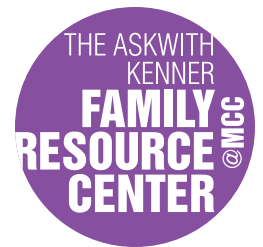


ASKWITH KENNER FAMILY RESOURCE CENTER PROGRAMS | MAY 2024



MONDAYS
10 AM

PARENT SUPPORT GROUP | 154R

Join parents and caregivers as they share stories, tips, and experiences, parenting in today's complicated world.

WEDNESDAYS
10 AM

BLOOMING BEBE | 154R

Join developmental movement and music classes that nourish healthy minds and bodies through support and bonding.

THURSDAY,
5/16
3 PM - 5 PM

WELCOME TO NEW YORK SUPPORT | 1R

Access learning opportunities and resources from partner organizations and community activists, as you adjust to living in NYC.

THURSDAY,
5/30
3:15 PM

FAMILY ARTS WORKSHOP | 158R

Learn how to use art to manage stress with calming techniques, and be in community with one another.

FRIDAYS
2 PM
5/10: SPANISH
5/17: CHINESE

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.

FRIDAY,
5/31
9:30 AM

COOKING WITH KENYA | AT ESSEX MARKET

This demonstration-style cooking class puts a healthy spin on classic and cultural dishes that are affordable, easy to make, and delicious!

SATURDAYS
9:30 AM

BILINGUAL BIRDIES | 154R

Experience the joy of language learning through music, movement, and puppetry.

SATURDAYS
10:30 AM

BABY GOT BACH | 155R

As an early introduction to music, keep your toddler grooving and learning while singing and dancing.

SATURDAY,
5/25
11 AM

MUSEUMS WITH MARCIA

Join Marcia in exploring various museums in NYC to learn about diverse cultures and important moments in history.



SCAN HERE TO REGISTER

FOR A FULL CALENDAR OF EVENTS VISIT
mannycantor.org/resourcecenterworkshops

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