



February & March 2010 Programming

You can sign up to receive our newsletter monthly by visiting our website—
www.frc-crf.com/fredericton. When in doubt about the schedule please refer to our calendar or call the Centre @ 474-0252.

Snow Storms, Bad Weather & School Closures

If schools in Fredericton are closed due to snowstorms or extremely cold temperatures or other emergencies, 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.

Just Me & My Mom

This weekly program is a 10 (ten) session program for moms with babies and moms expecting babies. Topics include: baby games, baby massage, language development, feeding your baby and more! Moms must sign up in advance for this program so please call Wendy at 462-9820 to register

Sleigh Ride Outing

We will be going on a sleigh ride @ 540 River St. Marysville. Please call 462-9820 quickly to sign up as we do have limited spaces we can offer. Please note that it will be 5\$ per adults (the Centre will be paying for the children that are 6 and under)

Outreach Sites: programs

Monday: **Gagetown** at the Gagetown Arena from 10-12noon

Tuesday: **New Maryland** at the New Maryland School from 10-11:30

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 the Harvey Hospital (room 3A) from 10-11:30am

*For more information, please call Wendy @ 462-9820









Adjusting to Parenting

This group provides new mom's the opportunity to discuss issues that come with being a new mom, share advice and offer support. Come share the joys and address the challenges of parenting together with other moms in your neighborhood. Bring your new baby (childcare provided) and enjoy exchanging ideas with other new moms. For more information, or to register, please call Melissa @ 462-9820.







Ready for School

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 2009-May 2010. For more information or to enroll your child, please call Amy at 450-9733.

February 2010

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>L'll Scientist @ the centre 10:00-11:00 Gagetown Site 10:00 - 12:00 Just Me & My Mom @ the centre 1:30-3:30</p>	<p>2</p> <p>Southside Playgroup Calvary Baptist Church 9:30- 11:30 New Maryland Site 10:00 - 11:30 Parent Program 6:00-8:00pm </p>	<p>3</p> <p>Francophone Group @ Centre 9:30 - 11:30 Keswick Site 10:00 - 12:00</p>	<p>4</p> <p>Bi-Lingual Me You & Music session 1 : 9:30-10:30 session 2 : 11:00-12:00 @ Centre  F'ton Junction Site 9:30- 11:30</p>	<p>5</p> <p>Adjusting to Parenting @ Centre 10:00 - 11:30 Harvey Site 10:00 - 12:00</p>
<p>8</p> <p>L'll Readers / P'tits lecteurs @ the centre 10:00-11:00 Gagetown Site 10:00 - 12:00 Just Me & My Mom @ the centre 1:30-3:30</p>	<p>9</p> <p>Southside Playgroup Calvary Baptist Church 9:30- 11:30 New Maryland Site 10:00 - 11:30 Parent Program 6:00-8:00pm </p>	<p>10</p> <p>Francophone Group @ Centre 9:30 - 11:30 Keswick Site 10:00 - 12:00</p>	<p>11</p> <p>Bi-Lingual Me You & Music session 1 : 9:30-10:30 session 2 : 11:00-12:00 @ Centre  F'ton Junction Site 9:30- 11:30</p>	<p>12</p> <p>Adjusting to Parenting @ Centre 10:00 - 11:30 Harvey Site 10:00 - 12:00</p>
<p>15</p> <p>L'll Van Gohs @ the centre 10:00-11:00 Gagetown Site 10:00 - 12:00 Just Me & My Mom @ the centre 1:30-3:30</p>	<p>16</p> <p>Southside Playgroup Calvary Baptist Church 9:30- 11:30 New Maryland Site 10:00 - 11:30 Drop ins @ the centre 1:30-3:30</p>	<p>17</p> <p>Francophone Group @ Centre 9:30 - 11:30 Keswick Site 10:00 - 12:00</p>	<p>18</p> <p>Bi-Lingual Me You & Music session 1 : 9:30-10:30 session 2 : 11:00-12:00 @ Centre  F'ton Junction Site 9:30- 11:30</p>	<p>19</p> <p>Adjusting to Parenting @ Centre 10:00 - 11:30 Harvey Site 10:00 - 12:00</p>
<p>22</p> <p>L'll Chef @ the centre 10:00-11:00 Gagetown Site 10:00 - 12:00 Just Me & My Mom @ the centre 1:30-3:30</p>	<p>23</p> <p>Sleigh Ride 5\$ per adult 3\$ per child under 12 yrs (We will be paying for the children) 10:00-12:00 </p>	<p>24</p> <p>Francophone Group @ Centre 9:30 - 11:30 Keswick Site 10:00 - 12:00</p>	<p>25</p> <p>Bi-Lingual Me You & Music session 1 : 9:30-10:30 session 2 : 11:00-12:00 @ Centre  F'ton Junction Site 9:30- 11:30</p>	<p>26</p> <p>Adjusting to Parenting @ Centre 10:00 - 11:30 Harvey Site 10:00 - 12:00</p>
<p>When you see a phone beside a program, please call us to sign up for the program </p>				

March 2010

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>Outing : Skating @ Officers square 10:00-11:00</p>	<p>2</p> <p>No Programs</p>	<p>3</p> <p>Outing : Pool @ UNB 10:00-11:00</p> 	<p>4</p> <p>Movie @ the centre 9:30-11:00</p> 	<p>5</p> <p>No Programs</p>
<p>8</p> <p>Parent Topic @ the centre 9:30-11:00 Gagetown Site 10:00 - 12:00 Just Me & My Mom @ the centre 1:30-3:30</p>	<p>9</p> <p>Southside Playgroup Calvary Baptist Church 9:30- 11:30 New Maryland Site 10:00 – 11:30 Drop ins @ the centre 1:30-3:30</p>	<p>10</p> <p>Francophone Group @ Centre 9:30 - 11:30 Keswick Site 10:00 - 12:00</p>	<p>11</p> <p>Bi-Lingual Me You & Music session 1 : 9:30-10:30 session 2 : 11:00-12:00 @ Centre  F'ton Junction Site 9:30- 11:30</p>	<p>12</p> <p>Adjusting to Parenting @ Centre 10:00 - 11:30 Harvey Site 10:00 - 12:00</p>
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Program Descriptions

For a complete descriptions of our program please visit our website or call us @ 474-2552

www.Frc-crf.com/Fredericton

Parent Topic

Parent topics are information sessions or discussion groups that are based on “what parents want to know” through guest speakers and/or the coordinator's facilitation. Onsite childcare is provided.

Outing : Skating @ Officers square

Meet us @ Officers Square March 1 from 10:00-11:00 for skating ! We recommend that children wear CSA approved helmets.

Outing : Pool @ UNB

We're going swimming March 3 @ UNB from 10:00-11:00. Please call centre to register !

Movie @ the centre

Join us @ the Centre March 4 from 9:30-11:00 will watch a movie with the projector and will have a special snack :)

Fredericton Regional Family Resource Centre

Carla Hitchcock - Executive Director

Carla.hitchcock@frc-crf.com

506 474 0252

Wendy Riley - Outreach Coordinator

Wendy.riley@frc-crf.com

506 462 9820

Melissa Cyr - Program Coordinator

Melissa.cyr@frc-crf.com

506 462 9820

Amy Tanner - Ready For School Coordinator

Amy.tanner@frc-crf.com

506 450 9733

Amanda Judd - Ready For School

Amanda.judd@frc-crf.com

506 450 9733

Paula Seeley - Afterschool Program Coordinator

Paula.seeley@frc-crf.com

506 449 5162

Kim MacFarlane - Afterschool Program

Kim.macfarlane@frc-crf.com

506 449 5162

WEBSITE : www.Frc-crf.com/Fredericton

Fax: 506 474 0252