



## Newfoundland and Labrador Provincial Association of Family Resource Programs

Welcome to another edition of our newsletter. What a ride this year has been.

Our Family Resource Centres have now shown a year and a half of incredible caring and creativity throughout the pandemic. It is truly amazing how each Centre has continued to support families through all the pandemic levels. No matter what the level or restrictions, you found a way. You Zoomed, you chatted, you called. You masked up, washed down and drove around town to serve our families. If you couldn't be inside, you went outside. If they couldn't be here, you went there. You have all gone above and beyond. A huge thank-you to all for your dedication, time and talents!



After all this time, we would love more than anything to gather everyone together again for our conference. However, we are not quite there yet. Fortunately, because of the power of the internet, we will be able to see everyone on November 18th and 19th.

We will be offering workshops on maternal mental health, outdoor play and standards of quality; providing opportunities for networking and sharing and also having keynote speaker, Lisa Pinhorn from Feeding Futures. You will have the chance to do a some networking and reconnect virtually with staff from other Family Resource Centres. Since this pandemic has brought out such creativity and flexibility in how programs are offered, we're willing to bet that the ideas that you get from each other while networking this year will be awesome.

Don't forget to register and send in your payment by October 31st, 2021. We are really looking forward to seeing you!

## Don't Forget!

Membership renewal for the NLFRP is due no later than January 31st, 2022. 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.

## Vista Family Resource Centre

### Pandemic Programming

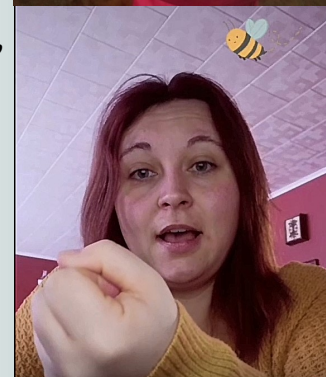
Even though it has been challenging, Vista staff have been very creative this year and have kept programming going no matter the Covid Alert level.

In-person programming was cautiously re-started in October after modifying the sites that were not in schools so that covid guidelines could be followed. We also added a little more outdoor programming to compensate for indoor space that was not available in schools.

In February, during the outbreak, our staff went back online and posted daily videos that could be followed along with at home. They featured, stories, crafts, songs, rhymes, dancing and other activities.

Since we could not enter schools to do our Snack Packs and Jumping Jacks program, each Kindergarten student on the Bonavista Peninsula received a kit that included all the activities and recipes from the program as well as materials and supplies such as handwashing kits, dental health kits, aprons, movement ribbons and much more.

Over the summer, in addition to our play programs, we will be offering a Little Chefs at home program, due to the issues presented with trying to do a Little Chefs program at the Centre while following Covid guidelines. We will also be doing a Food Heros and Yoga program. Children will be learning about where there food comes from. Finally, we will continue the development of an outdoor play space for our main site.





# Tree House Family Resource Centre

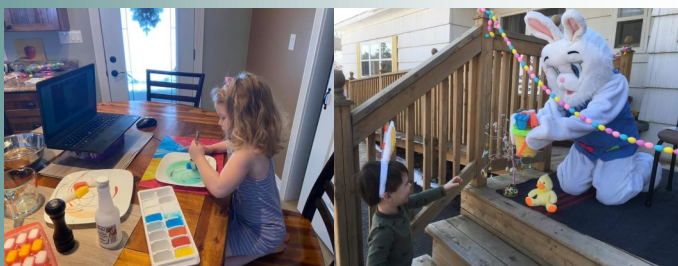
## Another Successful Year!

The year of...

**Resilience Creativity Perseverance & Passion**

### Zoom Everything!

Family Play, Baby Steps, Preschool Readiness, Healthy Baby Club, Parent Programs, Staff meetings and Board meetings



### L'il Scientists via Zoom

Doorstep / curbside drop-offs

Drive-by pickups

Facebook Live

You-tube book reads

Sally's stories & songs

Container gardening

FB activities & contests

Phone calls, and messages....

### Container Gardening in partnership with Robbins Family Farm



Twenty families registered for the program. Containers and supplies were delivered to each home. Robbins Family Farm gave information & support through videos on our Tree House YouTube channel.

### More outdoor programs than ever before!



### Recent Comments from the FRP E-Valuation 2021

*~ The Tree House helped us to feel connected during isolation & shut downs. It gave us something to look forward to. I can't praise Mrs. Patty enough for using tech to connect with our littles during such a hard time. We have the BEST Tree House staff.*

*~ The Tree House has given me so much during the 6 years I've been involved. I've created invaluable friendships and community support. The kind of friendships that grow as you grow and change as you change. The kind of friendships that are stand-in family members and caregivers. In a generation where parents no longer have grandparents, aunts, uncles and cousins living in the same communities the Tree House is just that, your village....The Tree House in Pasadena is a rare gem. It's one of the main reasons I love this community.*

# Neighbourhood of Friends FRC

## Rising to the Challenge



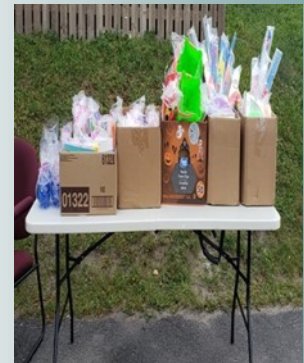
Maybe our First Aid training was too late for this guy.



The reward of partnerships



Safety First!



Neighbourhood Drive Thru Activity Packages.

It's been a year of challenges but rewarding as well. As we reflect back on this past year, it is just remarkable of how well we could face a global pandemic and still support families, provide the children with play based learning activities and take advantage of professional development opportunities for staff.

We were fortunate to have some amazing partnerships. One of our partners, Violence Prevention East, helped us see our children off to kindergarten in our outreach areas by providing them with special book bags, as well as, gift packs for our Healthy Baby Club participants.

Some of our staff would agree that you can "teach an old dogs new tricks" and it's no trouble to tell those who were raise in the years with technology and those who weren't. We learned to laugh at our shortcomings, celebrate our accomplishments, embrace challenges and to lean on each other from a distance.





# Labrador Straits Family Resource Centre

## Flexible Programming

The Labrador Straits Family Resource Centre staff have been very flexible in adjusting to different situations and being very creative during this pandemic. We continued to offer programs on- line, engaged families with contests, games and pictures. Staff continued to reach out to families daily through messenger, email and by telephone. Staff did several deliveries to the families, post daily activities for our children and families to participate in. We held a number of special events which was a great success and appreciated by everyone who attended.



Bike Rodeo in Partnership with RCMP.



Science activity contest the children participated in. Everyone who made a creation received a prize.



The Easter Bunny gave all the children an Easter Basket filled with goodies. Each family was so excited!



A picture from On Our Way celebration. Each child and parent came individually to receive their gifts. It was enjoyed by all.

# Kilbride to Ferryland Family Resource Coalition

## Outdoor Exploring

Despite the difficulties with the pandemic, 2021 was a successful year for the KFFRC! We decided that increasing our outdoor programs was the best way to go to accommodate our families and help keep them safe. With the help of the Community Healthy Living Grant we purchased equipment to run a program called "Little Explorers" at each of our four sites. This program was immensely popular with families, and they quickly began embracing the outdoors in any weather! Some of the activities included making musical walking sticks, nature collages, fort building, learning about bugs, and making bird feeders.



We even switched up our usual Halloween celebration and did a huge scavenger hunt outside (with a few healthy treats along the way of course).

Helping families and children keep active and healthy was a big goal in our programming this year. With the help of the Community Healthy Living Grant, we were able to have all our Family Resource Educators trained in the “Healthy Together” program. This children’s Health and Wellness program has a learning component, activity component and a cooking component, and our families especially loved the hands-on approach to making their own healthy snacks. When we found ourselves in lock down once again last winter, we quickly adapted the program to offer it virtually through zoom and arranged drop-offs of the ingredients for the cooking portion.

While we do prefer in-person programming, we realized that virtual has its advantages as well. This year we started a virtual Healthy Baby Club, and we love the fact that we can reach more moms-to-be who aren’t able attend in-person sessions. We are looking forward to returning to “Normal” however we are proud and happy in how we adapted during the last 18 months.

~ Tara Madigan, Executive Director, KFFRC



## Grand River Family Resource Centre

### Inspiration



If you are looking for some inspiration, look no further! The Children at the Grand River Family Resource Centre are putting their imagination and skills to work! The beautiful Labrador weather gives us the opportunity to explore our community while staying safe. We’ve been gardening, hiking, snowshoeing and even created some summer t-shirts with tie dye! We’ve been busy little bee’s. Our goal was to include everyone to take part, whether it was outdoors activities or a craft at home. Being positive contributes to mental and physical health without any specific planning.

Jackie Mills, Program Director, Grand River FRC, HVGB, NL







Lets to our Part!

## **NLFRP Board of Directors**

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