

Shelburne County 2011 programming

Parent-Focused Programming:

King Street Family Resource, in partnership with Juniper House Outreach, is pleased to offer: **Crossroads of Parenting and Divorce: 5 Steps to Prevent Divorce Abuse**

Topics include:

- Keeping Your Child Out of the Middle,
- Allowing Your Child to Love Both Parents,
- Working on Your Own Recovery,
- Developing New Communication Skills,
- Creating a New Relationship as Co-Parents.

Spaces are limited so pre-registration is a must.

Please call Monica at 875-3256 or Melissa at 1-800-266-4087 for details or to register.

Baby Group: A great chance for you and your baby to get out and have some fun with baby friendly songs and activities. Babies get to play with other babies and parents get to chat!

This program is offered in two locations: in Barrington at the Library and in Shelburne at the King Street Centre. Please call 875-3256 or 1-800-563-3256 for times and dates.

Breast Pump Lending Service! Thanks to Shelburne County Community Health Board funds, we now have Breast Pumps available for loan! Please drop by the King Street Centre or talk to your local group leader about borrowing one. Why buy one when you can borrow one instead?

You and Your Toddler: A Readiness to Learn Series For Parents of Children Ages 1 to 3 . . . topics include: Getting the Whole Family Involved, Listening and Talking, Learning Through Play, as well as Strength, Balance & Coordination - offered at King Street Centre

Parent Break: This program is offered once a month in Barrington and Shelburne. It allows parents a chance to get together for an hour or so and chat about various parenting topics of their choice while their children are cared for by on-site child-care staff.

Car Seat Safety Information: We now have Kids that Click DVDs available as well as Car Seat Safety Booklets.

Family focused Programming:

Toddle~N~Tumble: This program is designed to strengthen the bond between parents or care givers and their children. We offer lots of time for play as well as a bit of structure with circle time, craft time and snack time. At circle time children are introduced to new songs, stories and rhymes. Everyone enjoys this time spent singing and having fun!
Program offered in: Shelburne, Lockeport and Barrington!

Parent and Tot Drop- In: This is a fun-filled morning for both parent/care giver and child at the King Street Centre. Children have lots of space to play both inside and out and can even try their hand at making a craft. This is a great opportunity for parents/care givers as well as children to meet new friends in a fun and friendly atmosphere! (Please note: this program is participant- driven with staff on site for assistance.)

Resource Lending Library...The King Street Family Resource Centre has a Library that contains Books and Videos for you to borrow on a variety of topics. Stop by and “Checkitout.” There are lots of new books!!!

Fit~N~Fun Families Gym Nights - offered in Shelburne- this hour and a half program invites families to come out and have some fun being active while spending time together as a family.

Community Focused Programming:

Clothing Exchange: At the King Street Centre, in the main hallway, are bins filled with clothing that has been donated. The centre is open daily and people are welcome to dig through the bins whenever they would like. Our motto is ...take a few.....bring a few! If you see something you like take it and when your child outgrows it bring it back or pass it along!

King Street Family Resource Centre

POBox 552, 35 King Street, Shelburne, Nova Scotia, B0T 1W0

Phone: (902)875-3256

Fax: (902) 875-3256

www.southshorefamilyresource.org/include/shelburne.htm