

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.



UPCOMING EVENTS

This month the Family Resource Centre will **continue to explore themes of Fall!**

Family Place will be visiting the Hope Rec Centre on Nov 3rd where you can either go for a swim or attend toddler skate at 10am. On Nov 20th Family Place will be visiting Hope library, so feel free to join and sign-up for a library card.

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!

This month our Community Connections Program is offering The CALM Curriculum Parenting Course. This program strengthens realtionships, reduces stress and increases awareness and understanding of social and emotional learning.

The Family Resource Centre is partnering with the Hope Library to offer Mother Goose, stay tuned for the exact dates.



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

The Family Resource Centre will be closed November 11th to honor Remebrance Day.