


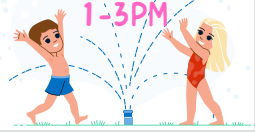
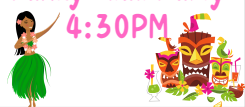


# JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1  FREE ESL Classes Every Tues and Thurs Beg: 11:30AM-1PM Inter: 10AM-11:30AM Call to register	2 Community Garden Volunteer Interest Mtg 1:30-2:30PM 	3	4 HAPPY 4th of July CLOSED	5	6
7 SUMMER HOURS BEGIN!	8 Water Play 11:30	9 Parent Advisory Committee Meeting 3pm	10 Girls Group Boys Group 1PM	11 Family Yoga 11:30A-12:30PM	12 Advocacy Saturday 10am-1pm BY APPOINTMENT	13 Diaper Week  Due to limited supply, please call ahead to make sure we have your diaper size available
14 Adult Yoga 10AM	15 Meadowlands YMCA Food Distribution 9AM Talk to SNAP Rep 10AM-2PM BY APPOINTMENT MFSC closes at 5pm	16	17 Girls Group Boys Group 1PM Grief Support Group 5:30 PM	18	19 Weekend Water Play 1-3PM 	20
21 Summer Academic Enrichment 12:30-1:30PM	22 Water Play 11:30	23 Benefit Navigators 10-1 PM	24 MFSC Open 11-7 Family Luau Party 4:30PM 	25	26	27
28 Summer Academic Enrichment 1:30-2:30PM	29 Art in the Garden Rock Painting 11:30A Stress Less Parenting Workshop 11:30A-12:30PM	30 Benefit Navigators 10-1 PM	31 Girls Group Boys Group 1PM Grief Support Group 5:30 PM	All services offered are free to the community!		

\*See Back for More Details \*

100 Washington Avenue  
Little Ferry, NJ 07643  
Telephone: 201-464-4714



@Meadowlands Family  
Success Center



@Meadowlandsfsc

Hours of Operation  
Monday, Tuesday, Wednesday, Friday:  
8am - 4pm  
Thursday: 9am - 7pm  
Saturday: SEE CALENDAR

# Our Free Community Services and Resources

## COMMUNITY ENGAGEMENT

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 community members in need.  
Location: Meadowlands YMCA – 390 Murray Hill Parkway, East Rutherford, NJ

### Parent Advisory Committee

We will be sharing ideas for future events that address the needs of the community. Who better to be the voice of what the community needs than members of it!

## LIFE SKILLS

### Girls Group – Every Thursday 3:30 to 4:30 PM

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

This month's theme: What is Independence to You?

### Boys Group– Every Thursday 3:30 to 4:30PM

Introducing.... Boys Group! This dynamic program isn't just about learning—it's an adventure in self-discovery and growth. Through hands-on activities and an engaging self-awareness curriculum, boys will uncover their strengths, build confidence, and create lasting friendships.

### Community Garden Volunteer Interest Meeting

We're looking for people who'd like to donate their time to helping our community garden flourish! We'll be planting in-season fruits, vegetables, and herbs but we are open to suggestions! Your support is encouraged and appreciated.

### Summer Academic Enrichment

Every Monday 1:30–2:30. We want to encourage learning throughout the year, so bring school material or summer packets that the children can work on. We focus on the topics of reading and math, but summer packets of all subjects are accepted and attempted to be worked on.

### Stress Less Parenting Workshop

This meeting is designed to help parents manage stress through mindfulness. The session offers practical tools to support emotional balance and overall well-being.

## PARENT-CHILD INTERACTION/DEVELOPMENT

### Crafting Series

Join us for a fun crafting activity for all ages! Each session features a simple project to create and enjoy together. All materials provided.

### Family Luau

We're getting our party on! This will be a celebration of culture and warm weather as we party in the sunshine!

### Water play

Relax and enjoy the summer season. We will have water play that will feature sprinklers and water games!

## ADVOCACY

### Talk to a SNAP Representative –

By Appointments Only – Call 201-464-4714 to schedule.  
Speak to a specialist to apply for SNAP benefits.

### Diaper Distribution– 2nd Full Week of Each 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.

Advocacy Saturdays– Need a little extra help navigating social services applications and making provider appointments? The MFSC is here to help. Call us at (201)464-4714 to schedule time to sit down with a Family Partner to provide you with one-on-one support.

## FAMILY HEALTH

### Adult Yoga

Build community, have fun and relax with our adult yoga class.

### Benefit Navigators

Do you need help with accessing or applying for social support such as food stamps or energy assistance? We're here for you! **See flyer for eligibility requirements.**

### Grief Support Group

It often helps to speak with people who can relate to what you're going through, so join us as we talk about navigating loss. English only.

**The Meadowlands Family Success Center is operated by the Meadowlands Area YMCA with state funding.**