



## Newfoundland and Labrador Provincial Association of Family Resource Programs

We all know that those working in Family Resource Centres are dedicated to their jobs, flexible in adjusting to different situations and very creative. This newsletter provides proof of this with some excellent examples of how Family Resource Centres have been in continuing to support families during the pandemic.

The NLFRP have continued its work as well. Unfortunately, due to the pandemic, we were forced to cancel our annual conference. However, the NLFRP has still been able to help Family Resource Centres connect during this time. For example, in the St. John's region, regional ED, Managers and Coordinators had 3 zoom meetings. Brighter Futures and Daybreak had 2 staff events - one was an informal chat (they played bingo with prizes that were delivered later) on what everyone was doing and how they were coping with COVID. The second was a training event with Susan Duggan, Sobey's Dietitian about Stretching your Budget.

In the Eastern Region, a Coordinators meeting was set up initially through Zoom. At that meeting, it was decided to provide opportunities for groups of staff from FRCs in the region to meet through Zoom as well. Three meetings were set up: one for Facilitators, one for Resource Mothers and one for Administrative Assistants. Coordinators have continued with 3 more meetings. Resource Mothers and Facilitators planned additional meetings as well.

NLFRP Board members continue to connect and carry on its work through Zoom meetings. You will see some updates in this newsletter about some of the things we have been doing.

We would like to thank everyone who contributed to this newsletter in any way. We hope you enjoy seeing what other Centres have been doing throughout this pandemic.

## Don't Forget!

Membership renewal for the NLFRP is due no later than January 31st, 2021. The cost of the initial membership is \$125.00 and then \$75.00 to renew for each year after that. Benefits of membership include discounts on our Provincial Conference and regional training activities, information on other training opportunities, our annual newsletter and funding assistance to host training events in your region.



### From Renee in Gander Bay

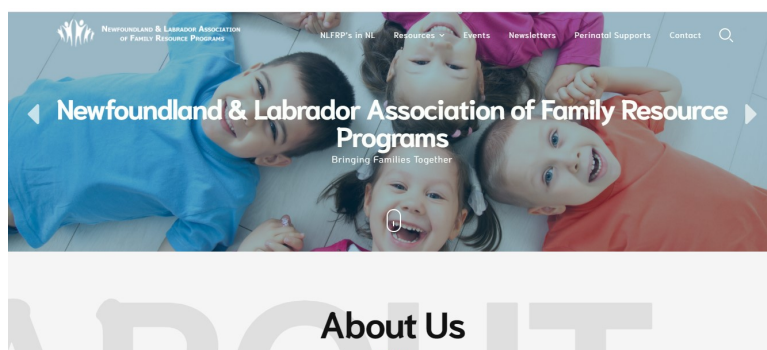
“Since Covid I've been doing prenatal classes live on Facebook and doing home visits via phone. I also deliver food supplements to some moms who have issues getting it. The Family Resource Centre has been mailing packages weekly to all the children (of the parents who expressed an interest).”

## NLFRP Website

### Update

In the 2018 Visioning report compiled by Bobbie Boland focus was placed on developing a marketing and promotion plan with a focus on updating the NLFRP Website. This recommendation was incorporated into the 2018 – 2023 NLFRP Work-plan and work began!

The website has been revamped with a better design and lay out with the help of Sterling Tulk, who was contracted to make the website more user-friendly and have the ability to be easily self-managed.



The website is still a work in progress and we want feedback on how we can improve the website. We recently had the Healthy Baby Club contact list added, this allows families' direct contact to a HBC staff person anywhere in the province. The NLFRP did this to enable a link to the Perinatal Mental Health Alliance of Newfoundland and Labrador's website and promotional material about supporting maternal mental health in our province.

Let us know what more we can do! The NLFRP board wants to do a “shout out” to Patti Spencer, Administration with Community Action Committee for Southwestern NL, who has been an amazing support and help for updating and maintaining the website. Thanks Patti.

# Conception Bay Family Resource Program

## Summer 2020 Update

Well, what a summer this has been. We at CBFPR have had the challenges of getting used to working at home, meeting by ZOOM, and figuring out how to support children, parents, caregivers, and pregnant mothers at a distance; I think we have done a great job considering that this is the first time anything like this has happened.

We completed and posted a huge summer newsletter from CBFPR. The information for parents/caregivers included COVID-19 information, HBC information, activities, resources, etc. Staff have all completed a NL Government/ Bluedrop COVID-19 Work Safe Course

Healthy Baby Club continued on-line, and we were still taking in new participants. The in-person program has re-started; we need to have two groups on Tuesdays in order to facilitate social distancing. There will still be on-line information and resources posted for those mothers who are back to work.

We celebrated Mother's Day and Father's Day on-line with pictures, games, and contests. It was good to see families enjoying themselves even at a distance.

Sign-up Playgroups have begun in the garden at CBFPR. Programs are required to be sign up only, families must pass a health questionnaire, only people at the program are to be at the centre, and if social distancing cannot be ensured then masks must be worn. Each family brings their own blanket, water, and sunscreen; we provide snack at a distance and a kit of toys/equipment for each family. Each program has two staff assigned to run the program, carry out the cleaning and disinfection.

On-line children's stories, activity ideas and resources are being posted. We received funding for a summer student who is working with staff and filling in for holidays now that programs have restarted.

The new normal is working; we do wonder what the Fall will bring?



# Labrador Straits Family Resource Centre

## Reaching Out



The global pandemic mark significant adjustments in how the Labrador Straits Family Resource Centre conduct programming and how we reached out to participants. We reached out to our families through our Facebook page, messenger, email and by telephone. Staff posted daily crafts and activities for children and their families to participate in . It was very important that we kept in daily contact with our families and offered them as much support as they needed. Staff did several drop offs to Healthy Baby Club participants, children and their families. We also delivered On Our Way and Roots of Empathy Celebration packages. The children and families appreciated all the support they

# Grand River Family Resource Centre

## Creative Staff

With most of Goose Bay residents staying at home during the Covid 19 pandemic. Parents and caregivers are finding it difficult to keep children entertained; thanks to the creative minds of our staff we have taken programs virtual! Welcome to Storytime with Miss Elizabeth and Miss Denise. We have also been offering craft time, baking time and a few virtual scavenger hunts! Children and families are adapting to the new Normal and keeping in mind that we are all in this together. Sending our Love from the Big Land. Stay Safe!



# Vista Family Resource Centre

## Play at Home

During the pandemic, our staff have been connecting with families on-line and through phone calls. Families participate in activities to earn “Vista Bucks” and purchase items on our on-line “store”. Activities might include building a fort, dressing up in a certain color or cooking at home. Staff have delivered materials for on-line gardening and cooking programs and have provided backyard picnic kits for families to enjoy at home. We are also trying healthy snack drop-off/pick-up! Our Healthy Baby Club continues to provide support and food supplements to expecting mothers. We have even done some programming through Zoom! Families have expressed a lot of gratitude for the programming!



# Northern Peninsula Family Resource

## Sharing and Caring



In December, the Northern Peninsula Family Resource Centre staff and Board of Directors donated food to our local foodbank. (left)

Children are having lots of fun at the afterschool program in Roddickton, (right)



The past two years the Northern Peninsula Family Resource Centre has partnered with Eagle River Credit Union for the “Operational Warmth Project”. This program is so rewarding. Eagle River Credit Union donates warm winter jackets to children in our local area. The Family Resource centre staff gathered the children’s name and sizes required and later distributed them to the families around Christmas time.



This is a photo of the children at their On Our Way - Preschool Celebration in St. Anthony.

# Tree House Family Resource Centre

## A Happy Wave



Local, trusted news matters now more than ever. And so does your support. [Subscribe](#)

Rocky Harbour woman's Facebook post featuring puppets inspires song about waving

Premium content  
Diane Crocker  
Published: a day ago  
Updated: 1 hour ago



Myrna Moss, executive director of the Tree House Family Resource Centre in Deer Lake, is pictured with her puppet friend Sally. Sally is a favourite at the centre and its branch locations. Moss wrote "The Happy Wave," a song Sally sings about staying connected while social distancing. Contributed



### SALLY’S HAPPY WAVE

The Western Star did an article on the Tree House puppet, Sally, and her new song; The Happy Wave. You can read the whole story here;

<https://www.saltwire.com/lifestyles/local-lifestyles/even-puppets-are-feeling-the-effects-of-social-isolation-436962/>

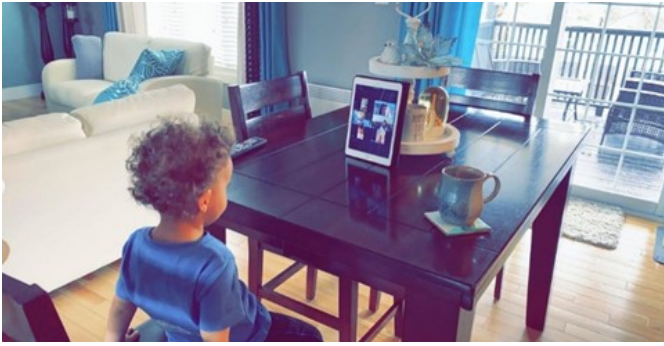
### The Happy Wave:

Give a happy wave, give a happy wave.  
Reach up high and give a happy wave.  
Put your hug in a smile,  
Lift your hand and wave it wild!!  
We ALL need a HAPPY wave!

View Sally’s song at;

<https://www.youtube.com/watch?v=Ob82UU2ozYA>





### The new “NORMAL”

The new “face” of programming for many children in the Deer Lake and Pasadena area. Here you see Drop In Play with Miss Patty via Zoom. Many of the Tree House FRC programs for the area happened virtually.

### Easter Bunny “Parade”

Tree House Deer Lake did a community (Deer Lake / Reidville) drive-through with the Easter Bunny. This was very well received by families and brought many smiles to the faces of the children in town. The route was posted to FB as it happened so families would know when to watch for him.



## Lewisporte & Area Family Resource Centre

### Activity Kits for Families



The first picture is of our kid's Wash Your Hands kit. We asked children to submit a picture of their germ,(second picture) they could draw, build make it out of play dough and they would receive one of these kits. It had a soap with a wash your hands message on it(got the stickers from Smilemakers) a towel, a how to wash your hand laminated poster to put up in the bathroom and some songs and rhymes and information around proper hand washing



Left to Right: 1. Fynn and Easton with their marigold planting kit. A partnership with a local nursery. They put together the kits which include soil, seed, container and instructions. 2. Conner with his Grasshead – he was so proud! 3. Annabelle and her bird feeder. 4. Joyce getting bags ready to drop off. There are about 85 bags to get ready bi-weekly.

## Neighbourhood of Friends FRC

### Staying Connected

Even though we are in a pandemic, the staff of the Neighbourhood of Friends Family Resource Centre kept going. We continued to make a connection with our families and helped out whenever possible. We made sure the Easter Bunny still visited with the children, though it be virtual, the children still got to see him and receive a message from him. As a staff, we did a slide show sending messages to our families. We continued to post crafts, activities, virtual story time, helpful tips and quotes on our Facebook page, as well as, pen pal letters in the mail. We were able to conduct a virtual parent program through Zoom and we remained connected with our parents through phone calls, emails and messenger, we wanted to make sure they knew we were there for them in any way that we could. In addition, we did up summer packages of activities for the children and help drive by sessions. This way, the children could still get a chance to see the staff in person and be able to tell them their stories of their summer.

## Outcomes, Impacts and What Else

### Developing a Research Initiative for FRPs in NL

In the 2018 Visioning report compiled by Bobbie Boland focus was placed on developing a marketing and promotion plan inclusive of a position paper on the work of family resource programs (FRPS) in Newfoundland and Labrador. These recommendations have been incorporated into the 2018 – 2023 NLFRP Work-plan.

Given each member organizations unique identity and approach to supporting families, the Board decided more data on the impact that FRPS have in communities across the province was needed; data that will inform the development of a position paper and a solid marketing platform. To that end



board members Roxanne Pottle and Maureen Bethel agreed to investigate research opportunities.

In 2019 Dr. Carolyn Porr Associate Professor at MUN School of Nursing, agreed to work with the NLFRP on developing a research initiative to demonstrate the impact of Family Resource Programs (FRPs) in the lives of families across the province. An application was submitted to MUN Harris Centre's Quick Start Fund to support Memorial School of Nursing to partner with FRPs to organize and host a half-day public engagement meeting with representatives from families and NLFRP members to strategize how best to demonstrate FRPs impacts. The goal is to take the inform gained from the half-day strategy session and partner with MUN School of Nursing again on a larger Public Engagement Accelerator Fund application for financial support to successfully carry out the research initiative.

Due to COVID we have been delayed, however early in August we were informed that our application for the Quick Start Fund was approved. The NLFRP board is now moving forward with Dr. Porr on implementing the half-day strategy plan.

We will be looking to the whole membership to support this research initiative in order to ensure we have a true province picture. It is exciting to develop a research initiate that will inform the development of our continuing story in Newfoundland and Labrador.

## **NLFRP Board of Directors**

### **St. John's Region**

Maureen Bethel  
Daybreak Parent-Child Centre  
Email: [mbethel@daybreakcentre.com](mailto:mbethel@daybreakcentre.com)

Roxanne Pottle  
Brighter Futures of St. John's and District  
Email: [roxanne@brighter-futures.net](mailto:roxanne@brighter-futures.net)

### **Eastern Region**

Jackie Penney  
Vista Family Resource Centre  
Email: [vistafamily11@gmail.com](mailto:vistafamily11@gmail.com)

Maidena Welsh  
Neighbourhood of Friends Family Resource Centre  
Email: [familyresource@eastlink.ca](mailto:familyresource@eastlink.ca)

### **Central Region**

Sue Mercer  
Exploits Valley Community Coalition  
Email: [evcc@nf.sympatico.ca](mailto:evcc@nf.sympatico.ca)

Renee Hodder

Gander Bay Family Resource Centre  
[hbclub@eastlink.ca](mailto:hbclub@eastlink.ca)

### **Western/Grenfell Region**

Myrna Moss  
Tree House Family Resource Centre  
Email: [treehouse\\_ed@nf.aibn.com](mailto:treehouse_ed@nf.aibn.com)

Bernice Hancock  
Community Action Committee for Southwestern  
Newfoundland  
Email: [bhancock.cen@gmail.com](mailto:bhancock.cen@gmail.com)

### **Labrador Region**

Jody Hancock  
Labrador Straits Family Resource Centre  
Email: [jodyhancockfrc@yahoo.com](mailto:jodyhancockfrc@yahoo.com)

Jackie Mills  
Grand River Family Resource Centre  
Email: [hvgb-frc@hotmail.com](mailto:hvgb-frc@hotmail.com)