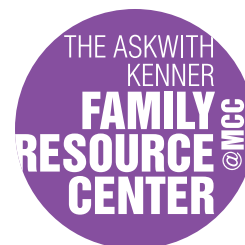


ASKWITH KENNER FAMILY RESOURCE CENTER PROGRAMS | JANUARY 2024



**MONDAYS
10 AM**

PARENT SUPPORT GROUP | 154R

Join parents and caregivers sharing stories, tips, and experiences in parenting in today's complicated world. All are welcome!

**MON - THUR
9 AM - 4 PM**

RELOVED BOUTIQUE HOURS | 152 R

ReLoved Boutique offers children's gently used apparel, books, furniture, and other treasures to find new homes. We also feature food staples, diapers and formula, along with a new section of adult-sized clothing!

**1/12: SPANISH
1/19: CHINESE
2 PM**

SELF-CARE WORKSHOPS | 154R

Retreat from the chaotic world and take a moment to care for your body, mind, and spirit. Each workshop offers a different self-care activity.

**SATURDAY,
JANUARY 13TH
10 AM**

MUSEUMS WITH MARCIA

Explore the history of our world by joining Marcia for a trip to one of the city's cultural institutions. Have fun learning about all kinds of cultures and important moments in history.

**SATURDAY,
1/13, 1/20, &
1/27 | 10 AM**

THE FAMILY TABLE | ESSEX MARKET

Join us in the Essex Market kitchen where we'll prepare delicious, healthy meals that are easy for kids to help make. This free workshop is great for adults and kids over 3 years.

**THURSDAY,
JANUARY 18TH |
3:15 PM**

FAMILY ARTS WORKSHOP | 158R

Learn how to use art to deal with stress. Join us and learn calming techniques and be in community with one another.



SCAN HERE TO REGISTER

FOR A FULL CALENDAR OF EVENTS VISIT

mannycantor.org/resourcecenterworkshops

mannycantor.org | resourcecenter@mannycantor.org | 646.395.4246 | East Broadway New York, NY 10002