



Skyway FSC Quarterly Newsletter

April 2021

Hello Skyway Family & Friends!

We are grateful for a challenging quarter filled with collaborations and initiatives. Scroll down for highlights, our April calendar, 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!

Meet our Community Health Worker, Gelli Malapit! Gelli is eager to share valuable information about COVID-19 signs and symptoms, vaccination, and related resources with our community!



Do you have questions or want to make a zoom, phone or in person appointment with our Community Health Worker?
Call or text 201-204-6371!



ELC funding made available through the New Jersey Department of Health Division of Family Health Services to enhance detection, response, contact tracing and prevention efforts to stop the spread of COVID-19.

April 2021 Calendar Virtual Programming

Call or Text: 201-719-6775 English/Arabic
201-972-5271 English/Español
Email: info.skywayfsc@preventionlinks.org
www.facebook.com/SkywayFamilySuccessCenter
@Skywayfsc

Skyway FSC Virtual Calendar - April 2021



The Skyway FSC location is open on Wednesdays 11am-5pm BY APPOINTMENT ONLY. Join us for some online fun! All families and community members are welcome to participate! El centro de familias Skyway abre los miércoles de 10am a 5pm. Puede sacar su cita hoy. Regístrese para nuestros programas virtuales. Todos son bienvenidos.

Monday/lunes	Tuesday/martes	Wednesday/miércoles	Thursday/jueves	Friday/viernes
Virtual program via zoom. Programa virtual por zoom. COVID-19 information will be provided. Compartiremos información sobre COVID-19.			1.	2. World Autism Awareness Day Family Health (COVID-19 Edition) 4:00 pm
5.	6. Family Food & Groove (caregivers & children) 4:00 pm	7. HOPES Tax Preparation (Appointment Only) 10:00 am - 4:00pm	8. Time for Moms (Caregivers of children 0-5) 3:45pm	9.
12. Surprise Me Craft (all ages) 3:45pm PPE Distribution 12:00 - 5:00 pm	13. Cenar Familiar Skyway (adultos & niños) 6:00 pm	14.	15. Active Parenting Cooperation & Communication (Caregivers) 4:00 pm	16.
19. Jugando en Familia Edición Covid-19 (todas las edades) 4:00pm	20. Family Support Group (all ages) 5:00 pm	21.	22. STEM & Literacy (Caregivers with children grades K-5) 3:00pm	23.
26.	27. Skyway Family Dinner (caregivers & children) 6:00 pm	28.	29. Active Parenting School Success (Caregivers) 4:00 pm	30.

To register, visit our Facebook page www.facebook.com/skywayfamilysuccesscenter where you will find our program flyers & registration links. Para registrarse, visite nuestra página de Facebook www.facebook.com/skywayfamilysuccesscenter donde encontrará los volantes y enlaces de registración para cada programa.

Family Health (COVID-19 Edition) – Join us to learn valuable information about COVID-19 and vaccination. Ask questions and learn about important health resources in our community. All ages are welcome. *Zoom meeting.*

Family Food and Grove – Join our Snap-Ed nutrition expert for fun and helpful food facts! Also, wear your favorite workout outfit, it's family physical activity time! All ages are welcome! *Zoom meeting.*

Hopes Tax Preparation - Need help filing taxes? It is FREE! Make an appointment with a HOPES representative. Call us for more information.
By appointment only

Time for Moms - A support group for women who are pregnant or have up to a 5-year-old child. This is a safe space to discuss moms' and children's wellbeing.
Zoom meeting

Surprise Me Craft - Learn themed and exciting crafts with our team! For children and adults, invite your whole family! *Zoom meeting*

PPE Distribution - Register today to pick up your COVID-19 protection gear. Masks, gloves, hand sanitizers, and more! *Contactless Distribution*

Active Parenting - Parenting classes for parents and caregivers that cover cooperation, communication and school success. *Zoom meeting*

STEM & Literacy - A STEM-focused curriculum to support caregivers with children 0-6 years of age. Dr. Vanashri Nargund-Joshi of The Parent Academy will teach caregivers how to incorporate STEM topics when reading their children's favorite books. All registered participants will receive a book. *Zoom meeting*

Family Support Group - Have you been feeling isolated or burned out due to the

COVID-19 pandemic? Join us to connect in a safe space and learn a few tips that can help you. *Zoom meeting*

Skyway Family Dinner - Learn a new healthy recipe and enjoy a family dinner with your Skyway Family. All registered families will receive a basket with the recipe ingredients. This program is sponsored by WellCare & SNAP-Ed. *Zoom meeting.*

Cena Familiar Skyway - Disfrute una noche de cena familiar donde aprenderá a preparar una receta saludable con nuestra especialista en nutrición. Todas las familias que se registren recibirán una canasta con los ingredientes para la cena. Este programa es auspiciado por Wellcare y SNAP-ED. *Reunión por zoom.*

Jugando en Familia - Conozca al equipo, juegue con otras familias y entre al sorteo para ganarse una tarjeta de regalo. *Reunión por zoom.*

[Click here to download our Calendar](#)

Event Registration Links


(Click on the buttons above each flyer to register.)

Everyone is welcome! All programs are **FREE!!**

¡Todos son bienvenidos! ¡Todos los programas son **GRATUITOS!**

[Register for FAMILY HEALTH](#)

[Register for JUGANDO EN FAMILIA](#)



Family Health





Join us to learn valuable information about COVID-19 and vaccination. Ask questions and learn about important health resources in our community.

FRIDAY, APRIL 2ND
4:00 PM

Use this Link to register:
<https://forms.gle/taj1CeZf3f6C9tb89>
A zoom link will be sent to all registered participants

Call or text us for more information 201.719.6775
www.facebook.com/SkywayFamilySuccessCenter

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JUGANDO EN FAMILIA

Conozca al equipo del centro Skyway.
Juegue con otras familias por zoom.
Adultos y niños son bienvenidos.
¡Entre al sorteo para ganarse una tarjeta de regalo!

Regístrese hoy:
<https://forms.gle/dPQQ2gqGsCFXiuYTA>

LUNES 19 DE ABRIL
4:00PM
POR ZOOM

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



Register for ACTIVE PARENTING: COOPERATION AND COMMUNICATION



ACTIVE PARENTING: COOPERATION AND COMMUNICATION Thursday, April 15 4:00 PM

A workshop on cooperation and communication for Parents/Caregivers.

* Registration is Required*
<https://forms.gle/qbgPKL4r3WPbFbnm9>
A Zoom link will be shared to registered participants*

Call us, text or message on facebook for more information. 201.719.6775

www.facebook.com/SkywayFamilySuccessCenter



Register for ACTIVE PARENTING: PARENTING FOR SCHOOL SUCCESS



Active Parenting For School Success Thursday, April 15 4:00 PM

Parenting classes for parents/caregivers.

* Registration is Required* Register at:
<https://forms.gle/7SH5ovXAQmdgEJh8>
A Zoom link will be shared to registered participants*

Call us, text or message on facebook for more information. 201.719.6775
www.facebook.com/SkywayFamilySuccessCenter

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Register for TIME FOR MOMS



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 of children 0-5
Thursday, April 8th
3:45-4:45pm

Registration link
<https://forms.gle/5qTCcCNfyuDJ1sNK7>

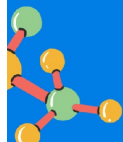
Zoom Meeting
Link will be emailed after you register

 Call for more information 201-719-6775



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Register for STEM & LITERACY



STEM AND LITERACY

Thursday, April 22nd
3:00 PM




Dr. Vanashri Nargund-Joshi of The Parent Academy will teach caregivers how to incorporate STEM topics when reading their children's favorite books.
All registered participants will receive a book

Registration is Required:
<https://forms.gle/GWprT8ZKcdxf1Jko6>
*A zoom link will be sent to all registered participants. *

Call or text us for more information 201.719.6775

www.facebook.com/SkywayFamilySuccessCenter

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Register for SURPRISE ME CRAFT

Register for FAMILY SUPPORT GROUP

Surprise Me Craft

Join us to learn new and exciting crafts with our team! Get creative with our surprise bags and create something new.

Monday, April 12th 3:45pm

Registration link

<https://forms.gle/yjvQ1Ft6cgWGSLkC8>

For more information please

Call 201-719-6775

Craft bags have been provided



FAMILY SUPPORT GROUP

Feeling isolated or burnt out due to the COVID-19 pandemic?

Join us to connect in a safe space and learn a few tips that can help you. Participants will be entered into a raffle.

Wednesday, April 21st
5:00 PM

Use this Link To Register:

<https://forms.gle/suPmi164GNvUKGrv8>

Call us or text for more information
201.719.6775

www.facebook.com/SkywayFamilySuccessCenter

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Register For CONTACTLESS PPE
PICKUP

Regístrate para recoger su EQUIPO
DE PROTECCIÓN PERSONAL

THE SKYWAY FAMILY SUCCESS CENTER
PRESENTS

PROTECTIVE PERSONAL EQUIPMENT PICK UP

Journal Square, Jersey City
Monday, April 12th 12:00-5:00P.M.

- Hand sanitizer
- Masks
- Disinfecting Wipes

Register today to receive your free PPE.

Available on a first come first serve basis
(While supplies last)

Register today for pick up!
<https://forms.gle/NGJjRvYmNRXY4eVw6>

Call 201-719-6775 for more information



EL CENTRO DE FAMILIAS SKYWAY LOS INVITA
A RECOGER SU

EQUIPO DE PROTECCIÓN PERSONAL

Journal Square, Jersey City
Lunes 12 de abril 12:00-5:00P.M.

- Alcohol en gel
- Mascarillas
- Paños desinfectantes

¡Regístrate hoy y reciba su equipo de
protección personal GRATIS!

Por orden de llegada

Regístrate llenando este formulario.
<https://forms.gle/pDGVsCmztF8MCNCx7>

Llame o mande un mensaje de texto al
201-719-6775 para más información.



April is Child Abuse Prevention Month!

Join our programs & celebrate with us!

Register for FAMILY FOOD &
GROVE

FAMILY FOOD AND GROVE

Join our Snap-Ed nutrition expert
for some food facts and a fun family
physical activity.

Tuesday, April 6th
4:00 pm

Use this link to register:

<https://forms.gle/taj1CeZf3f6C9tb89>

***A zoom link will be sent to all registered
participants.***

Call or text us for more information. 201.719.6775
[www.facebook.com/SkywayFamilySuccess Center](https://www.facebook.com/SkywayFamilySuccessCenter)

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spread of COVID-19.



Register for SKYWAY FAMILY DINNER

SKYWAY FAMILY DINNER

Join us and enjoy family dinner time! Learn a new healthy recipe from our Nutrition Specialist. All registered families will receive a basket with the ingredients.

**TUESDAY, APRIL 27TH
6-7 PM**

Limited spots available.

Register at:

<https://forms.gle/eYkz4BmC7yLTdwTXA>

a Zoom link will be shared to registered participants

Call us or text for more information

201.719.6775

www.facebook.com/SkywayFamilySuccessCenter

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Register for CENA FAMILIAR SKYWAY

CENA FAMILIAR SKYWAY

Disfrute una noche de cena familiar donde aprenderá a preparar una receta saludable con nuestra especialista en nutrición. Todas las familias que se registren recibirán una canasta con los ingredientes.

**MARTES 13 DE ABRIL
6-7 PM**

Los cupos son limitados.

Registrese hoy

<https://forms.gle/w6McqCkdsJj1AX6N9>

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

www.facebook.com/SkywayFamilySuccessCenter

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Family Resources!!!

Is your child in crisis?

Know the signs. All kids have bad days. But, trauma and life-changing events can create lasting challenges.

Extreme behavior problems that continue for more than six months could indicate a need for help.

Watch for:

- opposition and aggression
- disrespect and property damage
- anxiety or depression
- lying and fighting
- stealing or substance use
- running away or self-harm

Don't wait to get help! For free real time de-escalation and emergency counseling, call the Children's System of Care at 1-877-652-7624.



¿Está en crisis su hijo?

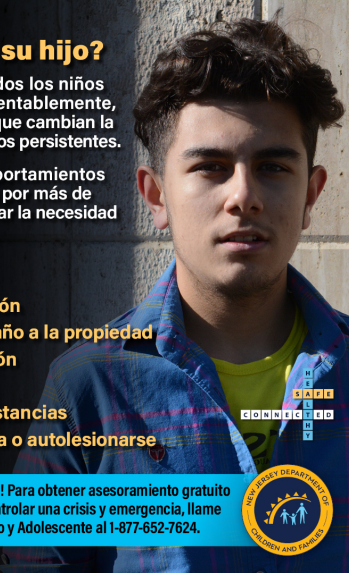
Conozca los signos. Todos los niños tienen días malos. Lamentablemente, el trauma y los eventos que cambian la vida pueden crear desafíos persistentes.

Los problemas de comportamientos extremos que continúan por más de seis meses podrían indicar la necesidad de ayuda.

Observe en busca de:

- resistencia y agresión
- falta de respeto y daño a la propiedad
- ansiedad o depresión
- mentiras y peleas
- robo y abuso de sustancias
- escaparse de la casa o autolesionarse

¡No espere para obtener ayuda! Para obtener asesoramiento gratuito en tiempo real sobre cómo controlar una crisis y emergencia, llame al Sistema de Atención del Niño y Adolescente al 1-877-652-7624.



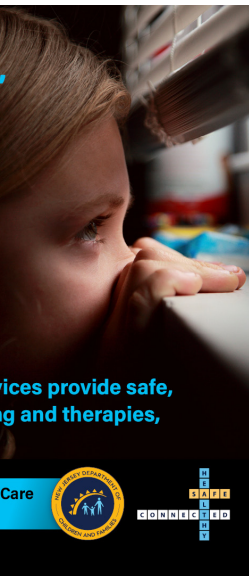
If your child is in crisis, GET HELP!

Social distancing can create a feeling of isolation from friends and support systems.

For children and youth with behavior disorders or mental health diagnoses, COVID-19 may heighten their anxiety and distress.

NJ's free Mobile Response services provide safe, real-time emergency counseling and therapies, 24/7/365.

Don't wait! Call the Children's System of Care at 1-877-652-7624.



Si su hijo está en crisis, ¡OBTENGA AYUDA!

El distanciamiento social puede crear una sensación de aislamiento de los amigos y sistemas de apoyo.

Para niños y jóvenes con trastornos conductuales o diagnósticos de salud mental, el COVID-19 puede aumentar su ansiedad y angustia.

Los servicios gratuitos de Mobile Response de NJ brindan asesoramiento y terapias de emergencia seguros y en tiempo real, 24/7/365.

¡No espere! Llame al Sistema de Atención del Niño y Adolescente al 1-877-652-7624.



One-on-One Appointments

The Skyway Family Success Center is now open on Wednesdays 11am -5pm. Before visiting the center, all new or registered families must email, call or text us to make an appointment.

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

Gelli Malapit- Community Health Worker
gmalapit.skywayfsc@preventionlinks.org
201-204-6371 (English & Tagalog)

Fayza Mohammad - Family Partner
fmohammad.skywayfsc@preventionlinks.org
201-719-6775 (English & Arabic)

Llame o mande un mensaje en español al **201-972-5271** para sacar su cita antes de visitarnos.

Stay connected! Like our Facebook & Instagram page!

Skyway Family Success Center
35 Journal Square Plaza Suite 501
Jersey City, NJ 07306
(201) 719 - 6775

