




SEPTEMBER 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Need to Fax or Print? Stop by our computer lab for free computer use ! Free Wi-Fi throughout the Family Success Center!					Munchkin Eng/Span Story Time & Sorting Craft 11:30 to 12:30 PM ¹	² CLOSED
³	⁴ All Stars Sports 3:30 to 4:30 PM	⁵ Virtual Parent Support Group 5 PM to 6 PM	⁶	⁷	⁸ Munchkin Open Play 11:30 to 12:30 PM	⁹ CLOSED
¹⁰  DIAPER WEEK 	¹¹ All Stars Slime 3:30 to 4:30 PM	¹²	¹³ Crochet Art 3:30 to 4:30 PM	¹⁴ Girls Group 3:30 to 4:30 PM	¹⁵ Munchkin Healthy Homes Workshop for Parents 11:30 AM to 12:30 PM	¹⁶  DIAPER WEEK 
¹⁷	¹⁸ All Stars Sticky Sand 3:30 to 4:30 PM	¹⁹ SNAP-Appointment Only Hidden in Plain Sight Virtual Lunch N' Learn 1 PM YMCA Food Distribution 9:30 Parent Support Group 5 PM	²⁰	²¹	²² Munchkin Yoga 11:30 to 12:30 PM	²³ Little Ferry Family Fun Day 1 PM to 5 PM @Pickens Street Park 95 Main Street, Little Ferry
²⁴ 	²⁵ All Stars Chess and Board Games 3:30 to 4:30 PM	²⁶	²⁷ Life Insurance Virtual Lunch N' Learn Workshop 1 PM Crochet Art 3:30 to 4:30 PM	²⁸ Virtual Parent Advisory Committee Meeting 1 PM to 2 PM Girls Group 3:30 to 4:30 PM	²⁹ Munchkin Obstacle Course 11:30 to 12:30 PM	³⁰ CLOSED

Family Health

YMCA Community Food Distribution

3rd Tuesday of Each Month

Through partnerships with the Community Food Bank of New Jersey and Table to Table, the Meadowlands YMCA & FSC provide a monthly food and diaper distribution for our community members in need.

Location: Meadowlands YMCA – 390 Murray Hill Parkway, East Rutherford, NJ

Meadowlands YMCA Food Pantry

By appointment

The Meadowlands YMCA Food Pantry is designed to meet the needs of families with recurring food insecurities. Those in need should fill out the interest form and return as soon as possible. *Interest form can be found on the website and at our facility.*

Location: Meadowlands YMCA – 390 Murray Hill Parkway, East Rutherford, NJ

Diaper Distribution 2nd Full Week of Each Month

Pick-up for the whole month & call-in advance to make an appointment for pick up. Due to low supply, 1 pack of diapers for each child. Please see calendar.

Location: MFSC

SNAP Onsite-3rd Tuesday of each month 11AM to 2 PM

Appointments Only: September 19th

Speak to a specialist to apply for SNAP benefits. Call 201-464-4714 for appointment.

Foundations Virtual Parent Support Group

Meets every 1st & 3rd Tuesday virtually at 5 PM.

Join the group for support, connection, and share ideas as you care for children with special needs and address parenting challenges.

Parent & Child

Munchkin- Every Friday 11:30 AM-12:30 PM

Ages: birth to 5 years old

Bring your little ones to enjoy various activities such as arts/crafts, science, music, story time, connect with other children while you socialize with other parents and make valuable connections. Also, learn about your child's development through various activities, presentations, seminars, and workshops.

Community Engagement

All Stars-Ages 6 & Up

School-age youth & teen activities to stay engaged and connected! Come enjoy various activities, events, workshops & programs with your friends. Chess, paint n' chill, cooking, gaming, socializing, sports, board games & more. Some educational programs for both youth & parents.

Parent Advisory Committee-Meets Last Thursday of Every Month from 1 PM to 2 PM via Zoom

A group of parents, guardians and household members from the community that provides input to the MFSC programs and services offered to meet the needs of the community.

Little Ferry Family Fun Day-Saturday, September 23rd 1 PM to 5 Pm

Join us out in the community, meet your neighbors and new faces. The MFSC will have a table. Stop by to see us, have fun and learn about what's happening in our community. Family fun for everyone!!!

Life Skills

Girls Group-Every Other Thursday 3:30 to 4:30 PM

Join us for girl fun with icebreakers, arts & crafts, journaling, current events & media literacy.

Crochet Art-Every other Wednesday 3:30 to 4:40 PM

Come learn the basics of crocheting and explore creative things you can make for yourself and others.

Hidden in Plain Sight Virtual Lunch N' Learn Workshop--Tuesday, September 19th at 1 PM

Join us for an afternoon of education and learning with The Center for Alcohol & Drug Resources. They will teach us how to recognize how drugs, alcohol and paraphernalia may be hidden in plain sight in our homes our homes without us knowing. They will also provide resources and supports for anyone with a youth or family member dealing with drug/alcohol challenges.

Life Insurance Virtual Lunch N' Learn Workshop-Wednesday, September 27th at 1 PM

Come learn the importance & benefits of having life insurance to protect your family and prepare for end of life expenses.

All services and classes are free!

**To register for any event
please call
201-464-4714**