



THE FAIRVIEW RESOURCE CENTER

SEPTEMBER 2023

Monday

Tuesday

Wednesday

Thursday

Friday

1 NSECDIS onsite
Public Health Drop-in
New Parents Group
10:00 - 11:30 am
Dance Exercise 10 - 10:45 pm
Yoga 11 - 11:45 am
(Registration Required)

4 
HAPPY LABOUR DAY

5 Registration For
Incredible Years Parenting Program
Opens Sep.5th - Sep.15th

6 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
Welcome Housing services offsite

7 
Little Learners
10:00 am - 12:00 pm

8 NSECDIS onsite
New Parents Group
10:00 - 11:30 am
Dance Exercise 10 - 10:45 pm
Yoga 11 - 11:45 am
(Registration Required)

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

12 Little Learners
10:00 am - 12:00 pm
FRC Participant Committee
Meeting 1:00 pm - 2:30 pm
Registration For
Understanding and Navigating
"Temper Tantrums" Workshop 1 - 3 pm

13 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
Welcome Housing services offsite

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

15 NSECDIS onsite
Public Health Drop-in
New Parents Group
10:00 - 11:30 am
Dance Exercise 10 - 10:45 pm
Yoga 11 - 11:45 am
(Registration Required)

18 
Family Playgroup
Drop-in 10:00 - 11:45 am

19 Little Learners
10:00 am - 12:00 pm
Seniors Outing 12:00 - 2:00 pm
Registration is required

20 Drop & Shop 9:00 am - 2:00 pm
Community Cafe
10:00 - 11:30 am & 1:00-2:30 pm
Family Support Service Call Ext:106
for more info 9:00-12:00 & 1:00-4:00
Welcome Housing services offsite

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

22 NSECDIS onsite
New Parents Group
10:00 - 11:30 am
Dance Exercise 10 - 10:45 pm
Yoga 11 - 11:45 am
(Registration Required)

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

26 Understanding and Navigating
"Temper Tantrums" Workshop
for parents with children
aged 2-5
10:00 am - 12:00 pm
(Childcare provided)

27 Community Meal
1:00 pm - 3:00 pm
Family Support Service Call Ext:106
for more info 9:00-12:00 & 1:00-4:00
Welcome Housing services offsite

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

29 NSECDIS onsite
New Parents Group
10:00 - 11:30 am
Dance Exercise 10 - 10:45 pm
Yoga 11 - 11:45 am
(Registration Required)

Other Programs/Services:

Parenting Journey Program / Home-Based Support Program Ext. 105,
Tech Leading Program (Chromebooks/MiFi's)

6 Titus Street Halifax, NS 902.443.9569

info@frcns.com - www.frcns.com

SEPTEMBER 2023

Family Play Group Drop In

The program gives opportunities to both children and parents to connect with other families in a social and fun environment
Monday drop-in 10:00 - 11:45 am

NSECDIS

Every Friday, the partnership between NSECDIS and FRC gives parents the opportunity to ask questions about their infants' development, behaviors, and available services, which include child development support, family support, and transition support. You can contact NSECDIS at 902-423-8575, ext 228

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

Meet with our staff member, Deborah Odell in person or virtually for support with parenting, resources, and more. For families with children/youth up to the age of 19. Call Deborah to schedule an appointment
at ext. 106 or email at dodell@frcns.com

Dance Exercise Program

This is low-impact movements that are fun and doesn't feel like exercise. Come meet Delores our new instructor to learn how to line dance. Modifications will be offered for those with injuries or disabilities as needed. Every Friday weekly 10-10:45. For more info call Deborah M. ext 102 or email dmarriott@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

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.

Incredible Years Parenting Program

The Incredible Years is an evidence-based parenting program focusing on strengthening parenting skills and fostering parent involvement in developing children's academic, social and emotional skills and reducing behavioral challenges. For parents with child(ren) 2 to 6. Dinner and refreshments will be provided, along with childcare and bus tickets or taxis. It is mandatory for parents to attend all 12 sessions to receive their certification.

Registration will be open from Sep. 5th to Sep. 15th.

The first session starts Oct. 25th from 5-7:30 and every Wednesday evening for 12 weeks. Participants can register by calling Adrienne at 902-818-0034 or Latika at 902-809-5882

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 11 - 11:45 am spaces are available, for more information contact Ruth at ext 103 or email rbyrne@frcns.com

SERVICES

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



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



Monday

Tuesday

Wednesday

Thursday

Friday



HAPPY LABOUR DAY

4

برنامج اللعب والمرح للأطفال
(لا يحتاج تسجيل)
10:00-11:45 am

5

التسجيل لبرنامج الأبوة والأمومة
Sep.5th - Sep.15th

12

برنامج المتعلمين الصغار
10:00 - 12:00 pm
التسجيل لورشة عمل فهم
"التعامل مع" نوبات الغضب
1 - 3 pm
اجتماع لجنة المشتركين
1:00 pm - 2:30 pm

19

برنامج المتعلمين الصغار
10:00 - 12:00 pm
نزهة مجموعة كبار السن
يحتاج تسجيل
12:00 - 2:00 pm

26

ورشة عمل فهم التعامل مع "نوبات الغضب"
للآباء والأمهات الذين لديهم أطفال
تتراوح أعمارهم بين 2-5
10:00 am - 12:00 pm
(رعاية الأطفال متوفرة)

18

برنامج اللعب والمرح للأطفال
(لا يحتاج تسجيل)
10:00-11:45 am

25

برنامج اللعب والمرح للأطفال
(لا يحتاج تسجيل)
10:00-11:45 am

6

تسوق من التبرعات 9 am - 2 pm
خدمة الدعم العائلي عبر الاتصال ext 106
9:00-12:00pm & 1:00-4:00pm
مقهى المجتمع
10:00-11:30am & 1:00-2:30 pm
توقف خدمات الإسكان حاليا عن وجودها في المركز

13

تسوق من التبرعات 9 am - 2 pm
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9:00-12:00pm & 1:00-4:00pm
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20

تسوق من التبرعات 9 am - 2 pm
خدمة الدعم العائلي عبر الاتصال ext 106
9:00-12:00pm & 1:00-4:00pm
مقهى المجتمع
10:00-11:30am & 1:00-2:30 pm
توقف خدمات الإسكان حاليا عن وجودها في المركز

27

وجبة المجتمع المجانية
1:00 pm - 3:00 pm
خدمة الدعم العائلي عبر الاتصال ext 106
9:00-12:00pm & 1:00-4:00pm
توقف خدمات الإسكان حاليا عن وجودها في المركز

7

برنامج المتعلمين الصغار
10:00 - 12:00 pm

14

برنامج المتعلمين الصغار
10:00 - 12:00 pm

21

برنامج المتعلمين الصغار
10:00 - 12:00 pm

28

برنامج المتعلمين الصغار
10:00 - 12:00 pm

1

خدمات الصحة العامة
مجموعة دعم الآباء الجدد
10:00 am - 11:30 pm
تمارين الرقص 10 - 10:45 am
يوغا 11 - 11:45 am

8

مجموعة دعم الآباء الجدد
10:00 am - 11:30 pm
تمارين الرقص 10 - 10:45 am
يوغا 11 - 11:45 am

15

خدمات الصحة العامة
مجموعة دعم الآباء الجدد
10:00 am - 11:30 pm
تمارين الرقص 10 - 10:45 am
يوغا 11 - 11:45 am

22

مجموعة دعم الآباء الجدد
10:00 am - 11:30 pm
تمارين الرقص 10 - 10:45 am
يوغا 11 - 11:45 am

29

مجموعة دعم الآباء الجدد
10:00 am - 11:30 pm
تمارين الرقص 10 - 10:45 am
يوغا 11 - 11:45 am