





















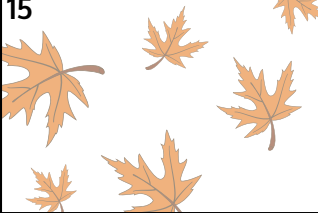











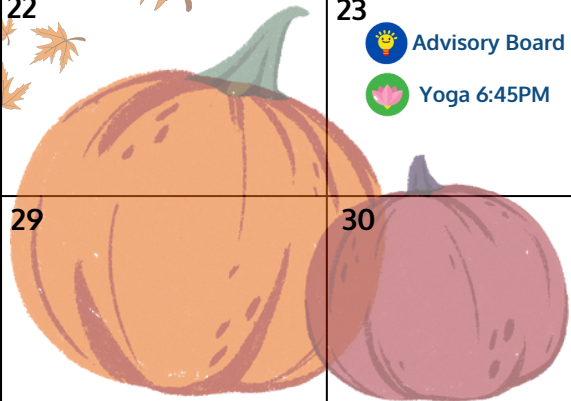













**Strengthening Individuals
Supporting Families
Building Communities**

October 2023

NATIONAL BREAST CANCER AWARENESS MONTH

Bridges Family Success Center
44 Armory St. Englewood, NJ 07631

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 	2  Caregivers Support Group 1PM  Yoga 6:45PM	3  Family Resource Email Mommy & Me 11AM  Meditation - Spanish 4PM  Women's Wellness - Spanish 5:30PM  Strengthening Families 6-8:30PM	4  Caregivers Support Group Wellness Calls  Women's Wellness - Spanish 5:30PM	5  Card Making 11:30AM-1PM	6  Bergen PAC Sing-Along 11AM
8  Fall Health Fair 12-4PM 	9  Caregivers Support Group 1PM INDIGENOUS PEOPLES' DAY	10  Family Resource Email Mommy & Me 11AM  Meditation - Spanish 4PM  Virtual Science 4PM  Strengthening Families 6-8:30PM	11  Caregivers Support Group Wellness Calls  Caregivers Jewelry-Making 1PM  Women's Wellness - Spanish 5:30PM	12  Card Making 11:30AM-1PM	13
15 	16  Caregivers Support Group (Virtual) 1PM  Yoga 6:45PM	17  Family Resource Email Mommy & Me 11AM  Meditation - Spanish 4PM  Parent Café 4PM  Strengthening Families 6-8:30PM	18  Caregivers Support Group Wellness Calls  Women's Wellness - Spanish 5:30PM	19  Card Making 11:30AM-1PM  Healthy Cooking w/ Chef Aaron 5PM	20  Bergen PAC Sing-Along 11AM
22 	23  Advisory Board 5PM  Yoga 6:45PM	24  Family Resource Email Mommy & Me 11AM  Meditation - Spanish 4PM  Strengthening Families 6-8:30PM	25  Caregivers Support Group Wellness Calls  Women's Wellness - Spanish 5:30PM	26  Harvest Festival 2:30-5PM	27
29	30	31  Family Resource Email Mommy & Me 11AM  Meditation - Spanish 4PM  HALLOWEEN	For services and more info please call: Natalia Valencia (201) 694-1891 • Mon 9AM - 7PM • Tues 9AM - 8PM • Wed & Thurs 9AM - 5PM • Fri 9AM - 3PM Available Saturdays by Appointment		

ACTIVITIES ARE FREE & OPEN TO ALL



ALL PROGRAMS ARE FREE AND OPEN TO THE COMMUNITY

Bridges Family Success Center also offers: Information & Referral Services — Information & Access to Health Care Services — Linkages to Family Crisis & Counseling — Early Childhood Development Education — Home Visiting



Parent/Child Activities & Education

Family Resource Emails — FSC will be emailing parents about fun and productive educational activities.

Mommy & Me — Hosted once a week, this program focuses on enhancing the bond between parent and child with quality time and activities such as: story time, song and dance, and arts and crafts on Tuesdays. This program is also supported by local partners. Some classes may require registration.

Strengthening Families — For parents and their children ages 6-11 years, this family program helps parents and caregivers build on their strengths in showing love and setting limits and helps youth develop skills for building a positive future. Registration Required.

Fall Health Fair — The Englewood Health Department and the Hadnott Foundation are hosting a Fall Health Fair to support overall wellness and raise awareness on breast cancer while celebrating Hispanic Heritage Month. Hosted at Depot Square, Englewood, NJ.

Virtual Science Workshop — Instructional video and materials provided by volunteer Ryan. Via ZOOM. Registration Required.

Parent Café — Learn about Parental Resilience: Be Strong & Flexible with Maria Garcia, Family Engagement Specialist (FES), Department of Human Services, Bergen County Office for Children. Virtual Workshop via ZOOM. Registration Required.

Bergen PAC Family Sing-Along Program — Early Childhood music featuring songs about food and healthy eating in collaboration with the Bergen PAC. Registration Required.

Harvest Resource Festival — Come trick-o-treat in costume at Bridges FSC's October resource festival for candy, crafts, snacks, giveaways, and community resources. Registration Required.



Health

Daily Wellness Check-Ins — Bridges FSC staff are conducting phone calls to families. We are continuously spreading information and resources via email and phone calls.

Women's Wellness (Spanish) — An 8-week series for women focusing on Women's Health, Wellness, & Mindfulness. Registration Required.

Yoga on Zoom — On Mondays. Relieve stress and stretch with this low impact workout that will get those muscles moving. Consult your physician before beginning this or any exercise program. Registration ongoing at <https://linktr.ee/bfcFamilySuccessCenter>

Meditation in Spanish — On Tuesdays. Mary Ann from the Graf Center will be providing Meditation in Spanish via Instagram at [@MARIVINYC](https://www.instagram.com/MARIVINYC).

Healthy Cooking Class with Chef Aaron — Join us in learning some fun, easy, and healthy recipes in collaboration with the Bergen PAC. Registration Required.



Advocacy

Caregivers Wellness Calls & Informative Resource Sharing — An offering of support and friendly reminder to caregivers that they are not alone during times of need. Offered in Spanish on the last Monday of the month.



Life Skills

Card-Making Mentoring Peer-to-Peer — Members are making cards for Seniors of BFC as well as essential health care workers.

Caregivers Jewelry-Making Class — Learn to hand-fabricate jewelry. Guided projects will introduce you to basic jewelry-making techniques including how to use jewelry pliers, simple stone setting, and everything you need to make necklaces, bracelets, repair and more. You will learn to design and produce your own creations.

Staff Numbers:

Natalia - (201) 694-1891

Olga - (201) 500-7173

Alliah - (973) 400-9355

Lyanne - (973) 556-0749

BREAST CANCER AWARENESS MONTH

Breast Cancer Awareness Month is an annual observance to raise awareness for the most common cancer in women of all races and ethnicities, and to focus on research into its cause, prevention, diagnosis, treatment, survivorship, and cure (Centers for Disease Control and Prevention [CDC], 2019).

A main goal of NBCAM is to promote mammography as one of the most effective prevention tools against breast cancer.

