



CARMAN FAMILY RESOURCE CENTRE

Programs – Parenting Resources – A Place for Families



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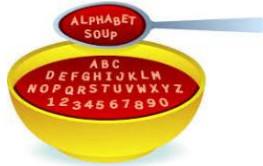
**September/October
2025**

www.carmanfamilyresourcecentre.com

Hello!

It's a new season at the CFRC, and we are excited to welcome you back to our programs!

Alphabet Soup



Take 1 group of parents & children,
Add a generous helping of songs, rhymes & books,
Mix together a tasty snack,
Blend in fun, weekly themed crafts,
Sprinkle with smiles...and ENJOY!



We are kicking off our fall season with the popular Alphabet Soup program!

This program is for children aged 2 - 5 (younger siblings welcome) and will be held at the

Centre for **6 weeks on Friday mornings from 10:00 - 11:30am**

September 19 & 26 and October 3, 10, 17 & 31 2025

There is no cost to attend, and all supplies are provided...*but class size is limited, and registration is required.* Please register by email at carmanfrc@gmail.com.



Puzzle Palooza is back in October! ...watch your email for details!



MARK YOUR CALENDARS...

The One Stop Shop in the Hall will be held on **Saturday, November 22, 2025** at the Carman Community Hall! If you are interested in having a table at this sale please email the Centre for an application...limited still tables available!

Little Hands in the Kitchen

Little Hands in the Kitchen introduces young children to the kitchen, with recipes for simple meals or snacks that parents and children prepare together! This program is for parents/caregivers with their child aged 3 – 5 years (one-on-one fun!) There is no child care available for younger siblings; please find alternate care. But... if you have two children in the age range, you can cook with both! There is no cost to attend, and all supplies are provided. But space is limited, and registration is required.

Our next sessions are on: **Thursday, September 25**

Thursday, October 16

from 1:15 -3:15 in the kitchen of the Carman Mennonite Church.



For more information about the Carman Family Resource Centre or our programs, please contact us at carmanfrc@gmail.com or by phone at 204-745-5571.



Wholehearted Parenting: Helping Kids Thrive

A workshop with Shauna Hewitt ♥



We are excited to offer a parenting workshop at the Centre this fall! Shauna will cover the power of attachment, fostering self-esteem, managing big emotions, and building resilience. You will gain strategies that will help you create a nurturing environment where your child can thrive.

This workshop will be held over 2 sessions: **Wednesday, September 24, 6:30 – 8:00pm**

Wednesday, October 8, 6:30 – 8:00pm

This workshop is free to attend! Please contact the CFRC no later than Sept 16 to register.

Book Buddies

The CFRC partners with the Boyne Regional Library to offer this program in the children's area! **Book Buddies** is a weekly drop-in program for preschool children (aged 0-5) with their parents or caregivers. Each program includes songs and rhymes, story time, book sharing, and a game; there will also be a take home craft and snack for every child.



Come by the library and join us
every Thursday starting on September 11, 2025

10:30 – 11:30am

at the Boyne Regional Library



This program is free to attend, and all supplies are provided. Registration is not required.

Grand Pals

Grand Pals is a great inter-generational program that we are excited to continue this year!

Our first **Grand Pals** session this fall is on



Thursday, October 2 from 1:00 – 2:00pm at the Boyne Towers.

Grand Pals includes story time, a couple of fun activities,
and a snack, all shared with senior residents of Boyne Towers.

Come to the Centre a little before we start to sign in, get your nametags, and hang your coats before going over to the common room at the Towers. Registration is required so we have enough snack and supplies for everyone. Please call email carmanfrc@gmail.com to register.

Here are a few things to keep in mind as we start a new season at the CFRC...

- As a general rule, we follow the Prairie Rose School Division calendar for holidays, school closures, and cancellations due to weather or road conditions.

If there is no school in the division, the Centre is also closed.

- At the Centre, parents are always responsible for their children; please respect our space and help us maintain a safe and enjoyable environment for everyone:

- Please remove outside footwear; you are welcome to bring along inside shoes or slippers.
- Be sure your child is only eating and drinking when seated at the table.
- Do not allow your child to run or climb in the Centre.

- Finally, all hot beverages must be in covered travel mugs for the children's safety.

Thank you for your co-operation!

