



Skyway FSC Newsletter December 2020

Hello Everyone!

We are grateful you are part of our family and look forward to more wonderful memories this new year! Scroll down for Fall 2020 highlights, our January calendar, new and exciting virtual programs, family resources, and more!

The Skyway Team would like to give a sincere thank you to our community partners and donors for their collaboration and support!

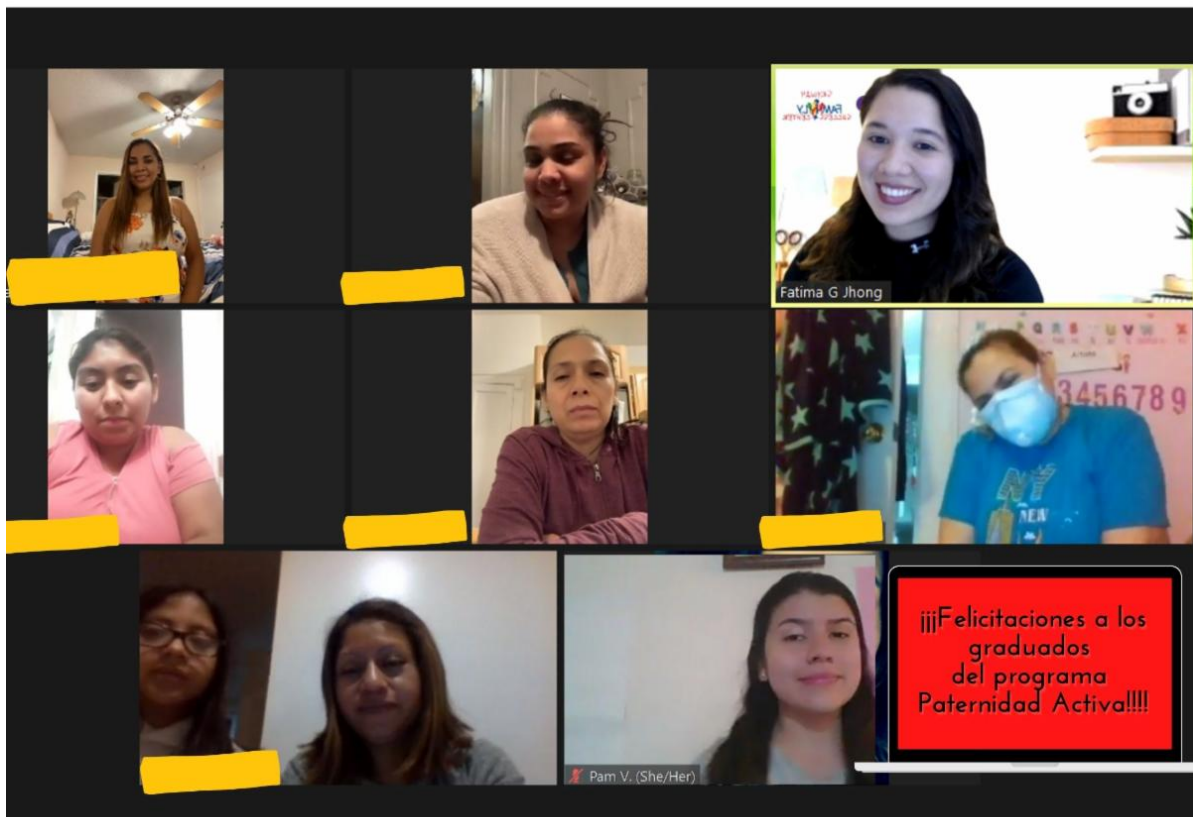
Follow us on Facebook and Instagram for exciting programs and important resources.



Highlights

Active Parenting

Join us in congratulating our 2020 Active Parenting Graduates! These caregivers dedicated time and effort to an evidence-based parenting series this year. The Skyway FSC Team is proud to witness and support the commitment and love for their children!



Toys for the Holidays

Serving our community during the holidays is one of the most rewarding times of the year. With all the safety measures that allowed our families

to stay healthy, we shared toys and the Holiday spirit. The positive energy and loving families continue to be the highlights of this event!



January 2020 Calendar

Call or Text: 201-719-6775 English/Arabic

201-972-5271 English/Spanish

Email: info.skywayfsc@preventionlinks.org

Facebook: www.facebook.com/SkywayFamilySuccessCenter

Instagram: @Skywayfsc



The Skyway FSC location is closed until further notice. Join us for some online fun! All families and community members are welcome to participate!
El centro Skyway está cerrado hasta nuevo aviso. Regístrate a nuestros programas virtuales. Todos son bienvenidos.

January 2021 Virtual Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
National Thyroid Awareness Month				1.
4. New Year Healthy Habits (Caregivers) (Zoom) 3:45 Pm	5. Yoga Session 1 (Children 3-6) (Zoom) 4:00 Pm	6. Karate Session 1 (Children 7-12) (Zoom) 6:00 Pm	7. Art Program Session 4 (Children 10 & older) (Zoom) 3:45 Pm	8.
11. Surprise ME Craft ** Household items edition** (Zoom) 3:45 Pm	12. Yoga Session 2 (Children 3-6) (Zoom) 4:00 Pm	13. Karate Session 2 (Children 7-12) (Zoom) 6:00 Pm	14. Art Program Session 5 (children 10 & older) (Zoom) 3:45 Pm	15. How to Handle Picky Eaters (Caregivers with children 0-4) (Zoom) 3:45 Pm
18. Martin Luther King Day *MLK DAY* Closed for Holiday	19. Yoga Session 3 (Children 3-6) (Zoom) 4:00 Pm	20. Karate Session 3 (Children 7-12) (Zoom) 6:00 Pm	21. Art Program Session 6 (children 10 & older) (Zoom) 3:45 Pm	22. February Birthday Greetings entries due! Email skywayfsc@gmail.com
25. Time for moms (Zoom) (Pregnant up to 1 yr. old) 3:45 Pm	26. Yoga Session 4 (Children 3-6) (Zoom) 4:00 Pm	27. Karate Session 4 (Children 7-12) (Zoom) 6:00 Pm	28. Charla de Familias (Zoom) (En Español) 3:45 Pm	29.

Surprise me Craft – learn new and exciting crafts with our team! For children and adults, invite your whole family! Zoom meeting

New Year Healthy Habits – meet nutrition expert, Leticia, to learn healthy habits and start the year on the right foot. Zoom meeting

Time for Moms – a support group for women who are pregnant or have up to a 1-year-old baby to connect and learn new topics. Zoom meeting.

How to Handle Picky Eaters – Learn the tips and tricks to get your picky eaters to eat healthier foods. Zoom meeting.

Art Program - Join us for a 6-week artist led art program. Children of all abilities are welcome to participate. Zoom meeting.

Yoga- Join us for a 4-week program for children 3-6 years old. Children of all abilities are welcome to participate. Zoom meeting

Karate: Join us for a 4-week program for children 7-12 years old. Children of all abilities are welcome to participate. Zoom meeting

Charla de Familias: Conoce al equipo del centro Skyway y aprende sobre los programas y servicios gratis que ofrecemos. Grupo en español por zoom.

*Program dates/times are subject to change. Please call or text us (201-972-5271) for more information. One on one appointments are available, call us today! *

*Las fechas y horas de los programas pueden cambiar. Para recibir más información, por favor llame al 201-972-5271. Llámenos hoy para sacar una cita y recibir apoyo. *

January Programs

New interactive and educational programs! Click on the buttons below to register for each event!
FREE AND OPEN TO EVERYONE!

New Year Healthy Habits

CHARLA DE FAMILIAS



New Year Healthy Habits

Skyway Family Success Center

Meet nutrition expert Leticia
to learn the best healthy
habits for 2021!

 @thenutritionsisters

Monday, January 4th

3:45 PM

Registration required for Zoom



SKYWAY FAMILY SUCCESS CENTER

CHARLA DE FAMILIAS

Conozca al equipo del centro de familias
Skyway y aprenda sobre nuestros
programas y proyectos de apoyo
gratuitos.

**JUEVES 28 DE ENERO
3:45PM
POR ZOOM**

Para recibir más información, llame o mande un
mensaje de texto al 201-972-5271.

TIME FOR MOMS

HOW TO HANDLE PICKY EATERS




Time For Moms

COME IN AND GET TO KNOW OTHER MOMS LIKE YOU
We will talk about your emotional
wellbeing, new mom coping strategies,
and helpful resources in your community.

**Open to all moms pregnant or
have a child up to one year old**

**Monday, January 25th
3:45-4:45pm**

Meetings will be held on Zoom
Link will be emailed after you register



Registration link will be
found on Facebook!
Call for more information
201-719-6775

How to handle picky eaters

Come in and learn how to feed
your little one with yummy and
nutritious food.



Learn the Tricks to get your Picky Eaters to Eat Healthier Foods.

Open to all moms pregnant or
have a child up to four years old.

**Friday, January 15th
3:45 PM**

Meetings will be held on Zoom
Link will be emailed after you register



One-on-One Appointments

The Skyway Team welcomes families to schedule appointments on

Tuesdays, Wednesdays, and Thursdays for one-on-one support.

Please call, text, or email our team to schedule your appointment.

If you call before or after office hours, please leave a voicemail with your phone number and we will return your call.

English & Arabic :

Fayza Mohammad - Family Partner

fmohammad.skywayfsc@preventionlinks.org

201-719-6775

English & Spanish:

Fatima Gutierrez Jhong- Volunteer & Community Partnership Coordinator

fgutierrezjhong.skywayfsc@preventionlinks.org

201-972-5271

Important Family Resources!

Empowering families to find the resources they are looking for is an essential part of our mission! Here are some valuable resources to keep our families happy and healthy!

FOOD PANTRY LOCATOR

2020 DIRECTORYOFMENTALHEALTHSERVICES

CHILDCARE

Click this button & Learn How to Protect Yourself & Others
from COVID-19

**Wear a mask to protect
yourself and others.**



COVID-19 carrier

Healthy person



Happy New Year!



H A P P Y N E W Y E A R !

Stay connected! Like our Facebook & Instagram page!

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(201) 719 - 6775

