



BAYSHORE FAMILY SUCCESS CENTER

2021

MAY

Social & Emotional Competence. Studies show that children who possess high social and emotional competence are more confident in school and have more friends, leading to more success navigating relationships in personal and professional lives.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div style="background-color: #4a4a8a; color: white; padding: 10px; border-radius: 10px; display: inline-block;"> Mental Health Awareness Month </div>		Learn something each weekend! The 5 core skills of Social & Emotional Competence are listed on each Saturday!					1 Self Awareness : Understanding and assessing emotions, strengths and weaknesses.
2	3	4	5 3:30pm Mother's Day Celebration - Veggie Planting, BFSC Parking Lot	6	7 10am-1pm Pop-up Baby Pantry, BFSC, Leonardo	8 Self Management: Regulating emotions and thoughts, and setting realistic goals.	
9 Mother's Day	10	11 10am Grandparents Group, Zoom 4pm Kids Dance Party, Zoom	12 2pm CCYC Collaboration, Ocean Monmouth Health Alliance's Self-Care Presentation, Zoom	13 12pm Lunch & Learn Employment Series, Zoom	14	15 Social Awareness: Empathizing with others, especially when it comes to diversity.	
16	17	18	19 1:30-3:30pm Pop-up Baby Pantry, St. Ann School Gym, Keansburg	20 4:00pm Kids Cooking, Zoom	21	22 Relationship Skills: Building and maintaining healthy relationships, communication skills and teamwork abilities.	
23	24	25 3pm Parenting Workshop, Zoom 4pm Kids Dance Party, Zoom	26 3:30pm Rock Painting, BFSC Parking Lot	27	28	29 Responsible Decision Making: Making good choices based on situations, ethics, norms and the problems at hand.	
30	31 Memorial Day Center Closed						

**BAYSHORE FAMILY SUCCESS CENTER
 YMCA OF GREATER MOMOUTH COUNTY**

945 State Highway 36
 Leonardo, NJ 07737

732.497.3811

familysuccess@ymcanj.org

LET'S CONNECT!



YMCANJ.org/bfsc

Facebook.com/BayshoreFSC

Monday & Tuesday: 9 AM – 5 PM

Wednesday & Thursday: 11 AM – 7 PM

Friday: 9 AM – 3 PM

Saturday 10 AM – 12 PM



The Center is operated by YMCA of Greater Monmouth County and funded by the New Jersey Division of Family and Community Partnerships.



BAYSHORE FAMILY SUCCESS CENTER

MAY ACTIVITIES:

Mental Health Awareness Month

2021



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First Fridays/Baby Pantry:

> **Pop-Up Baby Pantry – BFSC, Leonardo | Friday, May 7, 10 a.m. – 1 p.m.**

Pickups will be available through appointment only. Please call the center (732.497.3811) to register. We are unable to fulfill walk-up/walk-in requests.

> **Pop-Up Baby Pantry – Church of St. Ann, Keansburg | Wednesday, May 19, 1:30 – 3:30 p.m.**

Registration is strongly encouraged. Please call or email us to register. We will be able to fulfill limited walk-up request.

Support Groups:

> **Grandparents Group | Tuesday, May 11, 10 a.m.**

Join our remote grandparents' group via Zoom. Click to join: <https://zoom.us/j/97598383274>

Community Advisory Committee Meetings:

- > Each community has its own Community Advisory Committee (CAC) that meets once a month and helps direct the initiatives of the Center. We help implement the programs and events that your community needs and wants. All are welcome, be on the lookout for the meeting in your town! For more information, contact amaresco@ymcanj.org.

Life Skills:

> **Parenting Workshop | Tuesday, May 25, 3p.m.**

This month we are focusing on In May we will be learning about Self Esteem and why it is important for children to have it. Click to join: <https://zoom.us/j/99216337389>

> **CCYC Collaboration: Self Care Presentation | Wednesday, May 12, 2 p.m.**

Join us as we continue our collaboration with Monmouth CCYC. This month we are hosting Ocean Monmouth Health Alliance's Self-Care Presentation. Conference Call Line: 646-558-8656 Meeting ID: 913 3744 2817 Passcode: 439252 <https://vnahg.zoom.us/j/91337442817?pwd=SGk0aW9Na0Vqb0E0OS8yNGJwTnlXUT09>

> **Kids Cooking | Thursday, May 20, 4 p.m.**

Join us on Zoom for a hands-on live kid's basic cooking demonstration, taught by a kid! We are continuing this series with macaroni & cheese! Click to join: <https://zoom.us/j/97082322125>

> **Lunch & Learn Employment Series | Thursday, May 13, 12 p.m.**

We are hosting an information session about positions in our Family Care program. We are looking for Parent Coaches and Youth Mentors. Call 732.497.3811 or email familysuccess@ymcanj.org us for more information. Click to join <https://zoom.us/j/96305322986>

Family Fun!:

> **Mother's Day Celebration - Vegetable Planting | Wednesday, May 5, 3:30 p.m.**

Join us for some outdoor spring fun and celebrate the mother figures in your life! Meet us in our parking lot for veggie planting! VERY limited seating is available. Please call to RSVP. **Absolutely NO walk up participation will be allowed.** 732.497.3811.

> **Kids Dance Party | Tuesday, May 11 & 25, 4 p.m.**

Get your wiggles out! After sitting still for school all day, join us for a rockin' dance party on Zoom! Shake your sillies out and get your groove going! Click to join: <https://zoom.us/j/91003525246>

> **Rock Painting | Wednesday, May 26, 3:30 p.m.**

Help us spruce up the center this Spring! We are creating a rock garden in our parking lot and need your help! Join us every month for a rock painting party. This month we are painting flowers. Rocks and paint provided. Limited seating, please call to RSVP. 732.497.3811.

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