



April 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Nobody's Perfect 10 am - 12 pm	2 Stay & Play 10 am - 12 pm	3	4 Book Buddies 9:30 am - 12 pm Reading Is Fun!	5	6
7	8 Nobody's Perfect 10 am - 12 pm	9 Healthy Baby 10 am - 12 pm	10	11 Healthy Start 10 am - 12 pm	12	13
14	15 Nobody's Perfect 10 am - 12 pm	16 Parent Drop In 10 am - 12 pm	17	18 Stay & Play 10 am - 12 pm	19 Closed Good Friday	20
 21	22 Nobody's Perfect 10 am - 12 pm	23 Healthy Baby 10 am - 12 pm	24	25 Book Buddies 9:30 am - 12 pm	26	27
28	29 Nobody's Perfect 10 am - 12 pm	30				

To register for ALL programs call the reception line at 204-239-3986,

Getting Ready for School - Wednesdays in May (10 am - 12 pm)

If you are looking for ways to help your preschooler get ready for kindergarten. (ages 4-5 years) Snack, child minding and transportation is provided.

Wiggle, Giggle, Munch - Mondays starting May 27 (10 am - 12 pm) at Island Park

A time for parents and children to have fun together through *active play, games, songs* and a healthy snack. Transportation provided. Call to register.

Bringing a support person to group can often make it easier to come through the door!
A parent is a child's first teacher. Let your child see YOU participate.

Tupper St. Family Resource Centre Newsletter - April 2019



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Check us out on

Reminder!

If the Resource Centre has arranged transportation for groups, please **do not** alter arrangements without speaking **directly** to a staff person or you may be charged with the transportation cost for the trip.*

Programs and Services include:

- Parenting Education
- Parent/child play groups
- Drop-In for families and adults
- Special events and family outings
- Personal Development Workshops
- Nutrition Programs
- Clothing Depot
- Volunteer Opportunities
- Access to sexual health resource materials & contraceptives
- Resource and Referral Information
- Access to Phone, Fax, Computer, Internet and Printer

April Programs

Nobody's Perfect: Mondays, April 1, 8, 15, 22, 29 10 am - 12 pm

The goal of *Nobody's Perfect* is to give parents a safe place to meet and a chance to think about their lives, their children and their role as parents. This program runs for 6 weeks, please call to register.

Stay N Play: Wednesday, April 2 & 18 10 am - 12 pm

An interactive child/parent play group consisting of games, rhymes and crafts. Transportation and snack provided.

Book Buddies: Thursdays, April 4 & 25 9:30 am - 12 pm

An interactive speech development/reading group with songs, rhymes, crafts. Healthy breakfast, transportation, and child minding are provided.

Healthy Start Nutrition: April 11 10 am - 12 pm

This is a cooking group for parents to learn about nutrition, gain cooking skills and take a sample home for your family. Child minding, transportation and light lunch is provided

Parent Drop In: Tuesday, April 16 10 am - 12 pm

This is a time for parents to have a coffee, meet new friends, participate in a craft. Child minding and transportation provided.

Healthy Baby: Tuesdays, April 9 & 23 10 am - 12 pm

This group is for pregnant women and caregivers of children under the age of one. It is a time for you to ask questions about your pregnancy or your baby's development, do activities with your baby, visit with other parents, and learn more about nutrition and health. Provides 4 liters of free milk weekly for pregnant women and those with babies under 6 months. Child minding, transportation and light lunch are provided.

Getting ready for school: May 1, 8, 15 and 22 10 am - 12 pm

This program is for parents with pre-school children ages 4- 5 years entering kindergarten. Snack, childminding and transportation provided.

Our Art Benefit Auction and Coffee House was a huge success.

A Big Thank You to the Board and Staff of the Family Resource Centre, Performers, Baristas of Café on Prince, and all those who donated art work and dainties.

All proceeds will go directly to programs at TSFRC that support children and families in our community.

Please register for all programs!

Family Resource Centre—"Connecting families in Central Plains"