



# JANUARY 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 CLOSED	2
3	4	5 Healthy Start Nutrition 10:00-12:30	6	7 Stay N Play 1:00-3:00	8	9
10	11	12 Grow with Mom 9:30-11:30	13 Understanding Addictions Workshop 1:00-3:00	14	15	16
17	18	19	20 Stay N Play 1:00-3:00	21	22	23
24 31	25	26 Grow with Mom 9:30-11:30	27 Parent Drop-In 1:00-3:00	28 Book Buddies 9:30-12:00	29	30

Please call 857-9011 to register for programs.

Nobody can go back and start a new beginning, but anyone can start today and make a new ending.



# Tupper St. Family Resource Centre Newsletter JANUARY 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



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

## January 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.

### January 12 Dietician—Portion Sizes

### January 26 Lynne—Stretching your dollar

### Book Buddies: Thursday January 28 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

### Stay N Play: 1:00pm- 3:00pm

This group is for parents and children to interact in play, do crafts and learn by having fun together. Transportation and snack provided.

### January 7 Penguins at Play

### January 20 Snowmen

### Healthy Start Nutrition: Tuesday 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.

### January 5th Apple Crisp and Granola Bars

### Parent Drop-In: Wednesday 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.

### January 27th—Start Thinking About Reducing Secondhand Smoke

### Understanding Addictions Workshop: Barry Rud AFM

### Wednesday January 13th 1:00—3:00 pm

How & why addictions develop, different types of drug abuse including alcohol. How parents can help their children avoid the harms associated with alcohol & drugs.

Transportation, snacks and child minding are provided.

See other side of Calendar for Dates and Times