

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 be celebrating all things Fall this month!



We have Janeen, the Travelling Librarian and Ali, from Fraser Valley Child Development Centre, visiting. There are trips to the Firehall (be sure to sign-up) and the farm stand for pumpkins scheduled; plus lots of fun Fall crafts to create. Be sure to check the calendar for all the details.



Attention all caregivers with babies 0-12 months!!! Better Beginnings is a program designed just for you and baby, so be sure to drop-in and check-out the program. We offer a hot meal and a gift card for those that attend the educational hour.



This month's CC program will be the CALM Connection Parenting Program. This is a six week registered program that provides opportunities for parents/caregivers to strengthen their relationship, reduce stress and increase their awareness and understanding of social emotional learning.



Don't forget about the 3rd annual Halloween Party at the Hope Recreation Conference Centre on Oct 24th. This is a fun, FREE, family event put on by the Family Resource Centre staff, Hope FVRL and the Hope Recreation Centre.



The Family Resource Centre will be closed October 12th for Thanksgiving and Oct 19th for Professional Development.

