



September Newsletter

Greenway Family Success Center would like to welcome you into Fall!

Take a look at our program highlights, resource section, Census Corner and upcoming virtual programs!

Our team would like to give a sincere thank you to our community partners for their collaboration and support!



[Take a closer look at our September calendar here!](#)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1. School/Cyber Bullying: United Healthcare 5:30pm-6:30pm 	2. DIY Masks (A Census Activity) 3:30pm-4:30pm 	3. Women's Club Crocheting 5:30pm-6:30pm 	4. 	5.
7. happy LABOR day GFSC Closed	8. 	9. Jackbox Games (Age 9-13) 3:30pm-4:30pm 	10. Parent Advisory Council 3:30pm-4:30pm Greenway Labs: Father Edition - Bottle Rockets 5:30pm-6:30pm 	11. 	12.
14.	15. Drug Prevention Workshop with Drug Free NJ 6:00pm-7:00pm The Partnership For A Drug Free New Jersey <small>We partner with the Greenway Center to provide a drug free and safe place for our children to learn about the dangers of drugs and alcohol.</small>	16.	17. Starting Your Own Business in NJ 5:30pm-6:30pm WCEC <small>Women's Center for Entrepreneurship</small>	18. 	19. DIY Saturday – Yummy Apple Crisp 10:30am-11:00am
21. 	22. Greenway Labs en Español: Haz Helado a casa con FSO 4:00pm-5:00pm 	23. Virtual Family Feud! 4:00pm-5:00pm 	24. Composting 101 5:30pm-6:30pm 	25. Harry Potter Virtual Escape Room – for the whole family 3:30pm-4:30pm 	26.
28. Story time & Craft: Bubbles (ages 3-5) 10:00am-11:00am 	29. An Intro to Guardianship + Special Needs Planning 5:30pm-6:30pm Autism <small>NEW JERSEY The Power of Connection</small> STP	30.			Remember to complete your Census form! my2020census.gov/

Call or text us at 732.768.8049 or follow us on Social Media!
Facebook: www.facebook.com/GreenwayFamilySC
Instagram: @greenwayfamilysuccess

Register for any of our September Programs
Here

Check out some of our upcoming Programs:

Virtual Family Feud

Did you ever dream of being a contestant on Family Feud? Here is your chance to try it out before going on this popular TV Show. Register below and invite your family to the feud!

Register Here

Wednesday, September 23rd
4:00pm-5:00pm

Play this popular game
with us on Zoom!

To Register, go to: <http://bit.ly/GFSCFamFeud>

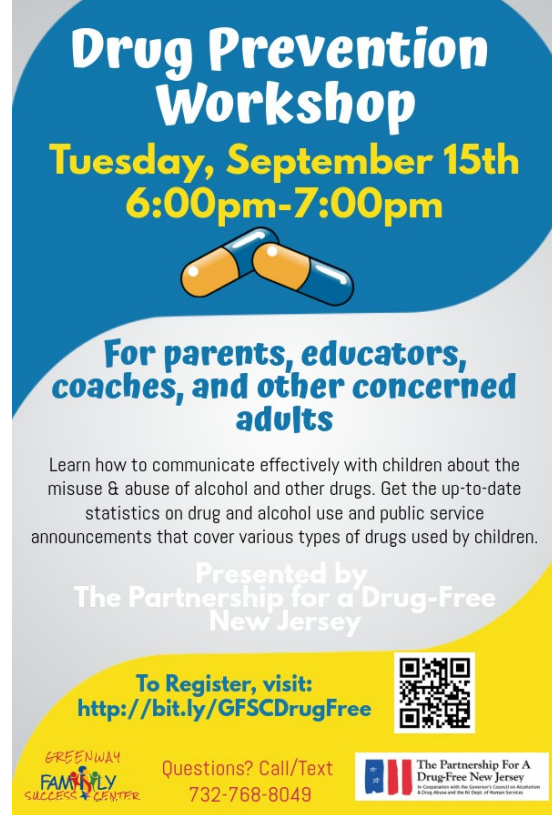
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Questions? Call/Text 732-768-8049


Drug Prevention Workshop with Drug Free NJ

PDFNJ's Child Break presentation is a 30-minute multimedia program that informs, encourages and empowers parents, grandparents, educators, coaches and other adult caregivers about how to communicate effectively with children about the misuse and abuse of alcohol and other drugs. The presentation includes up-to-date statistics on drug and alcohol use and public service announcements that cover various types of drugs used by children.

[Register Here](#)



Drug Prevention Workshop
Tuesday, September 15th
6:00pm-7:00pm





For parents, educators, coaches, and other concerned adults


Learn how to communicate effectively with children about the misuse & abuse of alcohol and other drugs. Get the up-to-date statistics on drug and alcohol use and public service announcements that cover various types of drugs used by children.

Presented by
The Partnership for a Drug-Free New Jersey

To Register, visit:
<http://bit.ly/GFSCDrugFree>



 Questions? Call/Text
732-768-8049



Composting 101

Curious about composting? Learn the great benefits of composting for your family and the environment, and how you can do it at home!

[Register Here](#)



COMPOSTING 101
THURSDAY, SEPTEMBER 24TH
5:30PM-6:30PM



LEARN THE GREAT BENEFITS OF COMPOSTING FOR YOUR FAMILY AND THE ENVIRONMENT, AND FIND OUT HOW TO START COMPOSTING AT HOME!

To Register, go to:
<http://bit.ly/GFSCCompost>

Questions? Call/Text
732.768.8049



Starting Your Own Business in NJ

Starting a business can be complicated, especially right now: let us help! In this session led by Bertha

Robinson of Star One Professional Services, the following topics will be covered: General considerations, writing a business plan, financial forecasting, funding, registering your business, legal entities, and additional resources! Register today!

[Register Here](#)

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Greenway FSC & WCEC Present

WCEC
Women's Center for
Entrepreneurship

Starting A Business in NJ WEBINAR



In this session led by Bertha Robinson of Star One Professional Services, the following topics will be covered:

- General Considerations
- Writing a business plan
- Financial forecasting
- Funding
- Registering your business
- Legal Entities and Additional resources!

Starting a business can be complicated, especially right now: let us help!

WHEN TO CONNECT: Thursday, September 17th 5:30pm-6:30pm

Register at: <http://bit.ly/GFSCbusiness> or scan the QR code

Questions? Need help registering? Call us at 732-768-8049

Did you miss our Virtual Programs in April and May?

Dad & Me Lego Competition

Dads & their children from around town picked up lego kits and had a friendly competition for Father's Day!

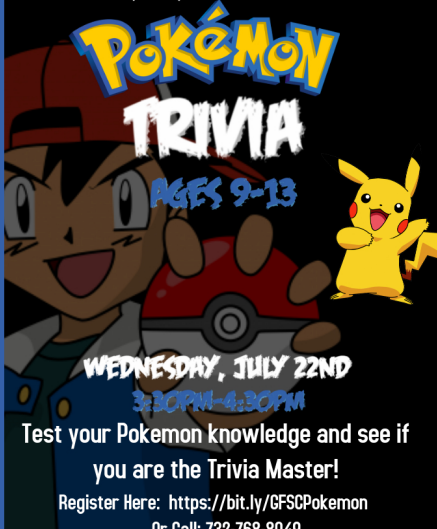
[Check out more photos here](#)



Greenway Family Success Center Presents:

POKÉMON TRIVIA

AGES 9-13



WEDNESDAY, JULY 22ND
3:30PM-4:30PM

Test your Pokemon knowledge and see if you are the Trivia Master!

Register Here: <https://bit.ly/GFSCPokemon>
Or Call: 732-768-8049

Pokemon Trivia

In July, we invited the best Pokemon trainers in the world to show their knowledge of the Pokemon universe! Want to see if you are a Pokemon Master? Test your knowledge by playing with friends & family below

[Pokemon Masters Only!](#)

Workout Wednesdays!

Miss the gym? Missed our Workout Wednesdays? Not to worry! This Greenway FSC series shows plenty of ways for you to get moving. Christina lead classes on Kickboxing, Yoga, and dance.

Check out the videos below on our Facebook page.

[Watch Here](#)

Workout Wednesdays

Wednesdays, July 15th & 29th
10:00am-11:00am



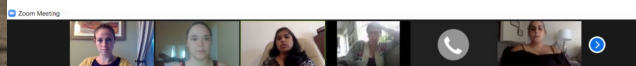
Exercise with us on Zoom, by yourself or as a family!

Move those muscles and get energized! Exercises will be beginner to intermediate level!



To register, go to: <https://bit.ly/GFSCWorkout>
Questions? Call/Text us at 732-768-8049

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Health vs. Disease

- Major health problems are largely caused by a poor diet, excessive calorie intake, and not enough physical activity. Immunity gets affected.

Poor Diet and sedentary lifestyle are risk factors for chronic disease:

- Cardiovascular diseases (Heart + circulatory)– deposition of fatty materials in the blood vessels
- Diabetes- (Type 1– no release of insulin), (Type 2– Insufficient insulin)
- Hypertension- Inactivity, obesity, excess alcohol intake
- Osteoporosis– Decreased bone mass – overall poor diet

Diet Related Diseases Accounts for ~2/3 of all deaths

Poor Diet = Poor Choices

Healthy & Thriving Families Series

This Greenway FSC series taught families how to focus their foods around fruits & vegetables, tangible steps to sustainable eating and meal planning, and how to incorporate exercise into their daily routine.

If you missed it, check out the presentations and resources below!

[Resources](#)

[Have any program suggestions? Let us know here!](#)

Family Resources



STEMIE is excited to partner with the Boston Children's Museum and Bridge Multimedia for the inaugural STEMIEFest and MakerFest. We convene STEM and inclusion experts to engage early childhood and early childhood practitioners in learning about and applying evidence-based practices in STEM and inclusion, excite families, practitioners, and



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[Learn More here!](#)

young children in exploring, making, and tinkering through our MakerFest, connect with authors of STEM-focused books through our Storybook Conversations, and showcase STEM at home activities, and STEM games from museums, and other organizations around the nation through our Media Cubbies. We look forward to learning with all of you in ensuring that young children with and without disabilities are engaged in high quality STEM experiences.

[Register Today](#)

Looking for Additional Resources?

Fill out our Check-in form and get one on one assistance from a Greenway Family Success Center staff person. Or give us a call at 732-527-3400

[Form \(English\)](#)

[Form\(español\)](#)

Census Corner

The Census is a short questionnaire that you can fill out online, on the phone, or via mail. It's done once every 10 years to count EVERYONE who lives in the US – that helps the government figure out how much financial aid to give to each state for important things like **education, safe roads, and health care**. It also makes sure we have the right number of representatives representing our state. Plus, it's **totally confidential!** Your information is protected by law.

[Fill Out your Census Today!](#)



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Visit our website at: <https://preventionlinks.org/family-success/greenway-fsc/>



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