



Where one can grow, thrive & make a difference!

# January 2018

## Highlands Family Success Center

1546 Union Valley Road West Milford, NJ 07480 973-506-6575  
 59 Hamburg Turnpike Pompton Lakes, NJ 07442 973-349-5432

All activities are **FREE** and open to all!!!  
**Center Hours:**  
 Monday, Wednesday, Friday 9:00-5:00  
 Tuesday and Thursday 9:00-8:00  
 1st and 3rd Saturday 10:00-2:00  
 Pompton Lakes: Monday and Wednesday 9:30-5:00  
*Subject to change due to programming.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> New Year's Day Center Closed	<b>2</b> Rock 'n' Tots (3-5) 10:30-11:15 Homework Help 3:00-5:00 PTSD, Trauma and You 6:00-7:00	<b>3</b> Sticky Fingers 10:30-11:30 Homework Help 3:00-5:00	<b>4</b> Mom's Café 10:30-11:30 Homework Help 3:00-5:00 Family Movie & Dinner 5:30-7:30	<b>5</b> Computers 101: The Basics 9:00-10:00 Knittle Me This 1:00-3:00 Family Time: Art 3:30-4:30	<b>6</b> Center Open 10:00-2:00
<b>7</b>	<b>8</b> ESL @ Pompton Lakes 9:30-11:00 Once Upon a Story Time 10:30-11:30 Homework Help 3:00-5:00	<b>9</b> Rock 'n' Tots (0-3) 10:30-11:15 Homework Help 3:00-5:00 Women's Empowerment Group 6:00-7:00 Transgender Support Group 7:00-8:00	<b>10</b> PCCYC @ Pompton Lakes 9:30-11:00 Sticky Fingers 10:30-11:30 Homework Help 3:00-5:00	<b>11</b> Mom's Café 10:30-11:30 Homework Help 3:00-5:00 Relax & Paint 5:30-7:30	<b>12</b> Computers 101: The Basics 9:00-10:00 Knittle Me This 1:00-3:00	<b>13</b>
<b>14</b>	<b>15</b> Martin Luther King Jr. Day Center Closed	<b>16</b> Rock 'n' Tots (3-5) 10:30-11:15 Homework Help 3:00-5:00 PTSD, Trauma and You 6:00-7:00 Wake Up! Support Group 7:00-8:00	<b>17</b> Sticky Fingers 10:30-11:30 Homework Help 3:00-5:00	<b>18</b> Mom's Café 10:30-11:30 Homework Help 3:00-5:00 Women's Group 6:00-7:00	<b>19</b> Computers 101: The Basics 9:00-10:00 Knittle Me This 1:00-3:00 Family Time: Cooking Club 3:30-4:30	<b>20</b> Center Open 10:00-2:00
<b>21</b>	<b>22</b> ESL @ Pompton Lakes 9:30-11:00 Once Upon a Story Time 10:30-11:30 PCCYC Chat & Chew 11:00-12:30 Homework Help 3:00-5:00	<b>23</b> Rock 'n' Tots (0-3) 10:30-11:15 Homework Help 3-5 Women's Empowerment Group 6:00-7:00	<b>24</b> Sticky Fingers 10:30-11:30 Homework Help 3:00-5:00	<b>25</b> Mom's Café 10:30-11:30 Homework Help 3:00-5:00 Alzheimer's Support Group 6:00-7:00	<b>26</b> Computers 101: The Basics 9:00-10:00 Knittle Me This 1:00-3:00	<b>27</b>
<b>28</b>	<b>29</b> ESL @ Pompton Lakes 9:30-11:00 Once Upon a Story Time 10:30-11:30 Homework Help 3:00-5:00	<b>30</b> Rock 'n' Tots (3-5) 10:30-11:15 Homework Help 3-5 PTSD, Trauma and You 6:00-7:00	<b>31</b> Sticky Fingers 10:30-11:30 Homework Help 3:00-5:00	<b>Financial Budgeting Support</b>  <b>Monday &amp; Tuesday</b> ~By Appointment Only~	<b>Come tour the center. All are welcome!!</b>  <b>Need to Fax or Print?</b> Come on in and use our computers & fax for <b>FREE</b> . <b>Free Wifi</b> at the Family Success Center!  Check out <a href="http://www.highlandsfsc.org">www.highlandsfsc.org</a> and <b>Facebook</b> for our calendar and updates!	

Follow us!  
"Highlands FSC"



# About Our Activities

All activities are **FREE** and open to the entire community!!!

## For Adults:

**Women's Empowerment Group:** Joining together to empower each other. "The best gift you are ever going to give someone is the permission to feel safe in their own skin. To feel worthy. To feel like they are enough."-Hannah Brencher

**Transgender Support Group:** A support group for parents, children and young adults dealing with gender nonconformity in our community.

**Knittle Me This:** Looking to learn a new skill? Join us for relaxation and good conversation. Beginners are welcome!

**PTSD Trauma & You:** All are welcome to join this peer to peer support group. This group is for those suffering with PTSD (Post Traumatic Stress Disorder) or any type of trauma. Find support and comfort in this judgement free space.

**Wake Up! Addiction Support Group:** An informal setting for family and friends to meet and reach out to support one another in the fight against substance abuse and addiction.

**Relax & Paint:** Join us for a beginners paint group. We will be following step by step instructions to create simple but beautiful artwork. Light refreshments will be served. \*Registration required\*

**Women's Group:** Women of all ages & backgrounds are invited to sit together over a light dinner and discuss topics of interest.

**ESL Class:** Learn the basics of English as a Second Language. Classes are held at our **Pompton Lakes** satellite office.

**Computers 101:** Join us every Friday morning to learn the basics of computers. Computer topics vary each week.

**Alzheimer's Support Group:** Join fellow caregivers for an open discussion of support to share experiences, advice and information hosted by the Alzheimer's Association.

## For Families:

**Once Upon a Story Time:** An interactive activity with songs & stories that will help your toddler develop a love for literature.

**Rock 'n' Tots:** Come join us for an energetic morning of singing and exploring musical instruments.

**Sticky Fingers:** Bring your small children to enjoy art activities and socialization at the HFSC!

**Family Movie & Dinner:** Join us for a family friendly movie and dinner.

**Mom's Café:** New and seasoned moms get together to chat about everything and anything. Kids are welcome!

**Family Time:** Spend time together as a family exploring and creating during art and cooking club!

**PCCYC Chat & Chew:** Share ideas about resources you would like to see for your children while enjoying lunch.

## For Students: Parent/guardian must be present for children under age 14.

**Homework Help:** Homework assistance is offered for students in grades K through 8. Center staff and volunteers will help your child complete their assignments at their own pace. High school students by appointment only.

\*\*\*Parent involvement is required for all parent/child activities.\*\*\*

## Always Available

Free WiFi!!!

### **Computer Stations**

Stop in and use our computers.

### **Fax Machine/Copy Machine**

Come on in to send a fax or use our copy machine.  
(Limit of 15 copies per visit.)

### **Volunteering**

Call or stop in to learn more about all of the wonderful volunteer opportunities we have to offer.

### **Have suggestions?**

Visit the center and tell us what you would like to see in our community.

**Check out our website!!!!**

[www.highlandsfsc.org](http://www.highlandsfsc.org)

**We're on Facebook: Highlands FSC**

