**New Parents Group**

Our New Parents Group meets on Thursday afternoons from 1:30-3pm. Public Health is also available during this time on the 1st and 3rd Thursday of the month**.** We offer a hot lunch for parents to enjoy during this group on the last Thursday of each month.

**Monday Playgroup**

Join us on Monday’s from 9:30-11:30am for our parent/caregiver and child playgroup. Children 0-5 years old are welcome and no registration is required!

**Little Learners**

Little Learners is for children ages 2-5 years in the upstairs playroom. This program is for children without their parent/caregiver in the room. The program is play-based and lead by our ECE. Parents usually socialize with other parents or take some time to themselves while enjoying our free coffee. We offer morning sessions on Tuesdays & Thursdays from 9:30-11:30am and afternoon sessions on Monday and Tuesday from 12:45- 2:30pm.

**Parenting Your Teenager**

In collaboration with IWK Mental Health. Learn to better understand your teen, improve communication and help your family run more smoothly. Registration is required.

**Be Good to Your Gut**

Learn how the digestive system works, the role of your gut bacteria, and how to feed your gut for good health. Registration is required.

**Legal Aid**

Legal aid will be here on site to answer any of your legal questions as well as provide legal information, give one-time consultations and possible representation by a lawyer. Call 902.420.3450 to book an appointment.

**MLA Patricia Arab**

MLA Patricia Arab or a representative from her office will be here monthly to meet with community members who have concerns or questions regarding provincial services. These services include housing, justice, child support, community services, income assistance and

more.

**Free onsite resources/equipment for use or lending:**

***Each day that we are open we provide a variety of resources and equipment for community members to utilize while onsite.***

**\*Phone**

**\*Internet Access**

**\*Sewing Machines**

**\*Books**

**\*Emergency supplies**

**\*Breast Pump (Available for short term offsite borrowing)**

**March Registration**

Registration for March programming will take place on **Friday Feb 28** **at 9:30am** in person or via phone.

\*\*Please note weekly Yoga is located Centennial Arena community room at 27 Vimy Avenue.

\*\*Please note when HRCE schools are closed due to inclement weather, our centre will be closed and any offsite programs.

**Parenting Journey Program**

Our home-based PJ worker works with families

with children and youth ages Birth-19. They provide a variety of support and resources one on one. Call/text Rebecca: 902-818-0034.

 ***February 2020***

***FAIRVIEW FAMILY CENTRE***

***Providing programs, resources and support to the community!***

**6 Titus Street Halifax NS B3N 2Y7**

**Phone #: 902.443.9569 Fax #: 902.431.2000**

**Website:** [**www.FFCNS.ca**](http://www.FFCNS.ca)

**Email:** **info@FFCNS.ca**

**Twitter: @FairviewFRC**

**FaceBook: Fairview Family Centre -Community Hub**

**Hours of Operation**

We are open Monday to Thursday from 9:00 am to 4:30 pm and Friday 8:30 am-4:00 pm.

**Who’s Who**

**Executive Director:** Natalie Brown MSW, RSW

**Program Manager:** Deborah Marriott

**Community Resource Worker:** Ruth Power-Byrne

**Family Education Coordinator:** Naime Mert BA, B.Ed

**Parenting Journey Visitor:** Rebecca Gilligan, BA

**Early Childhood Educator:** Deborah Odell, ECE

**Program Facilitators:** Public Health Nurses, Community Health Team, IWK, CDHA

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| --- | --- | --- | --- | --- | --- |
| **MONDAY** |  **FEBRUARY****TUESDAY** |  **2020 WEDNESDAY** |  **CALENDAR THURSDAY** | **FRIDAY** | **SATURDAY** |
| 6 Titus street Halifax, NSB3N 2Y7Phone #: 902-443-9569Fax #: 902-431-2000Website: [www.FFCNS.ca](http://www.FFCNS.ca)Email: info@FFCNS.ca |  |  |  |  | **1****Parenting Your Teen****9-4:30\*** |
| **3****Monday Playgroup: Groundhog Day Theme 9:30-11:30****Little Learners PM session 12:45-2:30pm\*** | **4****Little Learners 9:30-11:30 & 12:45-2:30pm\*****Drop and Shop 10-12** **1-2:30pm** | **5****Community café coffee/tea drop in for adults and seniors 10-12pm** | **6****Little Learners AM session 9:30-11:30am\*****New Parents Time: Drop in 1:30-3:00pm and Public Health Nurse drop in 1:30-3:00pm** | **7****YOGA (Centennial Arena, community room) 10-11 am****Be Good to Your Gut 10am-12pm\*** | **8****Mobile Food Market** **12-1:30pm****McDonald Laurier Place** |
| **10****Monday Playgroup: Valentine’s Day Theme 9:30-11:30****Little Learners PM session 12:45-2:30pm\*** | **11****Little Learners AM session 9:30-11:30am\*****Little learners PM session 12:45-2:30pm\*** **Drop and Shop 10-12** **1-2:30pm** | **12****Community Meal 1-3pm** | **13****Little Learners AM session 9:30-11:30am\*****New Parents Time: Drop in 1:30-3:00pm** | **14****Parent Time Out 9am-12pm\*****YOGA (Centennial Arena, community room) 10-11 am****Songs with Babies 10:30-11:30\*** | **15** |
| **17****CENTRE CLOSED** | **18****Little Learners AM session 9:30-11:30am\*****Little learners PM session 12:45-2:30pm\*****Drop and Shop 10-12** **1-2:30pm** | **19****Community café coffee/tea drop in for adults and seniors 10-12pm****Monthly Meet your MLA with Patricia Arab and/or representatives 9:30-12pm** | **20****Little Learners AM session 9:30-11:30am\*****New Parents Time: Drop in and Public Health Nurse drop in 1:30-3:00pm** | **21****YOGA (Centennial Arena, community room) 10-11 am****Songs with Babies 10:30-11:30\*** | 22**Mobile Food Market** **12-1:30pm****McDonald Laurier Place** |
| **24****Monday Playgroup: Dr. Seuss Theme 9:30-11:30****Little Learners PM session 12:45-2:30pm\*****Legal Aid 2-4pm by appointment** | **25****Little Learners AM session 9:30-11:30am\*****Little learners PM session 12:45-2:30pm\*****Drop and Shop 10-12** **1-2:30pm** | **26****Community café coffee/tea drop in for adults and seniors 10-12pm** | **27****Little Learners AM session 9:30-11:30am\*****New Parents Time: Drop in & Hot Lunch 1:30-3:00pm** | **28****FEB REGISTRATION BEGINS @ 9:30AM** **YOGA (Centennial Arena, community room) 10-11 am****Songs with Babies 10:30-11:30\*** | **29** |
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