

# 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 Spring (April – June 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.

#### RURAL OUTREACH COMMUNITY KITCHEN

Fridays, May 17<sup>th</sup>, June 14<sup>th</sup> & 21<sup>st</sup>, 9:30am - 12:30pm.  
Registration required. call the centre at 633-2182.

#### CRAFTS (EASTSIDE)

Friday, 10am - 12pm. May 9<sup>th</sup> - 30<sup>th</sup>. Limited childcare and transportation. Registration required. For more info call Carolyn at 633-2182.

#### MY CHOICES - MY HEALTH

Six week session designed to help people positively manage the challenges of living with mental or physical chronic diseases.  
Wednesdays, May 8<sup>th</sup> - June 12<sup>th</sup>, 1pm-3:30pm. Limited childcare and transportation. Registration required. Call 633-2182.

### FOR CHILDREN

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

### PROGRAM PARTNERS

#### *SCHOOL READINESS (F.A.C.E.)*

Three weeks starting May 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, 22<sup>nd</sup>, 23<sup>rd</sup>, 28<sup>th</sup>, 29<sup>th</sup> and 30<sup>th</sup> at the following locations: Havelock School, Bayview School, St. Pat's School, River Valley School and St. John the Baptist School. To register contact Vicky or Allie at 643-2036/643-2033.

#### *KIDS HAVE STRESS TOO! (Canadian Mental Health Association S.J. Branch)*

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. For children ages 4 to 9, May 7<sup>th</sup> & 14<sup>th</sup>, 6pm-8pm. To Register Contact: Prince Charles School 658-5388.

#### **FUN TO BE 4/5** (Talk With Me Early Language Services)

A hands-on program for 4/5 yr. olds and their parents to help with language development & pre-reading skills. Each week includes circle time, a group activity, snack, and a craft. Tue., May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>, 1pm - 3pm at Centennial School Community School. Limited childcare and transportation available by request. Space is limited, please registration by calling 643-7561.

**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 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 first time moms under 25 & their babies 12 months & younger. Discuss a different topic each week. Snacks & fun activities included. Call Joy at VON 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>	<u>Eastside</u>
211 Wentworth Street Tuesdays 10am-12pm Wednesdays 10am-12pm Thursdays 10am-12pm	Mondays 10am-12pm: Crescent Valley Resource Centre Tuesdays 10am-12pm: Westside Carleton 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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