



# CARMAN FAMILY RESOURCE CENTRE

Programs – Parenting Resources – A Place for Families



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Winter 2022

## Hello!

Welcome to 2022...we wish you all a happy and healthy new year!

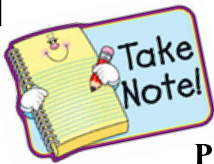
The Carman Family Resource Centre is continuing with our virtual parent-child programs; you will find more details about each program on this newsletter.



### General Program Notes:

- \* Program posters will be sent out by e-mail for registration. Spaces are limited for each program and age guidelines may apply; we will do our best to accommodate as many participants as possible.
- \* Registration is preferred by e-mail if possible; you can also call the Centre at 204-745-5571. Please be sure to read the details about package pick-up before you register for programs (see below.)
- \* Program packages will be provided for each session; the supplies are yours to keep.
- \* Contactless package pick-up will be held at the Centre on **Wednesdays** for all programs.
- \* The link for our virtual program will be sent out on program days.
- \* All programs are **free** to join for families with preschool children aged 2-5.

For January through March, we have the following programs and events planned; we will do our best to keep things running!



### Package Pick-up

- The CFRC makes all packages for all programs available at the same time – so it's just a "one stop" pick-up even if you are in multiple programs in a week!
- Package pick-up for all programs will only be held on Wednesdays each week; the time frame will try to allow for a good window of opportunity. But if you miss collecting your package, you **will not** be able collect it another day. Public Health staff will not be able to get your package for you.
- We understand that life happens – kids get sick, cars break down, we forget, or it's just one of those weeks. And we will continue to be accommodating!
- If you are registered for a program and find that you cannot come by at pick-up time, please call or e-mail me the Centre to make other arrangements.
- **Specific to the Little Hands in the Kitchen program:** as there are perishable food items that cannot sit out of the fridge for too long, you must be able to come in the hour that is allotted for pick-up.
- Don't forget – you can always get someone to collect your package for you!

### Carman Family Resource Centre ANNUAL GENERAL MEETING

Tuesday, February 8, 2022 @ 7:30 pm ...Everyone Welcome!

Please e-mail the Centre at [carfrc@mymts.net](mailto:carfrc@mymts.net) for details.

## Rock & Read

This brand-new year kicks off with **Rock & Read**, a 6-week program that includes story time, songs & rhymes, a craft, and a snack... and parents will also be making a special book for their child over the course of the program! A link to our virtual session will be shared each week for this parent-child program that you will enjoy at home. All supplies will be provided, but registration is limited. Rock & Read will be held on Thursdays, January 20 - February 24, 2022.



## READ, PLAY, LEARN

Read, Play, Learn is a series of sessions that include story time, songs & rhymes, crafts, activities, a snack...and a virtual session to get you started!

Our READ, PLAY, LEARN program will be held regularly throughout the year, with sessions being held every other week or so.

Space is limited and registration will be taken prior to **each** session.



## Little Hands in the Kitchen

We are happy to facilitate this fun program that gets parents and children in the kitchen together! Little Hands in the Kitchen is our popular program adapted to provide you with all you need to make an easy meal or snack with your child(ren) (aged 3-5)

...and a virtual session to get you started! Little Hands in the Kitchen will be held monthly, January - March; registration will be taken prior to each session.



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## Shake, Rattle & Roll

While we still cannot get everyone moving in the gym, we are excited to be able to offer our popular physical activity program for preschoolers adapted to enjoy at home!

**Shake, Rattle and Roll** promotes the development of large motor skills and encourages movement while having fun!

A virtual link, supplies and suggested activities will be provided.

Shake, Rattle and Roll is for preschool children aged 2-5 (who are not in kindergarten.)

Shake Rattle & Roll will be held for 5 weeks, February - March, dates to be announced.



For more information about our programs, or to register, please contact the Carman Family Resource Centre at [carfrfc@mymts.net](mailto:carfrfc@mymts.net) or 204-745-5571.