



THE FAIRVIEW RESOURCE CENTER

JUNE 2024

Monday

Tuesday

Wednesday

Thursday

Friday

3 NSECDIS Onsite Family Playgroup Drop-in 10:00 - 11:45 am



4 Little Learners 10:00 am - 12:00 pm



5 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

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



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

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




11 Little Learners 10:00 am - 12:00 pm



12 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



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



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



17 Family Playgroup Drop-in 10:00 - 11:45 am



18 Little Learners 10:00 am - 12:00 pm
Halifax West Senior's Group: "Understanding Dementia" by the Alzheimbers Society of NS*

19 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



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

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



24 Family Playgroup Drop-in 10:00 - 11:45 am



25 Little Learners 10:00 am - 12:00 pm



26 Community Meal: 1:00-3:00 PM*
Family Support Service Call Ext:106 for more info 9:00-12:00 & 1:00-4:00



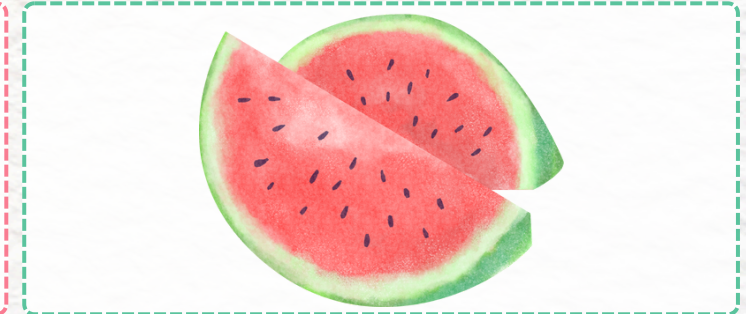
27 Little Learners 10:00 am - 12:00 pm
Food Donation Pickup 12:00 pm - 4:00 pm



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



“*” Means Registration Required



JUNE 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

Monthly Community Meal

Contact Ruth Byrne at rbyrne@frcns.com or call ext. 103 to register for monthly meals. Eat in or take-out options available .

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

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 Meeting

Are you a regular user of our services looking to suggest ways we can improve? You might be a perfect fit for our participant committee, a group that meets monthly to discuss ways we can better serve our community. We are currently looking for parent participants, and participants who would be interested in being co-chairs and members.

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

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

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 be held at the FRC from 5-7 PM, with a special presentation on Dementia from the Alzheimer's Society of Nova Scotia. We'll also be enjoying tasty "mashtinis" and hot tea and coffee. 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.



FIND US!



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