

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 FALL (SEPTEMBER – DECEMBER) 2013

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

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

FOR CHILDREN

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

FOR PARENTS

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

PARENTING PROGRAMS

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, 6pm - 8pm November 4th, 18th, 25th, December 2nd, & 9th. No session on Nov. 11th (Remembrance Day). **Registration required.** Limited childcare and transportation support available. For more info call Karen at 633-2182.

POSITIVE PARENTING (Glenn Falls School)

A parenting program based on Barbara Coloroso's best seller "Kids are worth it" Designed for parents of children aged 4 - 8yrs, 6 sessions, Wednesdays, November 6th- December 11th, 6pm-8pm. Limited on-site childcare available. **Registration required** by calling the Family Resource Centre @ 633-2182. For more info ask to speak with Carolyn.

PARENT & CHILD

FUN ON THE RUN (Carleton Community Centre)

For children aged 18 months to 3yrs., a program that involves activities with singing, music, and movement. A parent/guardian must attend the class with the child and be actively involved. We smile, laugh, enjoy and move!! Warning too much fun can be good for your health! Classes run for 25 minutes, no registration required, just turn up and join in! Thursdays, Nov. 7th, 14th, 21st & 28th, 11 am - 12 pm. Call Joy at the Family Resource Centre @ 633-2182 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.

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 FALL (SEPTEMBER – DECEMBER) 2013

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

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

MOMS TO BE

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

BABY & YOU

VON HEALTHY BABY AND ME LIFE WITH BABY For 1st time moms under 25 & their babies. Meet new moms & their babies; enjoy chats, snacks & informational sessions on Feeding Baby, Personal Wellbeing, Keeping Baby Safe and much more! Join us at the Saint John Family Resource Centre, 1pm-3pm, Oct. 18, Nov. 15, 29 & Dec. 13. **Registration required.** Call the VON Healthy Baby & Me 672-9647.

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>
211 Wentworth Street Tuesdays 10am-12pm Wednesdays 10am-12pm Thursdays 10am-12pm More info call Karen at 633-2182	Mondays 10am-12pm: Crescent Valley Resource Centre Tuesdays 10am-12pm: Westside Carleton Community Centre More info call Joy at 633-2182 Tuesdays 10am-12pm: Glen Falls School More info call Carolyn at 633-2182	Mondays 10am-12pm: Fundy Shores School Wednesdays 10am-12pm: Browns Flat School Thursdays 10am-12pm: Barnesville Presbyterian Church More info call Pattie at 633-2182

“A place where children are learning to play and playing to learn”

**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.