



# April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Wiggle Giggle and Munch 1:00-3:00	2 <b>Centre CLOSED</b>	3
4	5 <b>Centre CLOSED</b>	6 Growing with Mom 9:30—11:30	7 START 1:00-3:00	8 Book Buddies 9:30-12:00	9	10
11	12 <i>Triple P</i> Parenting Program 1:00-3:00	13 Growing with Mom 9:30—11:30	14 START 1:00-3:00	15 Wiggle Giggle and Munch 1:00-3:00	16	17
18	19 <i>Triple P</i> Parenting Program 1:00-3:00	20 Parent Drop In 1:00-3:00	21 START 1:00-3:00	22 Wiggle Giggle and Munch 1:00-3:00	23	24
25	26 <i>Triple P</i> Parenting Program 1:00-3:00	27 Healthy Start Nutrition 10:00-12:30	28 START 1:00-3:00	29 Wiggle Giggle and Munch 1:00-3:00	30	

Please call Lynne, Liz or Tammy at 857-9011 to register for programs.

\*\* WHATS NEW \*\*

## **START**

[Set Time Aside to Read Together](#)

This is a Family Literacy program that provides children with learning opportunities that support school readiness. This group consists of Circle time, rhymes, songs, finger plays, stories, crafts and bookmaking.

**A parent is a child's first teacher.  
Let your child see you reading.**



# Tupper St. Family Resource Centre Newsletter April 2010



A United Way Member Agency

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The Tupper Street Family Resource Centre encourages families to make healthy choices by sharing knowledge, support and resources in a safe and welcoming environment.

## Programs and Services include:

- Individual Support and Counseling
- Parenting Education for individuals, groups and couples
- Parent/child play groups
- Drop-In for families and adults
- Special events and family outings
- Personal Development Workshops
- Nutrition Programs
- Youth Development Presentations
- Resource Library
- Clothing Depot and Tuck Shop
  - Mondays 9:00 - Noon
  - Tuesdays 1:00 - 4:00
  - Fridays 9:00 - 4:00
- Volunteer Opportunities
- Access to sexual health resource materials and contraceptives
- Resource and Referral Information
- Access to Phone, Fax, Computer and Internet

HAPPY



EASTER

*Strengthening families today..  
building a stronger tomorrow.*

## April Programs

### **Growing with Mom: Tuesday Morning - 9:30am-11:30am**

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. Call Tupper Street Family Resource Centre to register. Transportation, child minding and light lunch are provided.

### **April 6th Families First**

Topic: Children's Emotions

### **April 13th Lynne Parker**

Topic: Parenting Tips

### **Book Buddies: Thursday April 8th 9:30am-12:00pm**

A speech development & reading group for parents and children to participate in songs, rhymes, crafts and more. A healthy breakfast, transportation and child minding are provided.

**Session 1:** For parents of children 3-5 years

**Session 2:** For parents of Infants 0-2 years

### **START: "Set Time Aside to Read Together"**

**Wednesdays April 7,14,21,& 28 1:00pm-3:00pm**

Emile and Marilyn facilitate 8 weeks of parent child play groups that focus on rhymes, songs, book making crafts and more. Transportation and snack provided.

### **Wiggle Giggle & Munch: Thursday April 1,15,22 and 29** **1:00pm—3:00pm**

A 7 week group for parents and children to have fun through active play, games, songs, and crafts. Child minding for infants, transportation and a healthy snack are provided.

### **Healthy Start Nutrition: Thursday 10:00am-12:30pm**

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

### **April 27th-Mini Frittatas**

### **Parent Drop-In: Tuesday April 20th 1:00pm-3:00pm**

Reward yourself with a 2 hour break, enjoy some friendly conversation, have a coffee, meet new friends, have some laughs and maybe even get creative and do a craft. Transportation, child minding and snack are provided.

**Please call to sign up for all programs. 857-9011**

