



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



**1** 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

**2** **CENTRE  
 CLOSED:  
 SPECIAL EVENT**

**3** Public Health Drop-in  
 New Parents Group  
 10:00 - 11:30 am  
 Yoga 10:00 - 11:00am\*  
 Family Support Service Call Ext:106  
 for more info 9:00-12:00 & 1:00-3:00

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



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



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

**10** NSECDIS onsite  
 New Parents Group  
 10:00 - 11:30 am  
 Yoga 10:00 - 11:00am\*  
 Family Support Service Call Ext:106  
 for more info 9:00-12:00 & 1:00-3:00

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

**14** Little Learners  
 10:00 am - 12:00 pm  
 Halifax West Seniors  
 Group: Emergency  
 Management Workshop:  
 5:00-7:00 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  
 Food Donation Pickup 12:00  
 pm - 4:00 pm

**17** Public Health Drop-in  
 New Parents Group  
 10:00 - 11:30 am  
 Yoga 10:00 - 11:00am\*  
 Family Support Service Call Ext:106  
 for more info 9:00-12:00 & 1:00-3:00

**20** **CENTRE  
 CLOSED:  
 VICTORIA DAY**

**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  
 Food Donation Pickup 12:00  
 pm - 4:00 pm  
 Free Home Meal  
 Kits\*



**24** NSECDS onsite  
 New Parents Group  
 10:00 - 11:30 am  
 Yoga 10:00 - 11:00 am\*  
 Family Support Service Call Ext:106  
 for more info 9:00-12:00 & 1:00-3:00

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

**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  
 Food Donation Pickup 12:00  
 pm - 4:00 pm

**31** New Parents Group  
 10:00 - 11:30 am  
 Yoga 10:00 - 11:00 am\*  
 Family Support Service Call Ext:106  
 for more info 9:00-12:00 & 1:00-3:00

# MAY 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](mailto: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](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  
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](mailto: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](mailto: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](mailto: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! Register with Deborah at [dmarriott@frcns.com](mailto:dmarriott@frcns.com) or (902) 443-9569, ext. 102. Adults 55+ only, space is limited.

## Halifax Emergency Management Workshop

Join us for an informative evening with Halifax Emergency Management, with presentations on the Halifax Emergency Alert and Voluntary Vulnerable Persons Registry. Pizza and drinks will be provided. This workshop will take place at St. Andrew's Community Centre. Register with Deborah at [dmarriott@frcns.com](mailto:dmarriott@frcns.com) or (902) 443-9569, ext. 102 by May 8th at 3:30 pm. Adults 55+ only!



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 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](http://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