



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COMMUNITY RESOURCE SEMINARS

Cumberland Cape Atlantic YMCA

Join us for these free seminars showcasing local resources in our community. Seminars are free and open to the public, but space is limited and registration is required. Register with Member Services or give us a call at (856) 691-0030.

5/4/22 (6:30 to 7:30 PM): Financial Literacy Seminar

Equitable Advisors will present a free educational workshop on financial literacy for adults. In this seminar, you will learn how to demystify financial analysis in order to make the best financial decisions for yourself or your family. This presentation can benefit anyone who would like to learn more about effective personal financial management strategies (whether budgeting, methods to save money, or investments). Refreshments and sandwiches will be provided.

5/10/22 (6:30 to 7:30 PM): Physical Rehabilitation Seminar

Encompass Health and Rehabilitation Hospital of Vineland will present a free educational workshop on physical rehabilitation for serious injuries and chronic illnesses. In this seminar, you will learn how physical rehabilitation works, why it is so important, and what you or a loved one can expect when beginning physical rehabilitation. This presentation can benefit anyone who has had (or is currently managing) a physical injury or chronic illness, individuals or caregivers considering physical rehabilitation, or anyone considering a career related to physical rehabilitation (like healthcare, occupational therapy, physical therapy, speech therapy, nutrition, or social work).

6/15/22 (6:30 to 7:30 PM): Strengthening Families Seminar

Vineland Inspira's Monarch Family Success Center will present a free educational workshop on their many community services that help empower families to succeed. In this seminar, you will learn about a variety of topics and family resources including housing and legal assistance, obtaining household items and food, parenting courses, financial courses, nutrition courses, family bonding and enrichment activities, and more. This presentation can benefit any parents or adults interested in learning more about local family resources, as well as anyone interested in a related career (like social work).

7/14/22 (6:30 to 7:30 PM): Parenting Class Children's Social, Emotional, and Behavioral Health

Oaks Integrated Care (Vineland, NJ) will present a free parenting class on children's emotional, social, and behavioral health. In this seminar, you will learn about many parenting methods and resources for assisting with children's social, emotional, behavioral, and developmental challenges. You will also learn about Oaks Integrated Care's many services offered to children and families (counseling, in-home and community services, developmental disability services, crisis services, and more). This presentation can benefit any parents/caregivers interested in learning more about children's well-being (or seeking family resources), as well as anyone interested in related careers (like childcare, education, mental health, behavioral health, or social work).