

MON

TUES

WED

THURS

FRI

Other Programs/Services Available:
 Parenting Journey Program -Home Based Support Program Ext. 105, Emergency Support Fund, Food/Clothing /Basic Needs Support Tech leading program. Give Us A Call Or Drop By!

6 Titus Street
 Halifax, NS
info@frcns.com
 902.443.9569
www.frcns.com

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2 *New Parents Support Group 9:30-11:00 am*
Yoga 10-11:00 am (Registration Required)

5 **HOLIDAY**
 CENTRE IS CLOSED

6 *Little Learners 10-11:45 am*
(Registration Required)

7 **Drop & Shop 9:00am-2:00pm**
Family Support Service 9-11:30 am or 1-3:30 pm by appointment
Community Cafe 10am-11:30am & 1:00pm-2:30pm

8 *Little Learners 10-11:45 am*
(Registration Required)

9 *New Parents Support Group 9:30-11:00 am*
Yoga 10-11:00 am (Registration Required)

12 *Family Playgroup drop In 10:00-11:30 am*

13 *Little Learners 10-11:45 am*
(Registration Required)

14 **Drop & Shop 9:00am-2:00pm**
Family Support Service 9-11:30 am or 1-3:30 pm by appointment
Community Cafe 10am-11:30am & 1:00pm-2:30pm

15 *Little Learners 10-11:45 am*
(Registration Required)

16 *New Parents Support Group 9:30-11:00 am*
Yoga 10-11:00 am (Registration Required)
FRC Seniors Club Registration for September 26 8:30-12:00PM

19 *Family Playgroup drop In 10:00-11:30 am*

20 *Little Learners 10-11:45 am*
(Registration Required)
Group Cooking Program 9:30 am

21 **Drop & Shop 9:00am-2:00pm**
Family Support Service 9-11:30 am or 1-3:30 pm by appointment
Community Cafe 10am-11:30am & 1:00pm-2:30pm

22 *Little Learners 10-11:45 am*
(Registration Required)
Fall Family/Pre-school Interactive Book Making Session 10-11:30am

23 *New Parents Support Group 9:30-11:00 am*
Yoga 10-11:00 am (Registration Required)

26 *Family Playgroup drop In 10:00-11:30 am*

FRC Seniors Club - Foot Care Workshop 5-7:00 PM

27 *Little Learners 10-11:45 am*
(Registration Required)
Little Learners 10-11:45 am/Parent Workshop
(Registration Required)

28 **Drop & Shop 9:00am-2:00pm**
Family Support Service 9-11:30 am or 1-3:30 pm by appointment
Community Meal (In House) 1:00 PM (Registration Required)

29 *The Five Senses Family/pre-school Session 10-11:30 am*

30 **HOLIDAY**
 CENTRE IS CLOSED