



BAYSHORE FAMILY SUCCESS CENTER

945 State Highway 36

Leonardo, NJ 07737

Phone: 732-497-3811

Fax: 732-847-2742

Email: familysuccess@cymca.org

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](https://www.facebook.com/BayshoreFSC)

January 2018

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
Book Club Book: "The Memory of Running" by Ron McLarty	1 Happy New Year!	2 Partner of the Month 	3	4	5	6 10am-12pm Tutoring
7	8	9 10am Grandparents Group, Atlantic Highlands Library 6-7pm & 7-9pm ESL, Keyport Central School 7-9pm ESL, Keyport Library	10	11 6-7pm Parents Helping Parents, BFSC	12	13 10am-12pm Tutoring
14	15 2:30-4:30pm Child Care Resources, BFSC	16	17 10:25-11:20am Whole Hearted Girls Group, MHSS	18	19 6-8pm Family Bingo, Keyport	20 10am-12pm Tutoring
21	22	23 6-7pm & 7-9pm ESL, Keyport Central School 7-9pm ESL, Keyport Library	24	25 6-7pm Bayshore Book Club, Union Beach Library	26	27 10am-12pm Tutoring
28	29	30 6-7pm & 7-9pm ESL, Keyport Central School 7-9pm ESL, Keyport Library	31 5:30-7pm Presentation: Connecting People to Treatment, BFSC			 <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: "The Memory of Running" by Ron McLarty

Application Assistance:

- Child Care Resources will be on site helping families find child care: January 15, 2:30-4:30pm, Bayshore Family Success Center, Leonardo.
- 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:

- Parents Helping Parents: Thursday, January 11, 6-7pm. A support group for parents and caregivers of special needs children, BFSC, Leonardo.
- Grandparents Group: Tuesday, January 9, 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.
- Whole Hearted Girls Group: January 17, 10:25-11:20am. Supporting members through the stress of being a teenager, handling school work, extracurricular activities, and social lives. Middletown High School South.

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, 10 am - 12 pm 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.**
- Connecting People to Treatment: Thursday January 31, 5:30- 7pm. RWJ Barnabas Health Institute for Prevention is presenting on how to get help for a loved one who has a substance use issue. They will discuss the programs available through RWJ Barnabas Health that connect people with treatment as well as county-wide resource information. They will also share ideas on how to build resiliency in yourself and for your family. Bayshore Family Success Center, Leonardo.
- ESL Classes: English as a Second Language classes offered for free every Tuesday in 3 sessions. 6-7 pm and 7-9pm at the Keyport Central School and 7-9 pm at the Keyport Library.

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 19, 6-8pm. Pizza and prizes and fun for all! Keyport Library, Keyport.
- Bayshore Book Club: Thursday, January 25, 6 pm. This month we are reading "The memory of Running" by Ron McLarty. 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.