




May 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Healthy Baby & Me For information on prenatal and postnatal programs for moms 24 and younger call Julie @ 459-8582</p>		<p>*New Program* Baby Timeout @ Centre every Tuesday's from 1:30 till 3:00 pm For more info call Amanda Judd at the Centre</p>		<p>*New Program* Parent Tot group @ UNB every Thursday's from 9:30 till 11:30 Check newsletter for more info</p>	<p>1 Adjusting to Parenting 10:00 – 11:30</p>	<p>2 When you see a phone beside a program, please call us to sign up for the event</p>
<p>3 Theme: Mother's Day</p>	<p>4 Crafts @ Centre 10:00 – 11:00 Just Me & My Mom 1:30-3:30pm</p>	<p>5 Parent session @ Centre Positive discipline 10 :00 - 11 :30 Southside Playgroup @ Cavalry Baptist Church 9:30 to 11:30 Board Meeting: 6:30</p>	<p>6 Francophone Playgroup @ Centre 10:00 to 11:30</p>	<p>7 Bilingual Me, You & Music @ Centre 10:00 to 11:00 Parle Moi/Talk with me 11:00-12:00</p>	<p>8 Hawkins Street program 9:30 – 11:30 Adjusting to Parenting 10:00 – 11:30</p>	<p>9</p>
<p>10 Theme: Jungle/Rainforest Mother's Day!</p> 	<p>11 Doone Street program @Doone street 9:30 – 11:30 L'il scientists 10 - 11 Just Me & My Mom 1:30-3:30pm</p>	<p>12 Southside Playgroup @ Cavalry Baptist Church 9:30 to 11:30</p>	<p>13 Francophone Playgroup @ Centre 10:00 to 11:30</p>	<p>14 Bilingual Me, You & Music @ Centre 10:00 to 11:00</p>	<p>15 Hawkins Street program @Hawkins street 9:30 – 11:30 Adjusting to Parenting 10:00 – 11:30</p>	<p>16</p>
<p>17 Theme: Outings</p> 	<p>18 No Programs Victoria Day</p>	<p>19 Parent session @ Centre Emergency responses 10 :00 - 11 :30 Southside Playgroup @ Country Pumpkin 10:30 to 11:30</p>	<p>20 Francophone Playgroup @ Country Pumpkin 10:30 to 11:30</p>	<p>21 Bilingual Me, You & Music @ Centre 10:00 to 11:00</p>	<p>22 Hawkins Street program @Hawkins street 9:30 – 11:30 Adjusting to Parenting 10:00 – 11:30</p>	<p>23</p>
<p>24 Theme: Party!!</p> 	<p>25 Doone Street program @Doone street 9:30 – 11:30 L'il chefs 10 - 11 Just Me & My Mom 1:30-3:30pm</p>	<p>26 Southside Playgroup @ Cavalry Baptist Church 9:30 to 11:30</p>	<p>27 Francophone Playgroup @ Centre 10:00 to 11:30</p>	<p>28 Bilingual Me, You & Music @ Centre 10:00 to 11:00</p>	<p>29 Hawkins Street program @Hawkins street 9:30 – 11:30 Adjusting to Parenting 10:00 – 11:30</p>	<p>30 We are offering summer camps for 4 weeks during the summer, for more info please see our newsletter for details or call Carla at 474-0252</p>



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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.

L'il Scientists

This program is for children ages 2 1/2 - 6 years of age and their parents/caregivers. Families will get to explore and experiment with planned science experiments in a hands on way.

Summer Camps

We will be offering summer camp programs again this summer for children ages 3-6 years of age (must be 3 by January 2009 and completely toilet trained). They will run from 9am-4pm Monday-Friday The cost will be \$85/week (additional fees for trips and outings may apply) There will be plenty of activities, crafts, games, outdoor fun (i.e. inflatable climbing rock wall and inflatable water slide) as well as plenty of outings and field trips (ex: Killarney Lake, Science East) and much more!!
July 6th – 10th, July 20th – 24th, August 10th – 14th and August 24th – 28th.
Spaces are limited, so if you are interested give us a call (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

We offer a Ready for School Program for 3 & 4 year olds starting each Fall. These programs have age-appropriate activities that will help your child learn and enhance the skills needed to succeed in kindergarten. Our current sessions run from September 2008 - May 2009. For more information or to register, please call Amy at 450-9733 or email her @ amy.tanner@frc-crf.com

Ready for School (3 year olds): This program runs on Tuesday and Thursday mornings from 9-11:30am. All children must be 3 years old by December 2008. *There are currently a few spaces still available.*

Ready for School (4 year olds): We are currently offering 2 sessions of this program; a morning and afternoon group. All children must be attending Kindergarten in September 2009. The morning group runs on Monday, Wednesday and Friday mornings from 9-11:30am. *It is currently full.* The afternoon program runs on Tuesday, Wednesday and Thursday afternoons from 1:30-4pm. *There are currently spaces available.*

*Please note, all children must be completely toilet trained to attend either program

We are currently taking registration for September 2009; for more information or to register your child, please contact Amy @ 450-9733 or amy.tanner@frc-crf.com

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.

Positive discipline, emergency preparedness

These Parent-Focused sessions are geared towards providing parents and caregivers with information on topics that are relevant today. The sessions are from 10-11:30am on Tuesday mornings. Topics will include Positive Discipline, Emergency Preparedness, and Environmental Health for the month of May. These sessions are open to all. Please call the Centre for more info

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: *New Programs*

New programming, Doone and Hawkins Street Playgroups

This is a weekly themed playgroup for parents/caregivers and their children. There is free play ,crafts, books and snacks and more. There will be special outings and activities. Come and join us at the Doone street acts center from 9:30-11:30 or at the Hawkins street playgroup at the acts center on Hawkins street from 9:30-11:30, for more information please call Amanda Judd @ 474-0252.

UNB Parent and Tot Playgroups

This is a weekly themed playgroup for parents/caregivers and their children. There is free play ,crafts, books and snacks and more. Come and join us at the common room of McGee house on Montgomery street every Thursday's from 9:30 – 11:30.
For more information please call Amanda Judd @ 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, May 12th Tiny tumblers, call to register
Wednesday: Keswick Valley at the united Baptist Church
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

