



# BAYSHORE FAMILY SUCCESS CENTER

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Monday & Tuesday: 9 AM – 5 PM  
 Wednesday & Thursday: 11 AM – 7 PM  
 Friday: 9 AM – 3 PM  
 Saturday 10 AM – 12 PM



LET'S CONNECT!



TheCommunityYMCA.org/bfsc  
 Facebook.com/BayshoreFSC

## January 2019

This month the BFSC will focus on **Resilience**. Resilience is defined as one's ability to bounce back from negative experiences with competent functioning. For families this translates into problem solving, placing difficulties in perspective, and drawing on trusting relationships for support.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Book Club</b> <b>Book:</b> "Behold the Dreamers" by Imbolo Mbue	<b>Happy New Year!</b> 	<b>1</b> 	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> <b>10am-12pm</b> Tutoring
<b>6</b>	<b>7</b>	<b>8</b> <b>10am</b> Grandparents Group, Atlantic Highlands Library <b>6-7:15pm</b> ESL, Keyport Central School	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> <b>10am-12pm</b> Tutoring
<b>13</b>	<b>14</b>	<b>15</b> <b>6-7:15pm</b> ESL, Keyport Central School	<b>16</b> <b>5:30-7pm</b> Open House & Dinner, BFSC	<b>17</b>	<b>18</b> <b>6-8pm</b> Family Bingo, Keyport	<b>19</b> <b>11am-1pm</b> Financial Peace University, BFSC
<b>20</b>	<b>21</b> Recognizing and Expressing Big Emotions, Sesame Street in the Communities Video Show Case, BFSC	<b>22</b> <b>6-7:15pm</b> ESL, Keyport Central School	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b> <b>10am-12pm</b> Tutoring <b>11am-1pm</b> Financial Peace University, BFSC
<b>27</b>	<b>28</b>	<b>29</b> <b>6-7:15pm</b> ESL, Keyport Central School	<b>30</b>	<b>31</b> <b>5:30-6:30pm</b> Systematic Training for Effective Parenting (STEP) for Children Under Six, BFSC <b>6:30pm</b> Bayshore Book Club, Union Beach Library	<b>Weight Loss Awareness Month</b>	 <small>The Center is operated by The Community YMCA and funded by the New Jersey Division of Family and Community Partnerships.</small>

## **January Activities:**

January is **Weightless Awareness Month**

**Book Club Book:** "Behold the Dreamers" by Imbolo Mbue

## **Application Assistance:**

- Fulfill (formerly FoodBank of Monmouth and Ocean Counties) will have a Benefits Outreach worker available to assist with the application process for SNAP, GA, TANF, and Medicaid applications. Call for an appointment. Bayshore Family Success Center, Leonardo.

## **Support Groups:**

- Grandparents Group: Tuesday, January 8, 10am. Join our grandparents group and learn valuable information, share resources and help in the development of needed programs and activities. Atlantic Highlands Library, Atlantic Highlands.

## **Financial Literacy:**

- Financial Peace University, Saturdays, January 19 - March 9, Bayshore Family Success Center, Leonardo 11am - 1pm. We are facilitating Dave Ramsey's 9 week debt reduction program. **Preregistration Required.**

**Community Advisory Committee Meetings:** Each community has its own Community Advisory Committee (CAC) that meets once a month and helps direct the initiatives of the Center. We help implement the programs and events that your community needs and wants. All are welcome, be on the lookout for the meeting in your town! For more information, contact amaresco@cymca.org.

**Life Skills:** We offer a variety of programs and activities to help you succeed in life!

- Tutoring: Every Saturday, 10am - 12pm Bayshore Family Success Center, Leonardo; Union Beach Library, Union Beach; Keyport Library, Keyport. Team up with a high school student and get help with your school work! Help is available at no cost. Students in grades K-8 welcome. **Registration required. No Tutoring Jan. 19.**
- ESL Classes: English as a Second Language classes offered for free every Tuesday from 6-7:15 p.m. at the Keyport Central School.
- Recognizing and Expressing Big Emotions, Sesame Street in the Communities Video Show Case, Monday, January 21, Bayshore Family Success Center, Leonardo.
- Systematic Training for Effective Parenting (STEP): Thursdays, January 31 - March 14, 5-6:30pm. Improve your parental confidence and learn parenting techniques to raise cooperative, responsible, confident kids! A certificate will be provided to participants who attend all 7 sessions. Dinner will be served!

**Family Fun!:** Join members of the Bayshore Family Success Center at various locations throughout the month for family fun and entertainment!

- Family Bingo: Friday, January 18, 6-8pm. Pizza and prizes and fun for all! Keyport Library, Keyport.
- Open House & Dinner, Wednesday, January 16 5:30-7pm, Bayshore Family Success Center, Leonardo.
- Bayshore Book Club: Thursday, January 25, 6:30pm. This month we are reading "Behold the Dreamers" by Imbolo Mbue. Join us for a lively discussion, all are welcome. Union Beach Library, Union Beach.

**The Bayshore Family Success Center extends a heartfelt thank you to Straub Motors for being our Community Partner of the Month.**