers are able to meet over a cup of coffee and chat while their children play.

### ***Eagle, Silver, Gold Program***

Work with a HFSC Family Partner to complete your Scout Award by serving your community through our center!

### ***Summer Day Camps***

Camps that last for a ½ day during the summer months. Focusing on science, art, & nature themes.

### ***Agnes Dewitt Girl Scout Camp***

A weekly Summer Camp for Girls funded by the Heart of New Jersey.



## For Individuals/Families Born Elsewhere

### *ESL Beginner/Advanced Classes*

Classes taught by an RVCC Professor for Spanish speaking immigrants who are interested in learning English.

### *Free Attorney Consultation*

A professional attorney provides free consultation to families in need.

### *Rompecabezas Hermosos*

Support Group for parents with Children on the autism spectrum. Support managing stress, positive parenting, story sharing, and postpartum depression.

### *Mamas Sin Miedos*

Support Group for Hispanic mothers where health, nutrition, family, education, postpartum depression, and relaxation techniques are discussed. Funded by Central Jersey Family Health Consortium for PPD/PMD Educational Services.

## Family Assistance

### *The Supper Club*

Volunteers provide meals for families one night a week. Must be signed up in advanced with a family partner.

### *Veggiepalooza*

Families can shop for seasonal veggies & produce provided by local farms. Includes nutrition classes and promotes healthy family habits. Supporting farms include Grow-A-Row, Rolling Harvest Food Rescue, Valley Crest Educational Farm.

### *Free Winter Wear*

Free coats, hats, & scarves provided to community members in need during the winter months.



### ***Super Undie Sunday***

Hosted by Clinton United Methodist Church. Donated undergarments and socks are provided to our families who are in need.

### ***Ask the Attorney***

A professional attorney provides free consultation to families in need.

### ***Community Baby Shower***

Celebrating new life in our community.

### ***HFSC Thrift Store***

New and Gently Used Practical Items for Sale in our Thrift Store. Items are priced between \$1-\$5, open Monday – Friday 9am-5pm

## **Women's Support Groups**

### **WOWSA**

Women Offering Women Support...Always! A women's support group that offers dinner and instructors for crocheting, knitting, & other handcrafting.

### ***Life Skills Program***

Unifying families program for teaching assorted skills for managing your life in today's world.

### ***Arts & Crafts + Mindful Parenting***

Come have fun and make friends while learning important parenting skills.

### ***Frenchtown Super Seniors NIA***

A no-impact aerobics class for seniors followed by an educational class or craft.



## Special Needs Community

### *Movie Night*

Special Needs Social Program. Run through a collaboration between Harvest and Hunterdon Central High School.

### *Workplace Readiness*

Super Seniors from Hunterdon Central may join in the fun of skill building tasks aimed at increasing marketable skills.

## Community Outreach

### *HIOC*

Hunterdon County Faith Community coming together to fill the financial gaps for families in need.

### *Central Hunterdon Kiwanis*

Central Hunterdon Chapter of Kiwanis. Focus is to take care of local children and kids around the world.

### *PAB*

Parental Advisory Board- Members join together to discuss the Family Success Center, our events, needs and direction to strengthen our Community and its members.

### *Frenchtown CS&O*

Frenchtown Community Service & Outreach is offering office hours and programming at Frenchtown Presbyterian Church to support the local community.

### *Community Baby Shower*

Celebrating new life in our community.



### ***Girl Scouts***

Harvest's own girl scout troop! Junior and Senior meetings held for girls. Camp

### ***Identity Theft***

A program geared toward the education and prevention of Identity Theft.

### ***Budgeting & Financial Literacy***

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

### ***Healthy Disposal of Rx Drugs***

A program educating the community about proper disposal of your prescription drugs and locations of disposal sites for these drugs.

## **Parenting Programs**

### ***Positive Parenting***

Positive Parenting is 6 to 8 week program for families referred to us by DCPD, 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.

### ***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.

### ***Co-Parenting***

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.

### ***SHEP***

Supervised Healthy Environment for Parenting classes.



### ***Therapeutic Supervision***

Family program for supervised therapy.

### ***Annual Parenting Conference***

A Yearly Parenting Conference packed with educational family material covering a variety of topics such as nutrition, home economics, and family activities. And lots of door prizes too!

### ***Anxiety in Youth***

A program designed to teach parents and caregivers how to deal with their children's anxiety issues and learn tools for managing stress that they can teach to their children.

## **Health & Wellness**

### ***Cancer Assessments***

NJ CEED discusses your risks and offers ideas to combat cancer. Taught by Hunterdon Medical Center.

### ***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.

### ***AA Meetings***

Alcoholics Anonymous Meetings in our safe, alcohol and drug free environment.

### ***You Are Not Alone***

For substance abuse affected families. Connect with other families who are facing similar issues in a compassionate & supportive environment. Learn tools to become a more effective advocate for your loved one.



## ***Harvest Walking Club***

Walking is great exercise! Weather permitting, we will walk around town. Go at your own pace!

## ***Veggiepalooza***

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## ***Rompecabezas Hermosos (Beautiful Puzzles)***

Support Group for parents with Children on the autism spectrum. Support managing stress, positive parenting, story sharing, and postpartum depression.