



# 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](http://TheCommunityYMCA.org/bfsc)  
[Facebook.com/BayshoreFSC](https://Facebook.com/BayshoreFSC)

## June 2019

**Resilience.** Effective parents take time to recharge their own emotional resource. This practice leads to increased resilience. Teaching your children this coping mechanism helps them handle challenges and solve problems as they grow.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Book Club</b> <b>Book:</b> "Eleanor Oliphant is Completely Fine" by Gail Honeyman						<b>1</b> <b>10am-12pm</b> Pride Day, BFSC
<b>2</b>	<b>3</b>	<b>4</b> <b>9:30am</b> Trail Run/Walk, BFSC	<b>5</b> <b>6pm</b> Couponing 101, Union Beach Library	<b>6</b>	<b>7</b> <b>10am-1pm</b> Community Partnership Day, BFSC	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b> <b>10am</b> Grandparents Group, Atlantic Highlands Library	<b>12</b> <b>6pm</b> Parents Support Group, BFSC	<b>13</b>	<b>14</b> <b>10am</b> Beginner Resume Writing Class, BFSC	<b>15</b> <b>10am</b> Donuts with Dad, BFSC
<b>16 Happy Father's Day</b> 		<b>18</b> <b>9:30am</b> Trail Run/Walk, BFSC	<b>19</b> <b>4:30-6pm</b> Women's Empowerment Group, Keansburg <b>6pm</b> Beach Party, Union Beach	<b>20</b>	<b>21</b>	
<b>23</b> 	<b>24</b> <b>10am</b> Kite Day, Keansburg Beach	<b>25</b>	<b>26</b>	<b>27</b> <b>6:30pm</b> Bayshore Book Club, Union Beach Library	<b>28</b>	<b>29</b>
<b>30</b>						

## **June Activities:**

June is **LGBTQ Pride Month**

**Book Club Book:** "Eleanor Oliphant is Completely Fine" by Gail Honeyman

### **Community Partnership Day:**

- Outreach Workers from Child Care Resources and Monmouth County Social Services will be on site June 7, 10am - 1pm. Apply directly for services with Child Care Resources (childcare, day care, before/after school programs, summer camps), and Monmouth County Social Services, coffee and refreshments will be served. Bayshore Family Success Center, Leonardo.

### **Support Groups:**

- Grandparents Group: Tuesday, June 11, 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.
- Parents Helping Parents: Wednesday, June 12, 6pm. A support group for parents and caregivers of special needs children & children with an IEP/504. Bayshore Family Success Center, Leonardo.

### **Employment Services:**

- Beginner Resume Writing Workshop: Friday, June 14, 10am. Learn the stress-free way to develop your resume. Whether you have never had a resume before or your resume is outdated and needs refreshing, this is the workshop for you! Bayshore Family Success Center, Leonardo.

**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](mailto:amaresco@cymca.org).

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

- Pride Day: Saturday, June 1, 10am-12pm. Help us support *Making it Better For Youth*, the Monmouth County Consortium For LGBTQ Youth by donating rainbow party supplies during our Pride Day. Stop by the center and bring new rainbow party decorations (tableware, decorations, wearables) and let's support their GAYLA on June 7! Enjoy some delicious pride cookies with us while you are here! Bayshore Family Success Center, Leonardo.
- Women's Empowerment Group: Wednesday, June 19, 4:30-6 pm. This exciting new group is for women to share, explore, build skills, and empower one another to make positive changes in their lives and build happier, healthy families and futures.
- Couponing 101: Wednesday, June 5, 6pm. Learn all the tips and tricks you need for couponing and start saving on your next food shopping trip! Union Beach Library, Union Beach.

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

- Trail walk/run: Tuesdays June 4 & 18, 9:30 am. Join us as we explore the Henry Hudson Trail on foot. Walkers and runners welcome, go at your own pace and be surrounded with support! Meet at the Bayshore Family Success Center, Leonardo
- Bayshore Kite Fest: Monday, June 24, 10am. Build, decorate, and fly your own kite! We will provide an assortment of kites and designed to from and many ways to decorate. Keansburg Beach.
- Beach Party: Wednesday, June 19, 6-9pm. kick off summer with a beach party! DJ, volleyball, hot dogs, and fun for all! Beach front, Union Beach.
- Bayshore Book Club: Thursday, June 27, 6:30 pm. This month we are reading "Eleanor Oliphant is Completely Fine" by Gail Honeyman. Join us for a lively discussion, all are welcome.

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