



# CARMAN FAMILY RESOURCE CENTRE

Programs – Parenting Resources – A Place for Families



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November/December  
2018

*Happy Holidays!*

[www.carmanfamilyresourcecentre.com](http://www.carmanfamilyresourcecentre.com)

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Carman Family Resource Centre & Carman Kinettes

## One-Stop Shop in the Hall!

Saturday, November 17, 2018

Carman Community Hall

10:00 am – 3:00 pm



Come to the Hall for this annual shopping opportunity, just in time for the holidays! Shop from 60 tables with many crafters who have different and unique items, as well as direct sales consultants for popular businesses such as Epicure, Norwex, Usborne Books, Thirty-One Gifts, Tupperware, Stella & Dot, Watkins, Pampered Chef, iRustic, Magnolia & Vine, Steeped Tea, and more! The Kinettes will have their raffle tables, and will also have a home-style lunch available for purchase. Do all of your holiday shopping, right here in town!  
*Silver collection at the door.*



## Stay & Play

Drop in at the Carman Family Resource Centre on **Thursday mornings** from **10:00 – 11:45 am** where parents and caregivers *stay* to meet and share, while their children learn and socialize through *play*! Free to attend, and drinks and snacks are provided. Everyone welcome!  
**Please note:** our last Stay & Play before the holidays is on **December 13**; back on January 10, 2019!

**Thank You...to the Carman Area Foundation** for the grant that we received in April 2018!

We were able to purchase a new coffeemaker for our Stay & Play program, as well as a stick vacuum and carpet spot cleaner to keep our space clean for the little ones who visit us! We are so grateful for your support.

## Family Gym Night

We are back in the gym with this weekly program that promotes active and healthy lifestyles for families, and gives children an opportunity to have some free gym time each week! Children must attend with a parent or caregiver. Registration is not required – you are welcome to drop in! Family Gym Night will be held on **Thursday evenings, 6:00 – 7:00 pm** from **November 1 – December 13** (please note: the program will not be held on November 22.) Family Gym Night is held at the Carman Elementary School gym; please enter by the west doors. Free to attend! Indoor shoes or slippers are required for all participants. For more information, please call the Centre @ 204-745-5571.





### Get Ready for Kindergarten!

We are excited to offer a practical, hands-on program for parents that explores when children are ready to learn and how to prepare them for kindergarten. Parents and caregivers will take home valuable information, as well as practical tools and fun learning activities that they can do with their children everyday!

When the parents are busy learning and making, their children will be cared for while learning through play. The 5 class dates are: **Wednesdays, Nov 7, Nov 14, Nov 21, Nov 28 and Dec 5 from 10:00 – 11:30 am.** There is no cost to attend and all supplies are provided, but space is limited. Please register by calling the Centre at 745-5571.

### Creative Cooking



Our monthly cooking classes give parents the opportunity to learn and share in the kitchen. Join our facilitator in cooking up new recipes...and then enjoy a meal together with all participants and their children!

The next class dates are: **Tuesday, November 13 and Tuesday, December 11**

Classes are held at the **Carman Mennonite Church, 10:00 am – 1:00 pm.**

All supplies are provided, and there is no cost to attend but registration is required for each class – please call the Centre! For safety reasons, **children are not permitted in the kitchen.**

Childcare is provided. Thank you for your cooperation!



### Little Hands in the Kitchen

Our facilitator welcomes parents and children in the kitchen for this fun program!

This program introduces young children to the kitchen, talks about safety and healthy eating, and prepares simple meals and snacks for everyone to enjoy! **Little Hands in the Kitchen** is for parents/caregivers with their child aged 4 – 5 years (one-on-one fun!) and child care will be available for younger siblings. The next session is **Tuesday, November 20 from 10:00am – 12:00pm** in the kitchen at the Carman Mennonite Church. There is no cost to attend and all supplies are provided, but space is limited and registration is required for each class.

Please contact the Centre for more information, or to register for a spot 😊



As a general rule, we follow the Prairie Rose School Division calendar for holidays and closures; **if there is no school in the division, the Centre is also closed.** This is also true for **cancellations due to weather or road closures;** please listen to the radio or check the PRSD website for cancellation notices.

Southern Health/Santé Sud offers the **Healthy Baby** program in Carman on the last Tuesday of every month at the Carman Mennonite Church from 10:00 am – 12:00 pm.

The next two sessions are **November 27 and December 18.**

Please contact the Carman Public Health office at 204-745-2426 for more information.



This publication is available in alternate formats on request. Please contact the Centre.