



CENSUS DAY

Wednesday, April 1!

HEALTH AND WELL-BEING

Take time to check out some activities offered by our partners

Webinars free!

Videos will be shared via links or check out our Facebook for more info!

Facebook

April 1st is, National Walking Day Elizabeth River Trail

While we're still practicing social distancing, we can still celebrate National Walking Day in different ways

Please take time to get
ACTIVE!

Either from home or a short walk or jog around your neighborhood.

Share your posts on the Shaping Elizabeths Facebook Page with the Hashtags

'Ask The Docs'

Webinar on COVID-19
Wednesday, April 1 at 12pm

Have questions around the COVID-19 Pandemic? Join the webinar and speak with NJPRAC pediatric experts.

[REGISTER HERE](#)

Join the Speakers:

Shilpa Pai, FAAP Pediatrician

Christin Traba, MPH, FAAP Pediatric Hospitalist

Renuka Verma, MD, FAAP Pediatric Infectious Disease Specialist

AROUND YOUR NEIGHBORHOOD

2020 CENSUS

Wednesday, April 1

Remember to TAKE THE CENSUS!

Every household & every person counts!
The goal of the 2020 Census is a complete and accurate count of everyone living in the United States and its five territories. It determines the number of schools, hospitals and other services needed in **YOUR** community.

[CLICK HERE](#)
to learn how to
[respond by phone, online or mail](#)





**NEWARK LIBERTY
INTERNATIONAL
AIRPORT
TERMINAL ONE
REDEVELOPMENT
PROGRAM**

BUSINESS
WORKSHOP
SERIES

PRESENTED BY
Community Outreach
Offices in Elizabeth
and Newark, NJ

#MOMENTUM

Presented by Port Authority of NY & NJ and Newark Liberty International Airport Terminal One Redevelopment Program

Join our virtual training series!

Hospitality & Management Training, led by Global Concierge

Tuesday, March 24, 2020
1:00pm - 3:00pm

Job Retention and Soft Skills Training, led by Port Authority

Tuesday, March 31, 2020
1:00pm - 3:00pm

LOCATION

All sessions will be held remotely
in the form of a webinar.
Additional information will be
provided when you RSVP.

IN PARTNERSHIP WITH



TO RSVP, VISIT WWW.EWRT1REDEVELOPMENT.COM



FOR MORE INFORMATION, PLEASE VISIT WWW.ANEWWR.COM

Newark Liberty International Airport is a facility of **The Port Authority of NY & NJ**

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CENTRAL JERSEY LEGAL SERVICES



During this time of staying at home and social distancing, CJLS remains committed to providing free legal help to low-income residents of Central NJ. We are still providing the same services we always have. Staff are working remotely and are here to help both new and existing clients. Our telephone messages are being monitored and responded to as quickly as possible. If you need legal assistance, call the CJLS office in your county and leave a detailed message or email us at cjls@lsnj.org. Someone will get back to you. Stay Safe!

CALL US:

Mercer County
609-695-6249

Middlesex County
732-249-7600

Union County
908-354-4340

Email
CJLS@LSNJ.ORG

www.centraljerseylegalservices.org



REGISTER FOR OUR UPCOMING...

FREE Webinar **Helping Teens Cope with Anxiety** **during Covid 19**

Thursday, April 2, 2020

2pm-3pm ET

Feeling stressed and anxious during this unusual time of school closing, social distancing and canceled school events? Not sure what to say or how to help your teen cope? You are not alone. Join us as Dr. Tanya Stockhammer, Clinical Psychologist, will explain the positives and unhelpful components of anxiety, what happens to our teens during high anxiety, tips to help with discussions about the crisis and how to help them deal with their emotions.

Dr. Stockhammer is a clinical psychologist specializing in child, adolescent and pediatric psychology and is co-owner of StrongMinds. Her clinical specialty areas include anxiety disorders (including OCD) in youth of all ages, teenage adjustment issues, and parenting challenges (including parenting children with complex behavioral or health issues).

Join us!

REGISTER HERE

With any concerns please reach us at
908-875-0034
or our Facebook and Instagram
Search: Bayway Family Success Center

For the most UPDATED INFO on COVID-19
Check out this link

REMEMBER:
Wash your hands
Stay home, especially if you are not well
& disinfect surfaces daily