

The Family Resource Centre

(A project of Jewish Family & Child and the Prosserman JCC)

#313 Promenade Mall 905-882-8509

www.thefamilyresourcecentre.ca

info@thefamilyresourcecentre.ca

Summer/Fall 2010

Centre Supervisor: Fran Chodak M.S.W.

Drop-in and Play at the FRC!

Enjoy Kosher Snacks, Daily Music Circle, Crafts and our Weekly Shabbat Celebration!
(For children aged 0-5 with a parent or caregiver)

Daily Drop-in Fee: \$2.50/child • \$2.00/adult

OR- Annual Family Membership \$50.00 (privileges include unlimited drop-in)

Day	Drop-in Hours	Drop-in Programs <i>Drop-in fee applies to non-members</i>
Monday	9:30am-12:00pm 1:00-4:30pm	Music Circle 11:15am & 3:30pm Creative crafts available all day
Tuesday	9:30am-12:00pm 1:00-4:30pm	Music Circle 11:15am & 3:30pm Creative crafts available all day
Wednesday	9:30am-12:00pm & 1:00pm-4:30pm	Music Circle 11:15am & 3:30pm Creative crafts available all day
Thursday	9:30am-12:00pm & 1:00-4:30pm	Music Circle 11:15am & 3:30pm Creative crafts available all day
Friday	9:30am-12:00pm	Shabbat Circle 11:15am Shabbat & holiday crafts
Sunday	Closed until October 17th	See you in October!

Please continue reading to find out about....

- Finding us on Facebook
- Dental Screening
- Pre-school Speech & Language Screening
- Monthly parenting discussions
- Preparing your child for day care and pre-school
- Child Emergency Workshops
- Just for dads
- Managing toddlers



Parent/Child Programs at the FRC

Parenting Your Toddler

In partnership with Life With A Baby

Oh, the toddler years! Delightful yet exasperating, our darling toddlers can challenge our parenting skills.

Join us for a 6 week workshop to discuss:

- behavior and development
- nutrition and sleep solutions
- potty training
- active listening and discipline
- stress and conflict management

Thursdays July 8-August 12 from 6:30-8:30pm. To register visit www.lifewithababy.com or call 416-833-3860

Fall session: To Be Announced

Child Emergency Workshop

Do you know what to do in an emergency? Have you taken the course but need a refresher? Topics include: infant/child CPR, choking rescue, first aid, falls/head injuries, allergy reaction, use of EPI pen and accident prevention.

Tuesday, July 13 from 6:45-9:45 pm

Members \$45.00 Non-Members \$55.00 10% discount for 2nd registration in same household.

To register call the FRC at 905-882-8509

Preparing your child (and yourself) for daycare and pre-school

You're planning on sending your little one to daycare or preschool in the fall and naturally you're a little nervous and maybe they are too. Join us to discuss:

- childcare options
- what to look for in quality child care
- creating a positive relationship with your childcare professionals
- helping your child adjust

Monday, July 26 from 7:00pm-9:00pm

Mother Goose

In partnership with Thornhill Ontario Early Years Centre

For moms and babies up to 12 months. Songs and finger play to foster language and attachment.

Parent discussion included. Fall, Winter & Spring sessions held at the FRC Wednesdays from 10:00am-11:00am.

No charge. **Fall: October 6- November 24.** To register call: Thornhill Ontario Early Years 905-709-6159.

Managing Expectations

In partnership with Life With A Baby

A FREE six week Peer support program for new and expecting parents focusing on dealing with common challenges offering tips and strategies for keeping the marriage strong, sleep nurturing methods, dealing with the super-mom complex, managing life with a baby on a budget, and much more. Facilitated by a peer support coordinator with expert speakers each week. Sessions take place at the FRC. Babies welcome! For dates, times and more information go to:

www.lifewithababy.com

Just For Dads (and Grandpas too!)

In partnership with Social Services Network

Research has shown that the positive involvement of fathers is a key factor in the healthy development of children.

Join us for any or all of the following FREE workshops:

- **September 7** - staying afloat - financial management
- **September 14**- the importance "dad" play
- **September 21**- parenting styles and positive discipline
- **September 28** - overview and discussion

Workshops take place at the FRC from 7:00-9:00pm. Please call to register: 905-882-8509. Kosher pizza included.

New! Monthly Parenting Discussions –Topical Tuesdays

Sleeping, toileting, feeding, sibling rivalry, effective discipline, establishing routines....

The joys and challenges of parenting! Join us once a month to discuss a variety of parenting topics.

Tuesdays 7:30-9:00pm October 12, November 9, December 14

Kosher refreshments provided. This is open to moms, dads and grandparents too! RSVP by 4:00pm day of program.

Workshops for Caregivers

Please register with Fran in person or over the phone (905-882-8509)

Child Emergency Workshop

Do you know what to do in an emergency? Have you taken the course but need a refresher? Topics covered include infant/child CPR, choking rescue, first aid, falls/head injuries, allergy reaction, use of EPI pen and accident prevention.

Tuesday, July 20 from 6:45-9:45 pm.

For your convenience we will open the Clothing Cupboard from 6:00pm-6:45pm for those of you who would like to shop for clothing. Members \$45.00 Non-Members \$55.00

Understanding Canadian Culture – Improving Employee-Employer Relations

A two part workshop offering:

- Helpful information about Canadian culture and customs including effective communication tips

Speaker: Cindy Lichtman – ESL Instructor 1:30-2:30

- Employment Standards, New Legislation Affecting Caregivers

Speaker: Ontario Ministry of Labour 2:45 – 4:30

Sunday, October 3, 2010 1:30 – 4:30pm FREE! Registration Required!

Financial Literacy

The ability to make informed financial decisions is essential for basic functioning in Canadian society.

Join us for an informative workshop covering the following topics:

- Budgeting tips and how to avoid getting into debt
- Saving money
- Basic banking and how to choose banking services and institutions
- Establishing credit and how to choose and use credit cards

Speaker: Jenni Bolton, Canadian Centre for Financial Literacy

FREE! Registration Required!

Sunday, September 12 from 1:30-4:30pm

New to Canada?

Conversation Café

Practice your conversational English with other newcomers and volunteers. Tuesday 10:30am-12:00pm

Referral and Information

Pick up a pamphlet or brochure, speak to our staff or meet with a settlement worker from **JIAS (Toronto)** – Tuesdays from 9:00am – 11:00am.

Parenting Workshop (Russian speaking parents)

A four session workshop to help parents learn what they can do to raise happy, motivated children. Topics include: nurturing self-esteem, increasing communication, setting limits, immigration and its impact on children's behavior, parenting in a new country. The focus is on children aged 2-8.

For start dates and information call Lea Soibelman at JIAS (Toronto) 416-630-6481 x 31

Sunday Family Programs: Families from **Israel** with children 0-6 meet monthly to celebrate holidays and enjoy crafts, treats and entertainment. Fall dates to be announced.

Free Public Health Visits!

- **Preschool Speech and Language Screening-**

Wednesday August 11 & November 10 from 9:30am -12:00 pm

Are you concerned about your child's language development? Are you wondering if your child is missing any milestones? Marlene Green, Speech Language Pathologist from York Region Preschool Speech and Language Program will be here to answer your questions and screen your children. **Please note:** Parental consent is required. Call Fran if you would like your child to be screened but cannot be here to sign a consent form.

- **Dental Screening - Thurs. July 29 & Thursday November 18th 9:30am – 11:15am**

Screening services include a 30 second inspection of your child's teeth by a dental hygienist; resources such as fact sheets about teething, fluoride, healthy snacking etc; information about how to prevent and detect early childhood tooth decay; referral to CINOT (Children in Need of Treatment).

We will be closed...

Thurs. July 1- Canada Day

Mon. Aug. 2 – Simcoe Day

Mon. Sept. 6 – Labour Day

Thurs. Sept. 9 – Rosh ha Shannah*

Fri. Sept 10 – Rosh ha Shannah

Thurs. Sept. 23 – Succot*

Fri. Sept. 24 – Succot

Thurs. Sept 30. – Shemini Atzeret*

Fri. Oct. 1 - Simchat Torah*

Mon. Oct. 11 - Thanksgiving

* please ask us for information about these and other Jewish holidays

Sunday drop-in begins

October 17/10

10:00am-4:00pm

Let us be kind to our Planet



***Please send your child with a
re-usable cup!***

Use the link below to Find us on FACEBOOK

<http://bit.ly/frcfb>

then share with your friends!

Thank-You!

Thank you to **York Region!** For the 3rd consecutive year we have received funding from the **Community Development Investment Fund**. We are also grateful for the ongoing funding we receive from the **Trillium Foundation, York Regions' AOK program and United Way of York Region**. These funds enable us to purchase new toys, offer extended drop-in hours, present workshops, support newcomers, provide "Help is Here" and maintain the Clothing Cupboard. We are truly grateful for their continued support.

Thank you to all our **parents, grandparents and caregivers** for all your enthusiastic support, positive feedback and beautiful children!

Thank you to our outstanding programming staff, **Miriam** and **Karina**, for their creativity, dedication and hard work and to **Ellen** for her enthusiasm in the Clothing Cupboard.

Our Drop-In Activities & Resources

Daily Drop-In: Toys that encourage early learning, physical development and socialization; an opportunity to play with your child and to connect with other adults. Program includes kosher snacks, crafts, music circle, weekly Shabbat celebration, parenting resources and more.

Creative Crafts: Our craft activities encourage creativity and promote sensory exploration and fine motor skills. Your children will enjoy painting, gluing, cutting, colouring and playing with play dough. On Fridays our crafts incorporate Shabbat or holiday themes.

Daily Music Circle: Sing, jump, dance, play instruments and enjoy a cuddle with your child at our daily music circle. Monday-Thursday 11:15am and 3:30pm.

Friday Morning Shabbat Party: Enjoy Shabbat crafts then join us at 11:15am for our Shabbat celebration enriched with interactive songs, candle lighting, kiddish and challah.

Sunday Family Time: Enjoy a relaxed time to play with your children Sundays 10:00am-4:00pm from mid October to mid May. Start date for 2010 is October 17! Free to members. Drop-in fee applies to non-members.

Borrow a Bag of Books: Members can borrow a bag of books of 2 weeks. Themes include: animals, shapes, alphabet, numbers, colors, nature & food. We have books in Hebrew, Russian and Spanish.

Toy & Parenting Library: Our toy library includes games, puzzles, lacing, stacking and sorting toys. Our parenting library contains over 25 popular parenting books. Members can borrow toys and books for 2 weeks.

Public Health Visits: To promote the health and well being of your children York Region Early Literacy Specialists, the team from Preschool Speech and Language and Dental Hygienists will make regular visits to the Centre. Dates will be posted in the Centre and on our website.

Information and Referral: Looking for information concerning parenting, childhood development, and community services? We have multi-lingual booklets, brochures and handouts and staff happy to answer all of your questions.

Support for Newcomers: Weekly Conversation Café and settlement services in partnership with JIAS (Toronto),

Early Intervention & Referral –Concerned about your child's development? Ask us for a Nippising or E.R.I.K. Developmental Screen. The screening process can be completed in just a few minutes. The earlier the referral, the greater the impact on outcomes. For information or to complete the five minute checklist speak to Fran.

"Help is Here" – Individual counseling provided by a Jewish Family and Child social worker. Develop strategies and skills that focus on stress, anger management, effective communication and developing healthy relationships. This program is available free of charge till December 2010. For information or to an appointment call Fran at 905-882-8509.

Clothing Cupboard: Reduce, Renew, Recycle! We have an excellent selection of gently used clothing for women and children. A seasonal registration fee of \$10 entitles every member of your family an opportunity to shop for free (limits apply). Open Monday – Thursday 10am-3:30 pm and two evening per month. For information speak to Ellen.