



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**1** *Happy New Year!* **2025**

**2** **WELCOME BACK**  
Centre re-opens  
No programming

**3** Staff in-service,  
closed to public

**6** **Staff in-service,  
closed to public**

**7**

**8** 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

**9** Bread Program  
12:00 pm - 2:00 pm

**10** NSECDIS onsite: New Parents  
Group 10:00 - 11:30 am  
Baby Music Therapy 10:15 am-11:45  
am\*  
Family Support Service Call Ext:106 from  
9:00 am - 12:00 pm  
Yoga 10:00 - 11:00am\*  
Chair Fit Class 2:15-3:15pm\*

**13** Family playgroup  
Drop-in: 10:00 - 11:45 am

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

**15** 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

**16** Little Learners  
10:00 am - 12:00 pm  
Bread Program 12:00 pm - 2:00 pm

**17** Public Health Drop-in:  
NewParents Group 10:00 - 11:30  
am  
Family Support Service Call Ext:106  
from 9:00 am - 12:00 pm  
Yoga 10:00 - 11:00am\*  
Chair Fit Class 2:15-3:15pm\*

**20** Family playgroup Drop-in:  
10:00 - 11:45 am

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

**22** 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

**23** Little Learners  
10:00 am - 12:00 pm  
Bread Program 12:00 pm - 2:00 pm  
Free Home Meal Kits Pick  
Up at 11:30 am to 12 noon\*

**24** NSECDIS onsite: New Parents  
Group 10:00 - 11:30 am  
Baby Music Therapy 10:15 am-11:45 am\*  
Family Support Service Call Ext:106  
from 9:00 am - 12:00 pm  
Yoga 10:00 - 11:00 am\*  
Chair Fit Class 2:15-3:15 pm\*

**27** Family playgroup Drop-in:  
10:00 - 11:45 am  
Legal Aid: 1:00 pm-4:00 pm\*

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

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

**30** Little Learners  
10:00 am - 12:00 pm  
Bread Program  
12:00 pm - 2:00 pm

**31** NSECDIS onsite: New Parents  
Group 10:00 - 11:30 am  
Baby Music Therapy 10:15 am-11:45 am\*  
Family Support Service Call  
Ext:106 from 9:00 am - 12:00 pm  
Yoga 10:00 - 11:00 am\*  
Chair Fit Class 2:15-3:15 pm\*



# JANUARY 2025

## 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

Please email Ruth Byrne at [rbyrne@frcns.com](mailto:rbyrne@frcns.com) or call ext 103 to register for monthly meals. Eat-in or take-out options are 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 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  
On-Site Food Pantry  
Legal Aid Monthly

## 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 bimonthly 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 [dmarriott@frcns.com](mailto: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](mailto:dmarriott@frcns.com) or at ext. 102.

## 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)

## Parenting Journey Program

The Parenting Journey Program is a home visitation program that provides support for families experiencing challenges and life stressors. The Parenting Journey staff members are flexible to work around your schedule, meet you at home and provide a variety of support to youth up to the age of 19. Evening times available.

## Baby Music Therapy

Music therapy groups provide a fun, supportive, and confidential environment for parents to connect with their babies through music. Contact Naime at [nmert@frcns.com](mailto:nmert@frcns.com) or extension 104 to register.



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 9:00 am to 4:30 pm  
and Friday from 8:30 am to 4:00 pm.  
We are closed everyday between 12:15 PM to 1:00 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



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[frcparentingjourney](https://www.instagram.com/frcparentingjourney)



Fairview Resource Centre