



Monday

Tuesday

Wednesday

Thursday

Friday

1 
**CENTRE CLOSED:
CANADA DAY**

2 Summer Camp Session 1: Ages 5-7
9:30 am - 1:30 pm


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


4 Summer Camp Session 1: Ages 5-7
9:30 am - 1:30 pm
Little Learners
10:00 am - 12:00 pm
Food Donation Pickup
12:00 pm - 4:00 pm


5 Summer Camp 9:30 am - 1:30 pm
Family Support Service Call Ext:106
Yoga 10:00 - 11:00am*
Chair Fit Class 2:30 - 3:30 pm*
Public Health Drop-in: New Parents
Group 10:00 - 11:30 am

8 Summer Camp Session 1:
Ages 5-7, 9:30 am - 1:30 pm
Family Playgroup Drop-in
10:00- 11:45 am


9 Summer Camp Session 1: Ages 5-7
9:30 am - 1:30 pm
Little Learners
10:00 am - 12:00 pm


10 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


11 Little Learners
10:00 am - 12:00 pm
Food Donation Pickup 12:00 pm
- 4:00 pm
Summer Camp Session 1: Ages 5-7
9:30 am - 1:30 pm

12 Summer Camp 9:30 am - 1:30 pm
Yoga 10:00 - 11:00am*
Family Support Service Call Ext:106
Chair Fit Class 2:30 - 3:30 pm*
NSECDIS onsite: New Parents
Group 10:00 - 11:30 am

15 Summer Camp Session 2:
Ages 8-10: 9:30 am - 1:30 pm
Family Playgroup Drop-in 10:00
- 11:45 am


16 Summer Camp Session 2:
Ages 8-10: 9:30 am - 1:30 pm
Little Learners
10:00 am - 12:00 pm


17 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

18 Summer Camp Session 2: Ages 8-10
9:30 am - 1:30 pm
Little Learners 10:00 am - 12:00 pm
Food Donation Pickup 12:00 pm - 4:00 pm
Take-home meal kits, pickup 1:45*

19 Summer Camp 9:30 am-1:30 pm
Family Support Service Call Ext:106
Yoga 10:00 - 11:00am*
Chair Fit Class 2:30 - 3:30 pm*
Public Health Drop-in: New Parents
Group 10:00 - 11:30 am

22 Summer Camp Session 2: Ages
8-10
9:30 am - 1:30 pm


23 Summer Camp Session 2: Ages
8-10: 9:30 am - 1:30 pm
Little Learners: 10:00 am - 12:00
pm


24 
Family Support Service Call Ext:106
for more info 9:00-12:00 & 1:00-
4:00

25 Little Learners
10:00 am - 12:00 pm
Food Donation Pickup 12:00 pm
- 4:00 pm
Summer Camp Session 2: Ages 8-10
9:30 am - 1:30 pm

26 Family Support Service Call Ext:106
Yoga 10:00 - 11:00 am*
Chair Fit Class 2:30 - 3:30 pm*
Summer Camp 9:30 am-1:30 pm

29 Legal Aid: 1:00 pm-4:00
pm


30 Little Learners
10:00 am - 12:00
pm
Halifax West
Senior's Group
5:00-7:00 PM*


31 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





JULY 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

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 years

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

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

SERVICES

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

Participant Committee

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 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

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 dmarriott@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 dmarriott@frcns.com or at ext. 102.

Halifax West Seniors Group

Come socialize, enjoy a delicious meal, and participate in an activity with other seniors! This month's meeting will include a presentation on Frauds, Scams, and Fakes, a workshop on online safety for seniors. The meeting will be held at the FRC from 5-7 PM. To attend, register with Deborah at dmarriott@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
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.



www.frcns.com



The Fairview Resource Centre - Community Hub



The Fairview Resource Centre



fairview_resource_centre
frcparentingjourney



Fairview Resource Centre