

# All Events are NO COST to Participants

New Day Family Success Center

622-624 S. New York Road

Galloway, NJ 08205

(609) 652-0230

newday-fsc.org

Pre-Registration Required

# January 2019



Sunday Closed	Monday 10am-6pm	Tuesday 12pm-8pm	Wednesday 12pm-8pm	Thursday 10am-6pm	Friday 10am-6pm	Saturday Varied/12-3pm
	Every Monday Join Us for Resume Help, Job Searching & Mock Interviews	1 Happy New Year! 	2	3	4 Every Friday at 12pm Volunteer Orientation	5 
		8	9	10	11	12 Financial Wellness Coupons 101: Save Money while you SHOP! 1-2pm
		15	16 Environmental Wellness Family Garden Workshop 6-7pm	17	18 Social Wellness New Year New Ideas Family Dinner 5-6pm	19 
	21 Emotional Wellness Happy Birthday! MLK Jr. Family Celebration 10am-2pm	22 Occupational Wellness Mindfulness In the Workplace Workshop 6-7pm	23 Active Parenting 5:30-8:00pm Dinner Provided	24	25 Spiritual Wellness Family Drum Circle 5-6pm	26 
	28 Physical Wellness Family Kickboxing Class 5-6pm	29	30 Active Parenting 5:30-8:00pm Dinner Provided	31 Intellectual Wellness Family Escape Room Activity 5-6pm		
		Ask About Homework Help!	We're Celebrating the 8 Dimensions of Wellness to kick-off the New Year!			





# Start a New Day for a Better Tomorrow

## January 2019

### Event Information Below



#### Center Highlights:

**Couponing 101 the Basics Presentation-** New to couponing or experienced and want to share tips? Join us to learn the basics of getting the most for you money!

**Happy Birthday! MLK Jr. Family Celebration-** This is a whole day of fun bringing together families and volunteers to celebrate MLK Jr. and learn!

**Active Parenting-** Active Parenting will give you skills to achieve a fuller, more satisfying family life... and help your children achieve greater happiness and success.

**Family Kickboxing Class-** For all ages and fitness levels!

#### Family Activities:

**Family Garden Workshop-** Learn how to start your own small gardens at home!

**Family Drum Circle-** This 45-minute family friendly drum circle is a great way for kids and adults to bond. From age 0-99, drumming is an activity that everyone can participate in, no matter what level of experience.

**Family Escape Room Activity-** Let's work together to escape and laugh along the way!

#### Employment

**Employment Mondays!-** Every Monday during business hours come in for resume help, job searching and mock interviews!

**Career Corner:** Enjoy a comfortable welcoming space to work on your career goals during business hours.

**Mindfulness in the Workplace Workshop-** Learn new techniques to enhance stress management and build self-care.

#### Always Available

**New Year New Ideas Family Dinner** –Bring your ideas & be a voice in the planning of community happenings! At Parent Committee Dinner we plan future events and discuss what family fun ideas are trending.

**Volunteer Orientation:** Interested in volunteering at New Day and want to find out more information? Join us for volunteer orientation every Friday at 12:00pm.

**Computer Lab:** The computer lab is open to anyone in the community. Free Wi-Fi and printing is available. The Computer Lab is open during regular business hours.

**Resources:** We have variety of information, referrals, and linkages. Give us a call!

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**Check Out Our New Website!**

**newday-fsc.org**

