

The Family Resource Centre (S.J.) Inc.

211 Wentworth Street, Saint John, N.B. E2L 2T4

Website: <http://www.frc-crf.com/saint-john/>

Programs for the Winter (January – March 2013)

Dates & times may change. For more info or to register, phone (506) 633-2182

***** FOR ADDITIONAL PROGRAMMING, PLEASE SEE OTHER SIDE *****

FOR PARENTS...

ADULT LIBRARY...

A variety of books on parenting, personal development, health and more.

COMMUNITY KITCHEN

"Settlement Services" For more info call Joy at 633-2182.

BOOK CLUB: At the centre and First Steps. For more info call Carolyn at 633-2182.

FOR CHILDREN...

CHILDREN'S LIBRARY

Offers a selection of English & French children's books, Read with your child today!!

CARE FOR KIDS

This 8wk. interactive program provides parents and children with a positive and healthy approach to preventing child sexual abuse. Sessions are fun with crafts, stories and play activities. For parents and their children aged 3 - 6 yrs. Saturdays, Feb. 2nd - Mar. 23rd, 9:20am - 12 pm. Registration required. Limited childcare and transportation support available. For more info call Carolyn at 633-2182.

(RURAL OUTREACH) 1 2 3 4 PARENTS

A parenting program for families with children ages 1 - 4, experiencing the dynamic changes of early childhood development. Monday evenings, March 11th, 18th, 25th, April 1st (no session to Easter Monday) 8th, & 15th, 5pm - 7pm. **Registration required.** Limited childcare and transportation support available. For more info call Karen at 633-2182.

KIDS HAVE STRESS TOO!

A broad-based primary prevention program. The mission is to provide parents, caregivers and communities with the knowledge, awareness and skills to help children become healthier and more resilient through learning how to manage their stress effectively. Call centre for more info.

**ALL PROGRAMS ARE FREE OF CHARGE.
CHILDCARE AND TRANSPORTATION SUPPORT AVAILABLE.**

Programs sponsored by: Public Health Agency of Canada, Social Development, VON Healthy Baby and Me, The Greater Saint John Community Foundation, Sisters of Charity, The Saint John Early Childhood Coalition, Donations.

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MOMS TO BE

VON HEALTHY BABY & ME Prenatal classes for women under 25. Offering lots of info and activities. Please call Joy at VON 672-9647.

BABY & YOU

VON HEALTHY BABY & ME For young parents under 25 & their babies 12 months & younger. Discuss a different topic each week. Snacks & fun activities included. Call Joy at VON 672-9647.

FREE BREASTFEEDING SUPPORT GROUP All moms and babies are welcome. Every 3rd Thursday of every month from 1:30 - 3 pm. For more info call 633-2182.

EMERGENCY DIAPERS & FORMULA, call the Centre for details.

FOR FAMILIES

A play place for families with children aged 6 and under. Moms, dads, grandparents, friends and childcare providers welcomed.

<u>Main Centre</u>	<u>Urban Outreach</u>	<u>Rural Outreach</u>	<u>Eastside</u>
211 Wentworth Street Tuesdays 10am-12pm Wednesdays 10am-12pm Thursdays 10am-12pm	Tuesdays 10am-12pm: Westside Carleton Community Centre Thursdays 10am-12pm: Crescent Valley Community Centre	Mondays 10am-12pm: Fundy Shores School Tuesdays 10am-12pm: Loch Lomond Community Centre Wednesdays 10am-12pm: Browns Flat School Thursdays 10am-12pm: Barnesville Presbyterian Church	Tuesdays 10am-12pm: Glen Falls School
More info call Karen at 633-2182	More info call Joy at 633-2182	More info call Pattie at 633-2182	More info call Carolyn at 633-2182

"A place where children are learning to play and playing to learn"

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