

# The Zone

# MARCH 2021

A School Based Youth Services Program at Orange Prep Academy 400 Central Ave., Orange, NJ 07050. For More Information, please call: 973-518-3006 Family Connections, Inc. **Funded by:** Department of Children and Families / DFCP

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Hours:</b> Monday-Thursday 9:30am-5:30pm Virtually *Early and late hours are available by appointment		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Individual Counseling:</b> Drop-In or By Appointment	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>Family Counseling:</b> By Appointment	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>Weekly Recreation Schedule:</b> Monday & Wednesday Lunch Recreation	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Monday-Thursday: After School Programming	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			

**Program Hours:**  
Monday-Thursday  
9:30am-5:30pm  
Virtually  
\*Early and late hours are available by appointment

**Individual Counseling:**  
Drop-In or By Appointment

**Family Counseling:**  
By Appointment

**Weekly Recreation Schedule:**  
Monday & Wednesday Lunch Recreation

Monday-Thursday:  
After School Programming

**Sunday**

**7**

**14**

**21**

**28**

**Monday**

**1:00pm-Chat & Chew Group**  
**3:30pm-Girls Group**

**8**

**1:00pm-Chat & Chew Group**  
**3:00pm-Spectrum Group**

**15**

**1:00pm-Chat & Chew Group**  
**3:30pm-Girls Group**

**22**

**1:00pm-Chat & Chew Group**  
**3:00pm-Spectrum Group**

**29**

**1:00pm-Chat & Chew Group**  
**3:00pm-Healthy, Fit, & Fun Event**

**Tuesday**

**1:30pm-Grief Group**

**9**

**3:30pm-"Creadores de Suenos" Grupo**

**16**

**1:30pm-Grief Group**

**23**

**3:30pm-"Creadores de Suenos" Grupo**

**30**

**1:30pm-Grief Group**

**Wednesday**

**1:00pm - Entertainment Lunch Group**  
**3:00pm-Recreational Group**

**3**

**1:00pm-Entertainment Lunch Group**  
**3:00pm- Virtual Movie Day**

**10**

**1:00pm-Entertainment Lunch Group**  
**3:00pm-Lucky Sweets: Cookie Kits**

**17**

**1:00pm-Entertainment Lunch Group**  
**3:00pm-DIY Group**

**24**

**1:00pm-Entertainment Lunch Group**  
**3:00pm-A Woman's Magical Virtual Movie Day**

**Thursday**

**3:00pm-Listening Circle Group**

**4**

**3:00pm-Recreational Group**  
**6:00pm-Grupo de Apoyo para Padres**

**11**

**3:00pm-Listening Circle Group**

**18**

**3:00pm-Recreational Group**  
**6:00pm-Parent Support & Resource Group**

**Friday**

**1:00PM-Boys Group**

**5**

**12**

**19**

**26**

**Saturday**

**6**

**13**

**20**

**27**



**\*All services will be held virtually.\***

Updates & information can be found on Remind: Class code- 7df929

Parent Remind/ Código de Remind para Padres: Code – d6d7hdf

Código de Remind para encontrar información sobre Creadores de Sueños: e4e8gg

**NOTE:** RSVPs are made through Remind.

**“Chat & Chew” Group:** This is a mid-day recreation group that provides students with a chance to discuss current events.

**“Listening Circle” Group:** This is a psycho-education group that provides students with a chance to discuss stressors. Recreational activities will be included every other week.

**“Recreational” Group:** This group is for OPA and OHA students to gather and engage through recreational activities.

**“Creadores de Suenos” Grupo:** This is a mentor group for Spanish speaking students. Este es un grupo de mentores para estudiantes que hablan español.

**A Woman’s Magical Virtual Movie Day:** This is a recreation group where students will get a chance to watch a movie in celebration of Women’s History Month. The first 15 students to RSVP will have movie snacks delivered to their homes.

**Lucky Sweets - Cookie Kits:** For St. Patrick’s Day, we will be hosting an event where the first 10 students to RSVP will have cookie kits delivered to their homes. We will then gather virtually to decorate the cookies and enjoy a recreational activity.

**Grief Group:** This a closed group for students who are dealing with loss and grief. Students will receive support and be given psycho-education surrounding grief

**Spectrum Group:** This is a gay/straight alliance group focused on support and allyship.

**Parent Support & Resource Group:** This is an open, support, group for parents who have children at Orange Preparatory Academy. The group will provide parents with support and resources. The first 5 families to RSVP will have food delivered to their home.

**DIY Group:** This is a recreation group where students will have the chance to work on varying art projects. The first 10 students, to RSVP, will get supplies delivered to their homes.

**Girls Group:** This is an open, empowerment, group for female students at Orange Preparatory Academy.

**Boys Group:** This is an open, empowerment, group for male students at Orange Preparatory Academy.

**Healthy, Fit, & Fun Event:** This is an event for OPA students to learn about healthy eating habits. The first 10 students to RSVP will have a healthy meal prep kit delivered to their homes. The event will have an instructor to guide students in creating a healthy meal.

**Grupo de Apoyo para Padres:** Este es un grupo abierto para padres que tienen hijos en Orange Preparatory Academy. El grupo brindará apoyo y recursos a los padres. Las primeras 5 familias que confirmen su reserva recibirán comida en su hogar.

\*For first time participants, you are welcome to join any group(s)/event(s). If you would like to continue to join group(s)/event(s), then your parent/guardian will need to complete our consent forms. Click the links below:

\*Para los participantes por primera vez, puede unirse a cualquier grupo(s)/evento(s). Si desea continuar uniéndose a grupo(s)/ evento(s), entonces su padre deberá completar nuestros formularios de consentimiento. Los formularios se encuentran a continuación:

<https://hipaa.jotform.com/fcit7g395/zone-telehealth-consent>

<https://hipaa.jotform.com/fcit7g395/the-zone-consent-form>