



CARMAN FAMILY RESOURCE CENTRE

Programs – Parenting Resources – A Place for Families



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May/June
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www.carmanfamilyresourcecentre.com

Like us on Facebook!



Alphabet Soup

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



We are excited to offer the Alphabet Soup program this spring!
It's an old favorite that we haven't done for awhile, and our facilitator is ready to go for 6 weeks on **Wednesday mornings, May 16 - June 20** from **10:00 am - 12:00 pm** at the Centre. There is no cost to attend, and all supplies are provided...but class size is limited, and there is a separate parent part to this program (childcare will be provided.)
Registration is required; please call the Centre for more information.



Growing Up Green

It is spring, and a great time to explore nature!
In Growing up Green, parents and children will be busy together with a variety of rhymes, books, crafts, snacks and nature-based learning activities.



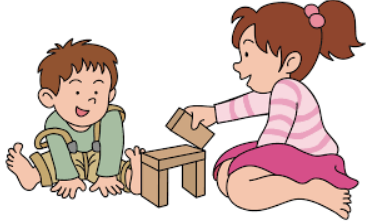
This program will be held at the Centre,
and will be **inside/outside**...weather permitting!

There is no cost to attend, and all supplies are provided.
This is a great program for children aged 3-5 with their parents or caregivers; younger siblings are welcome as well!

Registration is required, so please contact the Centre if you would like to join us for this 6 week program being held on **Friday mornings, May 4 - June 8, from 10:00 am - 12:00 pm.**



We are nearing the end of another program year at the Carman Family Resource Centre and will celebrate with you at our annual Wind-up! This event will be held in June... details will be posted on our Facebook page as soon as they are available!



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: the last Stay & Play date for this season is June 14th

Little Hands in the Kitchen

It has been a lot of fun starting up a parent-child program that introduces young children to the kitchen, and we are pleased that it will be regular program for our Centre again in the coming year. Our final class for this season (May 22) is full...we will start up again in September!



CREATIVE COOKING

Always a popular program, our monthly cooking class gives 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!

Final two class dates: **Tuesday, May 8th**
Tuesday, June 12th

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.

For safety reasons, **children are not permitted in the kitchen.**

Childcare is provided. Thank you for your cooperation!

Registration is required; please call the Centre.



From our Community:

- Carman Public Health will be holding a **Kindergarten Needle Day** on Tuesday, May 15 and **Preschool Wellness Fair** on Wednesday, June 6. **Appointments are required**; please call Public Health at 204-745-2426.
- 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 dates for the next two sessions are May 29 & June 26. Please contact the Carman Public Health office at 204-745-2426 for more information.

