



# 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 AUTUMN (SEPT. — DEC.) 2017

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

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

### FOR FAMILIES:



### Parent - Child Playgroups

Parents/caregivers share parenting skills while your children gain social and emotional skills. Crafts, songs and stories.



<u>Main Centre</u>	<u>Urban Outreach</u>	<u>Rural Outreach</u>
<p>211 Wentworth Street</p> <p>Tue. 10am-12pm Wed. 10am-12pm Thurs. 10am-12pm</p> <p>More information call Karen at 633-2182 or <a href="mailto:karen.kincade@frc-crf.com">karen.kincade@frc-crf.com</a></p>	<p>Tue. 10am-12pm: Seaside Park Elementary School (call for start date)</p> <p>Thurs. 10am-12pm: Crescent Valley Resource Centre</p> <p>More information call Miranda at 633-2182 or <a href="mailto:miranda.belliveau@frc-crf.com">miranda.belliveau@frc-crf.com</a></p> <p>Wed. 10am-12pm: Glen Falls School</p> <p>More information call Carolyn at 633-2182 or <a href="mailto:carolyn.glenn@frc-crf.com">carolyn.glenn@frc-crf.com</a></p>	<p>Mon. 10am-12pm: Fundy Shores School</p> <p>Tue. 10am – 12pm: Garnett Settlement Church</p> <p>Wed. 10am - 12pm Nerepis Baptist Church</p> <p>Thurs. 10am-12pm: Barnesville Presbyterian Church</p> <p>Delayed Start-up. For more information call Margot at 633-2182 or <a href="mailto:margot.allain@frc-crf.com">margot.allain@frc-crf.com</a></p>

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

### MOM & BABY:

#### Life with Baby Postnatal Program (South)



Our postnatal program is for new moms and their babies 0 - 12 months. Join us for information on feeding your baby, keeping your little one safe, taking care of mommy, & more. Tue. afternoon, Sept. 26th - Oct. 26th, 2pm - 4:30pm. Registration is required. Transportation is available. Call Joy at 633-2182 or [joy.comeau@frc-crf.com](mailto:joy.comeau@frc-crf.com) for more information.

### FOR MOMS TO BE:

#### New Born New Life Prenatal Program (South)

Our prenatal classes are especially designed for moms to be age 24 years and under and their support people. Our 6-week program provides informational sessions on Breastfeeding, After Baby Comes Home, Infant safety and Care, and more. Thurs. evenings, Sept. 21st - Oct. 26th, Nov. 9th - Dec. 14th from 6pm - 8pm. Call Joy at 633-2182 or [joy.comeau@frc-crf.com](mailto:joy.comeau@frc-crf.com) for more information.



**ALL PROGRAMS ARE FREE OF CHARGE.**

**CHILD MINDING AND TRANSPORTATION SUPPORT AVAILABLE.**

Programs sponsored by: Public Health Agency of Canada, Economic and Social Inclusion Corporation, Social Development, BCIPI, Education and Early Childhood Development, Sisters of Charity, United Way, The Community Foundation, NB Children's Foundation.



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### FOR CHILDREN:

#### Children's Library (South)/Outreach Literacy Cart

A selection of English & French children's books. Read with your child today.



### FOR PARENTS:



#### Nobody's Perfect (South)

Parenting program for families with children ages birth – 5 years. Meet other parents of young children and share ideas about being a parent; learn about child development, safety, health, & behaviour; discuss real-life parenting situations & discover positive ways of parenting. Build on parenting skills you have & focus on strengths to raise happy, healthy children. Monday evenings, Oct. 30th, Nov. 6th, (Tue. Nov. 14th), Nov. 20th, 27th, & Dec. 4th, 6pm – 8pm. Registration required/limited space. Child minding & transportation support is available. Call Karen at 633-2182 or [karen.kincade@frc-crf.com](mailto:karen.kincade@frc-crf.com).



#### 1 2 3 4 Parents! (West)

A 6 week parenting program focusing on the dynamic changes of early childhood development. The program uses group discussion and activities to explore parenting strategies. We will discuss ages and stages and what we can expect from our young children as they learn and grow. Parenting can be a tuff job. We hope you will join us to share your experiences with parenting and support one another. Friday mornings 10am - 12:30pm, Nov. 3rd - Dec. 8th, at Seaside Park Elementary School. Registration required. Child minding and limited transportation support available. For more information call Carolyn or Miranda at 633-2182 or [carolyn.glenn@frc-crf.com](mailto:carolyn.glenn@frc-crf.com) or [miranda.belliveau@frc-rf.com](mailto:miranda.belliveau@frc-rf.com).

#### Adult Library (South)

Upcoming event for the Adult and Children's Lending Library. Join us for a Library Open House Monday Nov. 27th, 10am -12pm. Become acquainted with the Adult and Children's Lending library. Open to registered families of the Family Resource Centre.



### FOR DADS:

#### "In My Dad's KITCHEN" (North)



Do you want to cook healthy, inexpensive meals for your children, practice cooking and share tips on finding your way around the kitchen? Join us for three hands on cooking sessions on Nov. 8th, 15th, & 22nd, Wed., 5:30pm – 8pm at the Crescent Valley Resource Centre. **Registration and Commitment to the 3 sessions is required.** Call Joy at 633-2182 or [joy.comeau@frc-crf.com](mailto:joy.comeau@frc-crf.com) for more information.

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