

Fredericton Regional Family Resource Centre
 60 Veterans Drive
 Fredericton, NB E3A 4C3
 Ph: 474-0252 Fax: 474-0253
 Website: www.frc-crf.com

February 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Theme: All about me	2 L'il Van Goghs 10:00 – 11:00	3 Southside Playgroup @ Cavalry Baptist Church 9:30 to 11:30	4 Francophone Playgroup @ Centre 10:00 to 11:30	5 Bilingual Me, You & Music @ Centre 10:00 to 11:00 Parle Moi/Talk with Me Meet and Greet @ Centre 11:00	6 Adjusting to Parenting 10:00 – 11:30	7 When you see a phone beside a program, please call us to sign up for the event
8 Theme: ♥ Valentines Day ♥ 	9 Outing: Skating @ Lady Beaverbrook Arena 10:30-11:30 Just Me & My Mom 1:30-3:30pm	10 Southside Playgroup @ Cavalry Baptist Church 9:30 to 11:30 Board Meeting: 6:30	11 Francophone Playgroup @ Centre 10:00 to 11:30	12 Bilingual Me, You & Music @ Centre 10:00 to 11:00	13 Adjusting to Parenting 10:00 – 11:30	14
15 Theme: Pancake week	16 L'il Chefs 10:00-11:00 Just Me & My Mom 1:30-3:30pm	17 Southside Playgroup @ Cavalry Baptist Church 9:30 to 11:30	18 Francophone Playgroup @ Centre 10:00 to 11:30	19 Bilingual Me, You & Music @ Centre 10:00 to 11:00 Active parenting 6:00 to 8:00 pm	20 Adjusting to Parenting 10:00 – 11:30	21
22 Theme: 5 senses	23 Outing: Sliding @ O'Dell Park 11:00 – 12:00 Just Me & My Mom 1:30-3:30pm	24 Southside Playgroup @ Cavalry Baptist Church 9:30 to 11:30	25 Active Kids French parent session 10:00 to 11:30 (Childcare provided)	26 Bilingual Me, You & Music @ Centre 10:00 to 11:00 Active parenting 6:00 to 8:00 pm	27 Adjusting to Parenting 10:00 – 11:30	28 Healthy Baby & Me For information on prenatal and postnatal programs for moms 24 and younger call Julie @ 459-8582



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Ready For School Coordinator: Amy Tanner
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Daycare Coordinator: Paula Seeley
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The FRFRC is a non-profit organization funded by the Public Health Agency of Canada Initiative Community Action Program for Children (CAPC).

Family Programs:

Southside Playgroup

This is a weekly program that we are offering on the Southside. There will be free play, story time, crafts, games, activities, snack as well as special outings and activities. Join us from 9:30-11:30am every Tuesday offsite at the Calvary Baptist Church located at 845 Regent Street. For more information, call Lisa @ 474-0252.

Bilingual Me, You & Music

Children love music! This program allows children to explore music through movement, dancing, singing, listening and playing with basic musical instruments. Songs are in English and French. This program is held at the Marysville Legion located at 60 Veteran's Drive. For more information or directions, please give us a call at 474-0252.

L'il Chefs

Children love to help out in the kitchen! So here is a program designed specifically for them to let out their creativity with cooking. Families will enjoy picking out ingredients, measuring items, mixing everything together and watching the children's masterpieces cook. The best part will be the taste-testing!

Francophone Playgroup

This weekly themed program offers parents/caregivers and their children the opportunity to participate in a French-speaking environment. We offer free play, crafts, games, music, reading circle, snack and other activities depending on the weekly theme. For more information call Lisa at 474-0252 or e-mail her at lisa.michaud@frc-crf.com.

L'il Van Goghs

This is a special time for children to develop their creativity through finger-painting, drawing, cutting and gluing. The children are provided with all they need to make any craft their work of art.

Active Parenting, 1,2,3,4 Parents!

This is a multicultural, video-based discussion program for parents of children ages 1 to 4. It addresses basic parenting skills, the stages of development, and more. This program is perfect for the new parent, teen parents and caregivers. For more information or to sign up, please call the centre @ 474-0252

Family Programs:

Parle Moi/Talk with Me Meet & Greet

Communication is much more than just speech and words! We know that talking, listening and following directions are important stepping stones for later success. Check the Center's calendar for Meet & Greet Session dates for people who haven't yet met us - bring your child to play and find out more about our program, or call the Parle Moi/Talk With Me Speech-Language Therapists at 1-877-691-8800 for more information.

Ready for School – January 2009

These programs have age-appropriate activities that will help your child learn and enhance the skills needed to succeed in kindergarten. They will run September 2008-May 2009. For more information or to enroll your child, please call Amy at 450-9733.

*Children must be completely toilet trained to attend either program

Ready for School (3 year olds): All children must be 3 years old by December 2008.

Ready for School (4 year olds): Children must be attending kindergarten in September 2009.

**there are still a few spaces available at this time so if interested, give Amy a call as soon as possible.*

Active Kids Parent session (French)

We will be offering a French Active Kids parent session; this will include a small presentation on physical literacy and a healthy eating presentation. You will receive an Active Kids kit, plus monthly newsletters. Childcare provided onsite
Please sign up in advance as spaces are LIMITED

Adjusting to Parenting

This group is designed to offer you social support from other mothers. For more information, or to register, please phone Leslie Ann Costello, 455-0044. This is an office voice mail number; please leave your information and you will receive a return call.

Family Programs:

Just Me & My Mom

This 10-session program is for moms with babies up to 1 year of age. Topics include: Learning Begins, baby games, baby massage, safety, language development, feeding your baby and more! If you are interested in this program, want more information or would like to sign up, please call the Centre @ 474-0252. Spaces are limited so please be sure to call as soon as possible.

Important Stuff:

Snow Storms and Bad Weather

If schools in Fredericton are closed due to snowstorms or extremely cold temperatures, please note that the centre will also be closed. Closures are announced on the local radio stations (listen for School District 18 or the Fredericton Regional Family Resource Centre). If you are unsure if the centre is closed, feel free to call us at 474-0252.

Tiny Tumblers

We will be offering a Tiny Tumblers session in March; the program runs every Monday morning from 10:00 till 11:00 am. For more info or to sign up, please call the Centre 474-0252.

Outreach sites:

Outreach Sites

Monday: Gagetown at the Gagetown Arena from 10-12noon
Tuesday: New Maryland at the New Maryland School from 10-11:30
McAdam at Saint Paul's Church from 10 to 11:30
Wednesday: Keswick Valley at the Keswick Valley Memorial School
From 10-12noon
Thursday: Fredericton Junction at the Fredericton Junction Baptist
Church from 9:30-11:30am
Friday: Harvey at Harvey health centre from 10 to 11:30
*For more information, please call 462-9820

