## **Descriptions of Activities and Events**

## All Programs and Events Are Free!

Coffee & Chat - Open Office hours to grab a coffee and chat.

**Diaper Pantry Pickup (by appointment)** – Contact Oceans FSC to schedule an appointment to pick up diapers, wipes, and/or formula between 10a-2p! Please provide us with time for pick up and sizes needed.

**Resume Assistance Day (by appointment)** – Please call or email to schedule a time between 11a – 2p to have a virtual/ or in-person meeting with our professional resume writers.

Food Smarts – Learn healthy eating habits, how to shop on a budget, and get the exercise you need to stay strong.

## Oceans Family Success Center Mission

The mission of Oceans Family Success Center is to strengthen and empower families in the Greater Asbury Park community through collaborative activities and educational programs.

## **Volunteer Opportunities**

Do you want to give back to the community? Apply to volunteer at Oceans FSC! We are flexible to most schedules and capabilities!

For more information contact a Family Partner at 732-455-5272

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