

FAMILY RESOURCE CENTRE NEWSLETTER

Better Beginnings (BB) - Tuesdays

This program provides support, knowledge, education and assistance with access to community services for pregnant mothers and parents/caregivers with newborns up to 6 months. Gift cards are given to participants at the end of each session.

Family Place (FP) - Mondays and Thursdays

This program is a drop-in for children under 6 and their parents/caregivers. We offer activities, playtime, parental support and more.

Community Connections (CC) - Wednesdays

This is a new rotating program series with a number of offerings from parenting classes, to family adventures, to Mother Goose. The programs will be registered and the times may vary depending on the series but it will always be on a Wednesday. CC will be run in collaboration with other community partners and is funded by MCFD.

Everyone is welcome at our programs. We look forward to meeting you and your little ones in our warm and welcoming space

Our Family Resource Facilitators are trained, licensed Early Childhood Educators and Child & Youth Care workers with many other skills and certificates. They have a number of roles including facilitation of Family Resource Centre programs, Mother Goose programs, family navigation, and literacy outreach. These Programs run with the generous financial support of MCFD, Public Health Agency of Canada and Decoda.



OUR FUNDERS SUPPORT OUR PROGRAMS TO HELP PROMOTE HEALTHY HABITS AND DEVELOPMENT OF YOUNG CHILDREN BIRTH TO 6YRS



UPCOMING EVENTS

This month the Family Resource Centre will be **celebrating all things Fall!**
We will have some special events and crafts to help families feel festive.

Family Place will be visiting the Kamp Rd. Harvest Shack on Oct 20th. Feel free to join and pick-out a family pumpkin to take home or just snap a few cute photos with a Fall backdrop.

Better Begining's is always welcoming pregnant/new parents to the group so feel free to invite the soon-to-be or new parents out!

Our First Community Connections Outdoor Adventures program is running this month in collaboration with Cedar Strong. This group will be enjoying some great outdoor activities and given a take home meal to enjoy.

The Family Resource Centre is Partnering with the Hope Recreation Centre and Hope Library to host a FREE community Halloween Party on Oct 25th!
Stay-tuned for all the details.

The Family Resource Centre will be closed Ocatober 13th for Thanksgiving.