



107 Albro Lake Rd, Dartmouth, NS, B3A 3Y7  
 Phone: (902)464-8234 Fax: (902)464-8232  
 Website: www.dartmouthfamilycentre.ca  
 E-mail: info@dartmouthfamilycentre.ca

We offer:

- Programs for parents and children together
- Parenting programs and support
- Community drop-in room
- Quality childcare



<b>Thank you</b>	<b>January 2018</b>
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We have received a number of donations of new toys and clothes for families over the Holidays as well as donations of personal care items for moms. We would like to thank the Shoe Box Project, Dartmouth Seniors Service Centre, Survival Systems Ltd and many community members who offered their support. As well we would like to thank the Cole Harbour Woodside United Church for their ongoing support providing diapers and formula and John MacNeil Elementary School for the donation of food for our Community Trading Cupboard from their We Day food drive in the community last month.

We would also like to thank participants who have recently given us feedback about the Centre. Over the past 2 months, many participants have filled out a survey about their experience at the Centre. This information tells us what is working well and where we need to make changes.

We value your feedback and appreciate how thoughtful and honest everyone was with their responses.

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**Gratitude**  
 (grat-i-tude)

(n) The quality of being grateful or thankful; readiness to show appreciation for and to return kindness.

**Centre Hours:**  
**Monday to Friday**  
**9am-4pm**  
**Closed:**  
**12 pm-1 pm daily**  
**& Thursday**  
**afternoons**

# Family Literacy Day 2018

Family Literacy Day is held annually on January 27th to raise awareness of the importance of reading and literacy-related activities as a family. Taking time every day to read or do a learning activity with children is important to a child's development, improves their literacy skills, and can help a parent improve their skills as well! Finger plays are a tool many early childhood educators use to help develop children's literacy skills.

Finger plays are songs, stories or rhymes that use hand actions to:

- practice following directions
- learn more words
- improve dexterity (ability to use fingers)



## The Itsy bitsy Spider

**The itsy-bitsy spider climbed up the water spout,**

*(lock thumbs and let 8 fingers crawl up)*

**Down came the rain**

*(lift your hands up and wiggle your fingers as you bring your hands down)*

**and washed the spider out!**

*push hands and arms forward in an outward spreading motion*

**Out came the sun that dried up all the rain and**

*(hold your hands together above your head)*

**The itsy-bitsy spider climbed up the spout again**

*(finger crawl up again)*

Join us as we celebrate  
Family Literacy Day  
with

**Mother Goose  
Mini Olympics**  
on

Friday, January 26th  
at the **Dartmouth  
North Community  
Centre from  
10:00 – 11:30 am**

Here is a favourite from the playroom!

## **Build A Little Snowman**

I built a little snowman

Had a carrot nose. *(point to nose)*

Along came a bunny,

And what do you suppose?

*(hold up two fingers on right hand to make bunny)*

That hungry little bunny

Looking for his lunch,

Ate that carrot nose *(pretend to grab nose)*



# What's been happening at the Centre?



## In case of snowy weather.....

The Centre will be closed when HRM schools are cancelled or delayed due to bad weather. If the weather is poor please check the Halifax Regional School Board Website, listen to the radio for a list of cancellations, or call ahead to make sure we are open before you venture out. You can also check the Centre's Facebook page and we will post closure information there.



## Family Meals at the Dartmouth North Community Food Centre



Join us **Mondays from 5:30-6:30** for a family /children's supper. If you have children who are school-aged or younger, this is a great time to enjoy a night out with the kids and not have to cook. Be sure to check the Centre's Facebook page as the meal being served will be posted there!

## Dartmouth Family Centre Outreach Support

**Stairs Memorial Food Bank** (44 Hester Street) Staff members from the Centre are available to share resource information and provide childcare on Wednesday mornings starting at 8:30am.

## Clinics available at the DFC

### Joan-Registered Nurse - Tuesday, January 16th & 30th

Come see Joan for Pap tests, breast exams, family planning, STI screening, bone health, general health counseling

### Jessica-Social Worker - Friday, January 5th & 19th

Come talk to Jessica to get support with stressful life events & accessing support in the community

### Well Baby Clinic - Wednesday, January 3rd, 17th and 31st

The public health nurse is available during baby & me to answer questions you may have about your baby's growth and development, feeding, weight gain or post partum concerns.

### Dal Legal Aid - Wednesday, January 24th

A community legal worker is available to discuss issues around tenancy, income assistance or family law.

