



NLFRP NEWS

Newfoundland and Labrador Provincial Association of Family Resource Programs

September 2023



NLFRP

Networking Conference 2023

Family Resource Programs

The Heart and Home

Of Our Province



NLFRP CONFERENCE

The NLFRP Networking Conference will take place from November 6th to 8th, 2023 at the Quality Hotel and Suites in Gander. This year's theme will be "Family Resource Programs: the Heart and Home of our Province."

Some of the training opportunities that will be available at the conference will include: Indigenous Cultural Sensitivity, Diversity, Inclusion, Vicarious Trauma and its impact on staff, Supporting Families involved in Child Protection, Gender Identification-Supporting Families and more! Looking forward to seeing you.

MEMBERSHIP RENEWAL

Membership renewal for the NLFRP is due no later than January 31st, 2024. 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.



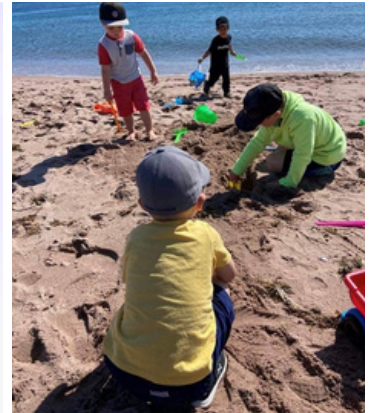
THANK-YOU!

We would like to wish two of our Board Members a Happy Retirement!. Sue Mercer and Myrna Moss have contributed their time and expertise to the work of the NLFRP for many years and their presence at our board meetings and events will be very missed. Thank-you so much for all you've done!

≡ Cheers to ≡
RETIREMENT!

LABRADOR STRAITS FAMILY RESOURCE CENTRE

The Labrador Straits Family Resource Centre had lots of fun adventures over the summer. We began with a bike Rodeo partnered with the RCMP. The children and parents learned some great new tips and riding rules. Rock Painting was also enjoyed by the children, and they would take the rocks to their favorite hiding spots. The families especially enjoyed going to the beach on outings. We have beautiful beaches and when the weather cooperated it is so enjoyed by everyone. We visit the library every third Thursday each month and one of the highlights was the Teddy Bear Picnic. It is so amazing to watch the children`s imagination grow, make new friends and problem solve with each other. Everyone feels safe and support each other at our sites. The family resource centre means something different to each individual, we are so grateful to be part of such a wonderful organization.



NLFRP ON THE WEB

We have launched a new website which can be found at: www.nlfrp.ca Here you can find information on programs offered by family resource centres, contact information, links to useful websites, newsletters and more. Please share widely with partners and families so that everyone knows about the wonderful work that we all do.

We also now have our very own Facebook Page which is called "Newfoundland Labrador Family Resource Programs". We welcome your submissions for content on our page.

*****Please send your stories and pictures to nlfrp2023@gmail.com.*****

KILBRIDE TO FERRYLAND FAMILY RESOURCE COALITION

Once again, it was a wonderful year! So many fantastic things happened this past year all with the main goal of supporting children and families in our communities. With a grant from Active NL we ran two programs focussing on family health and nutrition: “Healthy Together” for school age children (kindergarten and grade one students in Ferryland, and afterschool children (K-6) at both the Kilbride and Goulds After School Programs), and a new program, “Family Nutrition Parenting Program”, that focused on topics including nutrition, budgeting for groceries, meal planning, plant based protein, feeding picky toddlers, and more! Participants were all provided with a binder that included information on Canada’s food guide, reading nutrition labels, a variety of healthy recipes as well as a magnetic grocery list and meal planner. With special guests including chefs, nutritionists, and dieticians, (and some menu sampling at every session), the feedback from this program was phenomenal.

We would like to extend a big thank you to United Way NL, our beautiful community garden in Bay Bulls is now complete, and equipped with accessible planting beds, compost bins, and even a mud kitchen. Parents, children, and staff are thoroughly enjoying the learning experience (and the vegetables) that comes with gardening.

With staff now certified as Car Seat Technicians, we hold car seat clinics at all four locations with the goal of promoting and increasing safe travels for children. Pictured here is one of our clients who was so happy to be sitting in her newly installed seat!

The KFFRC looks forward to what the next year will bring!

Tara Madigan, Executive Director, KFFRC



COMMUNITY ACTION COMMITTEE FOR SOUTHWESTERN NEWFOUNDLAND

Lourdes Family Resource Centre and Preschool

The Community Action Committee for Southwestern Newfoundland recognizes the importance of providing opportunities for young children and older adults to socialize and engage in fun learning activities. Intergenerational connections can help both older and younger people feel cared for and valued. Research shows that intergenerational programs increase self-esteem and feelings of well-being for older and younger participants. These friendships provide early learning experiences, decrease social isolation, build social support networks, and make communities stronger.

The Lourdes Family Resource Centre and Preschool, serving families on the Port au Port Peninsula, facilitates opportunities for young children and older adults to Grow Together by planting flowers, caring for them, and watching them grow throughout the year.



DOVER AND AREA FAMILY COALITION

The Little Chefs program in Dover ran for 6 weeks this past Spring. We received funding from the Community Food Program Support Fund. Each child was given a hat/apron, bowl and utensil set that they used while at the program and kept at the end. We also did up recipe books that they worked on each week along with making the food. Each session, the family brought home a good healthy meal to feed their whole family. It was so well attended and everyone loved it. We hope to do it again.

Our 4 year olds from the Glovertown site planted carrots at the Community Garden. In the fall they will return there with their kindergarten teacher to harvest them. (See pictures on next page :)



SOUTHERN LABRADOR FAMILY CENTRES

At Southern Labrador Family Centres, there is always something fun and exciting happening each day. This spring we planted gardens with potatoes, carrots, tomatoes, cucumbers, pumpkins and other different seeds, our gardens are doing well. The kids at the Family Ties FRC are learning some gardening skills from the PC Tamesha Campbell in Charlottetown. Here in Labrador in the summertime black flies are no stranger to us, so when we get a nice windy day, we take advantage of it with outdoor activities. The kids from Circle of Friends FRC in Mary's Harbour are enjoying a day at the playground with their friends. Playtime, art and crafts and snack time are some of the kids, favorite things to do. In Cartwright at the Cartwright Rainbow Centre, the older kids had lots of fun playing with the babies and of course the babies enjoyed all the extra attention. The kids in Port Hope Simpson had tons of fun making bird houses at the Rainbow Family Centre. In Black Tickle the kids looks quite happy to being enjoying a healthy snack after playtime. As always partnering with different organizations is very important to SLFC. The Sunshine family Centre in Black Tickle partnered with Nutrition North Canada for a cooking session where the kids cooked parmesan crusted cod with hash browns. Once again there were lots of memories made by all at the FRC's of SLFC.



EASTERN REGION NETWORKING DAY

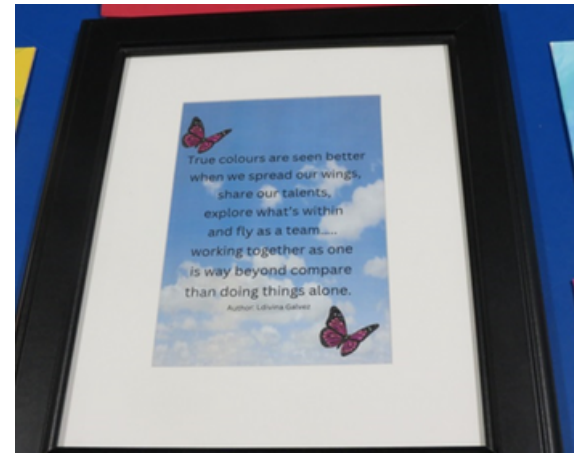
On April 28th, the Neighbourhood of Friends Family Resource Centre hosted a networking day for the five frcs in our area. Burin Peninsula Brighter Futures, Placentia and Outreach Area FRC, Trinity Conception Family Resource Program and Vista Family Resource Centre joined us for a full day event.

The morning consisted of four separate group meetings where the HBC staff, the program facilitators, the administrative support staff and the executive directors share their joys, struggles and new ideas with each other. The executive directors were very happy to have Candy Canning, Child Care Services Consultant to join in for the morning.

At noon, everyone came together for a delicious lunch and much laughter. This was followed a relaxing activity where everyone created an individual painting to take back to their centres and hang them together along with a framed poem that alluded to the benefits of working together as a team.

There was much enjoyment spread throughout the day. Some nice giveaways were handed out and some beautiful prizes were won. The feedback made it quite evident that everyone really enjoyed their day and wished it could be done more often.

Many thanks to the provincial association for the grant which helped cover some of the expenses of the day.



NORTHSHORE FAMILY RESOURCE CENTRE

Posted on December 14, 2022

Flashback to Oct. 7, 2020

Sawyer and I attended our first [Northshore Frc Hbc](#) session (First Steps Baby Club).

We knew from that day on, that this was our place and these were our people! We attended as many of the sessions and special events that we could. And I value every moment spent with this crew.

This organization knows their stuff!! They wear so many hats and truly care about the families on the North Shore. They provide a safe, loving, place for families to learn, grow, share and have fun. They go above and beyond for others every single day - it does not go unnoticed! Sadly, today was the last day that I could bring my girlies. 2022 programs are ending and I return to work in January.

I'm not usually one for long posts but I just wanted to say thank you from the bottom of my heart for the part you have played in, what is quite likely, the most important part of our lives.
CD



Sawyer's first day at the Centre.



Gabby's first day at the Centre.



Our last day at the Centre

LOOKING FOR NLFRP BOARD MEMBERS!

We are looking for new board members, particularly for the Central and Western regions. If you are interested in joining our board, please let one of our board members know. Our AGM will be taking place during the Networking conference in Gander.



VISTA FAMILY RESOURCE CENTRE

The Vista Family Resource Centre has been very busy over the last year with many wonderful things happening. We recently had several staff trained in the Nobody's Perfect program and offered our first program in quite a while this past fall. We also had a staff trained in the Roots of Empathy program and offered our very first program with the kindergarten class at Matthew Elementary. We are a part of the Physical Literacy for Communities initiative that is happening with the Town of Port Rexton and with funding through Sport for Life and the Public Health Agency of Canada, we were able to put off a Sports Day in Port Rexton. We had a couple of visits from the Journey Project who hosted a paint night at the Centre. We have also been out and about visiting many of our local tourist attractions and organizations, including the Bonavista Lighthouse, Champney's West Aquarium, Spirit Riders Therapeutic Association and Feral Felines Rescue and Rehabilitation.



GRAND RIVER FAMILY RESOURCE CENTRE

Welcome to a little sneak peek of another wonderful year full of accomplishments at the Grand River FRC here in Happy Valley Goose Bay, NL

We've learned so much all year though exploring, hiking, cooking, singing and play! Our Goal is to lay the foundation of confidence for those little feet to walk through this big World of ours.

We Celebrated the Labrador Winter Games 2023!

Labrador Winter Games celebrated its 40th Anniversary this year in Happy Valley-Goose Bay. We decided to take part and host events for the children at the Centre. The seal kick might have been their favorite until we brought out the Cup Cakes! (Pictures on next page.)



NLFRP BOARD

St. John's Region

Maureen Bethel
Daybreak Parent-Child Centre
mbethel@daybreak.com

Roxanne Pottle
Brighter Futures of St. John's and District
roxanne@brighter-futures.net

Eastern Region

Jackie Penney
Vista Family Resource Centre
vistafamily11@gmail.com

Maidena Walsh
Neighbourhood of Friends Family Resource Centre
cbcfamilyresource@gmail.com

Central Region

Renee Hodder
Gander Bay Family Resource Centre
hbclub@eastlink.ca

Vacant Position

Western Region

Bernice Hancock
Community Action Committee for Southwestern
Newfoundland
bhancock.cen@gmail.com

Myrna Moss
Tree House Family Resource Centre
treehousefrc.ed@gmail.com

Labrador Region

Jackie Mills
Grand River Family Resource Centre
grandriverfrc114@gmail.com

Jody Hancock
Labrador Straits Family Resource Centre
jodyhancockfrc@yahoo.com

Board Members Currently in Supportive Role

Tara Maddigan
Kilbride to Ferryland Family Resource Centre
executivedirector@kffrc.com

Paige Marche-Sherren
First Steps Family Resource Centre
firststepscoordinator@gmail.com

