

# 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 like the CALM Connection, 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

Family Place will continue to explore our community through outings. We will also, be celebrating all the amazing mamas on May 7<sup>th</sup> with a Mother's Day Lunch during Family Place.

We will have, Stacey, the Dental Hygienist visiting both Family Place and Better Beginnings the first week of May.

Better Beginnings will have, Larissa from Hope Victim Services chatting with us about their services on May 26<sup>th</sup>.

This month there will be two Community Connections programs running in May. If you didn't sign-up for Mother Goose, join Ms. Miranda & Ms. Patsy from Strong Start for Wiggle & Splash Wednesdays. No registration needed for this program, check the poster for more details.

Community Connection's Intergenerational Mother Goose will be starting May 6<sup>th</sup> for those registered.

The Family Resource Centre will be closed May 18<sup>th</sup> for Victoria Day.

