



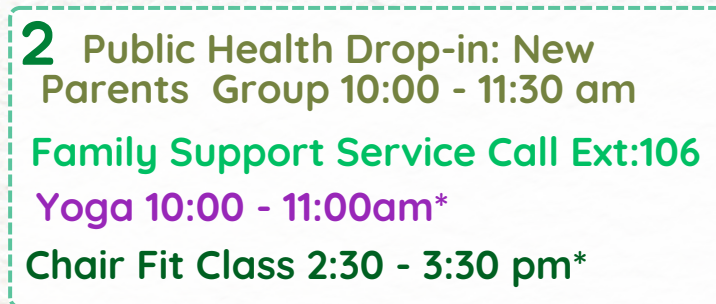
## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



**5 CENTRE CLOSED: CIVIC HOLIDAY**

**6 Summer Camp Session 3: Ages 11-13, 10:00 am - 2:00 pm**  
Little Learners 10:00 am - 12:00 pm

**7 Drop & Shop 9:00 am - 2:00 pm\***  
Family Support Service Call Ext:106 for more info 9:00-12:00 & 1:00-4:00

**8 Summer Camp Session 3: Ages 11-13, 10:00 am - 2:00 pm**  
Food Donation Pickup 12:00 pm - 4:00 pm  
Little Learners 10:00 am - 12:00 pm

**9 NSECDIS onsite: New Parents Group 10:00 - 11:30 am**  
Family Support Service Call Ext:106  
Yoga 10:00 - 11:00am\*  
Chair Fit Class 2:30 - 3:30 pm\*Summer Camp 10:00 am - 2:00 pm

**12 Summer Camp Session 3: Ages 11-13, 10:00 am - 2:00 pm**  
Family Playgroup Drop-in 10:00 - 11:45 am

**13 Summer Camp Session 3: Ages 11-13, 10:00 am - 2:00 pm**  
Little Learners 10:00 am - 12:00 pm

**14 Drop & Shop 9:00 am - 2:00 pm\***  
Family Support Service Call Ext:106 for more info 9:00-12:00 & 1:00-4:00  
Community Cafe 10:00 - 11:30 am & 1:00 - 2:30 pm

**15 Summer Camp Session 3: Ages 11-13, 10:00 am - 2:00 pm**  
Food Donation Pickup 12:00 pm - 4:00 pm  
Little Learners 10:00 am - 12:00 pm

**16 Summer Camp 10:00 am - 2:00 pm**  
Public Health Drop-in: New Parents Group 10:00 - 11:30 am  
Family Support Service Call Ext:106  
Yoga 10:00 - 11:00am\*  
Chair Fit Class 2:30 - 3:30 pm\*

**19 Family Playgroup Drop-in 10:00 - 11:45 am**

**20 Little Learners 10:00 am - 12:00 pm**

**21 Drop & Shop 9:00 am - 2:00 pm\***  
Family Support Service Call Ext:106 for more info 9:00-12:00 & 1:00-4:00  
Community Cafe 10:00 - 11:30 am & 1:00 - 2:30 pm

**22 Little Learners 10:00 am - 12:00 pm**  
Food Donation Pickup 12:00 pm - 4:00 pm

**23 NSECDIS onsite: New Parents Group 10:00 - 11:30 am**  
Family Support Service Call Ext:106  
Yoga 10:00 - 11:00 am\*  
Chair Fit Class 2:30 - 3:30 pm\*

**26 Youth Special Events**  
Legal Aid: 1:00 pm - 4:00 pm

**27 Little Learners 10:00 am - 12:00 pm**  
Youth Special Events Halifax West Senior's Group 5:00-7:00 PM\*

**28 Family Support Service Call Ext:106 for more info 9:00-12:00 & 1:00-4:00**

**29 Little Learners 10:00 am - 12:00 pm**  
Food Donation Pickup 12:00 pm - 4:00 pm  
Youth Special Events

**30 Yoga 10:00 - 11:00 am\***  
Chair Fit Class 2:30 - 3:30 pm\*  
Family Support Service Call Ext:106



# AUGUST 2024

## Family Play Group Drop-In

This program gives an opportunity to both children and parents to connect with other families in a social and fun environment. Activities include free play, snack time, reading circle and other fun activities. Monday drop-in

10:00 - 11:45 am

## Community Café

Our weekly adult cafe takes place on Wednesdays from 10 - 11:30 am and 1 - 2:30 pm. Please contact Ruth for more information at ext 103 or email [rbyrne@frcns.com](mailto:rbyrne@frcns.com)

## New Parent Support Group

New Parents Support Group every Friday from 10:00 am - 11:30 am for parents with children up to 18 months. Public Health Nurse onsite on the first and third Friday

## Family Support Service birth-19

Is your family experiencing challenging times? We have one-hour appointments available on Wednesdays for families with staff member, Madi Gebreyesus. Appointments are in person in our family-friendly, confidential space or by phone/virtual. For families with children/youth up to the age of 19. Call to schedule an appointment at ext. 106 or email at [mgebreyesus@frcns.com](mailto:mgebreyesus@frcns.com)

## Drop and Shop

Our Drop and Shop program is an opportunity to look through our donations of clothing and household goods and take what you need. Contact Naime at ext 104 or email at [nmert@frcns.com](mailto:nmert@frcns.com)

## SERVICES

Technology Lending Program (Chromebooks)  
Phone/Wi-Fi onsite  
MLA Onsite Monthly, Legal Aid Monthly  
Welcome Housing (housing help and subsidies)

## Participant Committee Meeting

Are you a current or past participant of our services looking for a way to give back and give feedback? The participant committee, is a volunteer group that meets in person/virtual a few times a year. We are currently looking for parent participants who would be interested in being co-chairs and members. Contact Deborah Marriott at (902)-443-9569, ext.102 for more information.

## Free Home Meal Kits.

Are you a senior or adult living alone and can take advantage of a Free Home Meal Kit? The FRC provides a free home meal kit with a recipe and groceries to prepare your meal. To register, call Ruth at (902)-443-9569 ext. 103, or email [rbyrne@frcns.com](mailto:rbyrne@frcns.com)

## Chairfit Program

Are you looking for a low-impact, beginner-friendly way to exercise? Our free chair fit class might be for you! Contact Deborah at [dmarrriott@frcns.com](mailto:dmarrriott@frcns.com) or extension 102 to register.

## Yoga Program

FREE Community Yoga, every Friday weekly 10:00 - 11:00am at the Centennial Arena. Spaces are available, for more information contact Deborah at [dmarrriott@frcns.com](mailto:dmarrriott@frcns.com) or at ext. 102.

## Halifax West Seniors Group

Come socialize, enjoy a delicious meal, and participate in an activity with other seniors! To attend, register with Deborah at [dmarrriott@frcns.com](mailto:dmarrriott@frcns.com) or (902) 443-9569, ext. 102. Adults 55+ only, space is limited.



6 Titus Street Halifax, NS, B3N 2Y7  
902.443.9569 [info@frcns.com](mailto:info@frcns.com)  
[www.frcns.com](http://www.frcns.com)

## Hours

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

## Centre Closures:

When HRCE schools in Fairview/Clayton Park are closed due to weather, the centre will be closed.



FIND US!



[www.frcns.com](http://www.frcns.com)



The Fairview Resource Centre -  
Community Hub



The Fairview Resource Centre



[fairview\\_resource\\_centre](https://www.instagram.com/fairview_resource_centre)  
[frcparentingjourney](https://www.instagram.com/frcparentingjourney)



Fairview Resource Centre