

COMMUNITY EVENTS FOR AUGUST 2008

The Children's Futures Program of Mercer Street Friends invites parents and children up to three years of age and parents-to-be to attend free activities and workshops. The following events are fun and educational and they are offered at least once per month.

Location: Parent Child Center West, 222 N. Hermitage Ave, Second Floor, Trenton, NJ 08618. For information: Call Ali Cassaday @ 609-989-1395 ext 205.

Music Together: Sing and dance with your child, bond and help his/her brain develop. Presented by Trenton Community Music School.

12:30 pm – 1:30 pm August 7 only

Breastfeeding Support Group: A monthly discussion and support group of issues facing mothers today, including breastfeeding. Presented by a Breastfeeding Peer Counselor and a Registered Nurse.

5:00 pm – 6:30 pm August 4

Moms' Support Group: A stress management/depression support group for pregnant and post-partum mothers living in Trenton with children up to 3 years of age. Encourages participants to identify their feelings and get feedback from other parents.

1:00 pm – 2:00 pm August 13, 27

Story Time: Have fun reading books, singing and doing activities with your children. For Trenton parents of children 3 years of age and younger and Trenton parents-to-be.

12:00 pm-1:00 pm August 6, 13, 20, 27

Let's Talk: Individual and family counseling. Schedule 30-minute counseling sessions with a Greater Trenton Behavioral Health counselor or just drop in. For Trenton parents-to-be and Trenton parents with children up to 3 years of age. Walk-ins are also welcome.

Wednesdays:

1:00 pm – 4:00 pm August 20

2:00 pm – 4:00 pm August 13, 27

Thursdays: (Bilingual counselor)

2:00 pm – 5:00 pm on August 7, 14, 21, 28