





BAYSHORE FAMILY SUCCESS CENTER

2021

JANUARY

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
Weight Loss Awareness Month		 Book Club Book: "Verity" by Colleen Hoover			1 Happy New Year Center Closed 	2
	3	4	5	6	7	8 10am-1pm Baby Pantry/First Fridays, BFSC
10	11	12 10am Grandparents Group, Zoom	13 2pm CCYC Collaboration – Women's Health Presentation, Zoom	14	15	16
17	18 Martin Luther King, Jr. Day	19	20	21 4pm Kids Cooking, Zoom	22	23
24	25	26	27	28 6:30pm Bayshore Book Club, Zoom	29	30
31						

BAYSHORE FAMILY SUCCESS CENTER
 YMCA OF GREATER MOMOUTH COUNTY

945 State Highway 36
 Leonardo, NJ 07737

732.497.3811
 familysuccess@ymcanj.org

LET'S CONNECT!



YMCANJ.org/bfsc
 Facebook.com/BayshoreFSC

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



The Center is operated by YMCA of Greater Monmouth County and funded by the New Jersey Division of Family and Community Partnerships.



BAYSHORE FAMILY SUCCESS CENTER JANUARY ACTIVITIES:

Weight Loss Awareness Month

Book Club Book: "Verity" by Colleen Hoover

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First Fridays/Baby Pantry:

- > Pop-Up Baby Pantry! | Friday, January 8, 10 a.m. – 2 p.m.

Pickups will be available through appointment only. Please call the center (732.497.3811) to schedule your contactless pickup time. We are unable to fulfill walk-up/walk-in requests. Fulfill will be on site with their new Benefits Bus to help with application assistance. BFSC, Leonardo.

Support Groups:

- > Grandparents Group | Tuesday, January 12, 10 a.m.

Join our remote grandparents' group via Zoom. Click to join: <https://zoom.us/j/97598383274>

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@ymcanj.org.

Life Skills:

- > CCYC Collaboration: Women's Health Presentation | Wednesday, January 13, 2 p.m.

Join us as we continue our collaboration with Monmouth CCYC. This month we will be hoisting a presentation on Women's Health. Conference Call Line: 646-558-8656; Meeting ID: 973 9788 0133

<https://vnahg.zoom.us/j/91337442817?pwd=SGk0aW9Na0Vqb0E0OS8yNGJwTnlXUT09>

- > Kids Cooking | Thursday, January 21, 4 p.m.

Are you tired of your kids ALWAYS saying that they are hungry and demanding food? Have them join us on Zoom (for now) for a hands-on live kid's basic cooking demonstration, taught by a kid! We are continuing this series with grilled cheese. Your kids will master the art of independent snacking. Click to join: <https://zoom.us/j/91926982944>.

Family Fun!:

- > Bayshore Book Club | Thursday, January 28, 6:30 p.m.

This month we are reading "Verity" by Colleen Hoover. Join us for a lively discussion on Zoom. Click here to join: <https://zoom.us/j/95856848506>

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