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# Harmony Family Success Center Calendar of Activities January



**Hours of Operation:**  
Mon Wed/Fri: 11:00am-5:00pm  
Tues/Thurs: 1:30am-7:30pm  
Saturday/Sunday: **Closed**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5</p>	<p>6</p> <p><b>CLOSED</b></p>	<p>7</p> <p>Three Kings activity 5:00pm-7:00pm</p>	<p>8</p> <p>"Healing In Harmony" Call for more information</p>	<p>9</p> <p>Fun With Food: Build A Snowman 4:30pm-7:00pm</p>	<p>10</p> <p>10:00am-12:00pm Community Resources w/ FSO</p> <p>Doctor Talk 10:30am-12:30pm</p>	<p>11</p>
<p>12</p>	<p>13</p> <p>11:00am-3:00pm Open House</p>	<p>14</p> <p>Movie Night 5:00pm-7:00pm</p>	<p>15</p> <p>10:00am-12:00pm Grandparents Tea</p> <p>"Healing In Harmony" Call for more information</p>	<p>16</p> <p>Family Movie Night 5:00pm-7:00pm</p>	<p>17</p> <p>11:00am-1:00pm Parents Unite w/NAMI</p>	<p>18</p>
<p>19</p>	<p>20</p> <p><b>CLOSED</b></p>	<p>21</p> <p>Family Movie Night 5:00pm-7:00pm</p>	<p>22</p> <p>"Healing In Harmony" Call for more information</p>	<p>23</p> <p>MLK Bingo 5:00pm-7:00pm</p>	<p>24</p> <p>11:30am-1:30pm Community Action Board Meeting</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>11:00am-3:00pm Open House</p>	<p>28</p> <p>Take advantage of the FREE use of laptops, printer, and fax machine during business hours. (AVAILABLE ALL MONTH)</p>	<p>29</p> <p>"Healing In Harmony" Call for more information</p>	<p>30</p> <p>Family Movie Night 5:00pm-7:00pm</p>	<p>31</p> <p>Let it Go! Christmas Clean up 3:00pm-5:00pm</p>	



# Description of Activities - January 2020



## General Information / Advocacy / Referrals



- **Parents Unite! (w/ NAMI): 01/17 (11:00am-1:00pm)**  
Our partners at NAMI offer a safe and confidential group where parents connect with other parents through their collective lived experiences and learned group wisdom. (This group is held in Spanish and meets on the third Friday of each month.)
- **Grandparents Tea: 01/15 (10:00am- 12:00pm)** Raising Grandchildren can be tremendous challenge. Grandparents caregiver need to develop a support system to help them with the many tasks on hand. Its also important for grandparents to take care of themselves so that they can stay mentally and physically healthy.
- **Open House: 01/13, 01/27 (11:00pm-3:00pm) Available During Other Events.**  
Open hours for community members to learn more about programs/services  
**And tour of the center.**

## Employment Related Services



- **Community Action Board (CAB): 01/24 (11:30am-1:30pm)**  
Lets come together as we recognize each CAB member as they have special roles to help build our community while working to provide support and feedback to HFSC programming and activities!

## Housing Related Services



- **Cyber Café: 01/01-01/31 ALL MONTH (11:00am-3:00pm) Weekends Closed.**  
At Harmony FSC you have access to a computer, printer, and fax machine to assist you in your housing application.

## Family Activities / Parent Education



- **Family Movie Night: 01/14, 01/16, 01/21, 01/30 (5:00pm-7:00pm)**  
Parents bring your family to visit HFSC for a movie and popcorn (please call for movie.)
- **Fun with Food: Build a Snow Man: 01/09 (1:00pm-3:00pm)**  
Parents will be able to enjoy with the younger kids. They will do hand made Snowman's & color.

## Life Skills Development



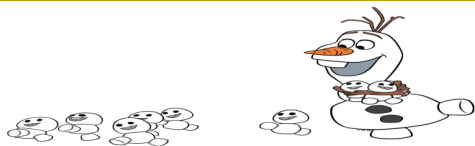
- **MLK Bingo: 01/23 (5:00pm-7:00pm)**  
Introducing MLK Bingo. Everyone is welcome to join. Refreshments will be served & prizes are given to the winner.
- **Doctor Talk: 01/10 (10:00am-12:00pm)**  
St. Peter's University Hospital in New Brunswick, NJ is nationally ranked the 1st pediatric specialty and rated high performing in 5 adult specialties. It is a general medical and surgical Facility & will be partnering with Harmony to Inform families about health. Workshops will be Presented in Spanish & English (**FREE** breakfast will be served.)

## Family Health



- **Healing In Harmony: 01/08, 01/15, 01/22 (Call for Information)**  
Sexual Violence Counseling is now available at HFSC!  
Call Harmony FSC (732) 640-0800 or Center for Empowerment, at 732-321-1129 for more information & appointments.
- **Community Resources w/FSO 01/10 (10:00am--12:00pm):**  
Family Support Organization provides support to families of children with behavioral and emotional challenges and developmental disabilities. Through culturally respectful trainings, speakers and advocacy, they work towards the best outcome possible. Come join the conversation with other parents experiencing similar life experiences.

For any other event not posted please call for information



**Center Closed :**

**01/06:**

**Three kings Day**

**01/20:**

**Martin Luther King Jr. Day**



*\*Program hours may vary for special events.  
Refer to calendar for schedule changes.*



**PRAB**



**ALL ARE WELCOME TO PARTICIPATE IN OUR FREE SERVICES!**

Call or email Harmony FSC at (732) 640-0800 / [harmonyfsc@prab.org](mailto:harmonyfsc@prab.org) for more information and to register for an activity.  
Attend programming and receive points for our holiday giveaway events.