

# CARMAN FAMILY RESOURCE CENTRE

Programs – Parenting Resources – A Place for Families

40-2<sup>nd</sup> Street NE P.O. Box 124  
Carman, MB R0G 0J0  
Ph: 204-745-5571 Fax: 204-745-5572  
E-mail: [carfrc@mymts.net](mailto:carfrc@mymts.net)



March/April  
2017



[www.carmanfamilyresourcecentre.com](http://www.carmanfamilyresourcecentre.com)

Executive Director: Michelle Bergsma

*Like us on Facebook!*

**Please note: the Centre will be closed for Spring Break, March 27 – 31, 2017**

## Kit & Kaboodle

Spring is here and it's a great time for one of our favorite programs!

**Kit & Kaboodle** features lots of songs, rhymes and

book sharing for children and their parents or caregivers.

Our trained facilitator is ready to go on **Wednesday mornings**

from **10:00 – 11:30 am** for a one hour program,

followed by a snack and social time.

This 6 week program will be held on March 15 & 22, and April 5, 12, 19, & 26.

(There will be no session on March 29 due to Spring break ☺)

There is no cost to attend; please contact the

Centre to register you and your child!



## Stay & Play



Drop in at the Carman Family Resource Centre  
on Thursday mornings from 10:00 – 11:45 am  
where parents and caregivers *stay* to meet and share,  
while their children learn and socialize through *play*!  
Free to attend, and drinks and snacks are provided.  
Everyone welcome!



A reminder: Southern Health/Santé Sud offers the **Healthy Baby** program in Carman on the last Tuesday of every month. This is held at the Carman Mennonite Church from 10:00 am – 12:00 pm. These are the dates and topics for the next two sessions:

March 21 – Dental Health

April 25 – Pelvic Floor Health

Please contact the Carman Public Health office at 204-745-2426 for more information.





Congratulations to the **Stepping Stone** who received the Family Friendly Business Award at our 20<sup>th</sup> Annual General Meeting held on January 25, 2017!

We have a great selection of books and DVDs that you can borrow for up to 6 weeks...drop in and check out our shelves!

When school is cancelled for weather or road conditions in the Prairie Rose School Division, the Centre is also closed.

### **CREATIVE COOKING**



Always a popular program, our monthly cooking class gives parents the opportunity to learn and share in the kitchen. Join our facilitator in cooking up new recipes...and then enjoy a meal together with all participants and their children!



Next two class dates: **Tuesday, March 14<sup>th</sup>**  
**Tuesday, April 11<sup>th</sup>**

Classes are held at the **Carman Mennonite Church, 10:00 am – 1:00 pm.**

All supplies are provided, and there is no cost to attend

....but, class size *is limited*. Registration is required for each class!

For safety reasons, **children are not permitted in the kitchen.**

Childcare is provided. Thank you for your cooperation!

To register for any of the class dates, please call the Centre.

**There's still time to be active in two of our popular programs!**



✚ **Wiggle, Giggle & Munch** features music, movement, games, crafts, food and fun! The last 3 session dates are March 1, March 10 and March 17 from 10:00 - 11:30am at the Friends Community Church gym. This program is FREE and all supplies are provided; please bring along a pair of indoor shoes or slippers!

✚ **Family Gym Night** gives preschool children and their parents the opportunity to have some gym time every week! Join us on Thursday evenings from 6:00 - 7:00 pm until March 23, 2017 at the Carman Elementary School gym - please enter by the West doors. FREE to attend; indoor shoes or slippers are required for all participants.

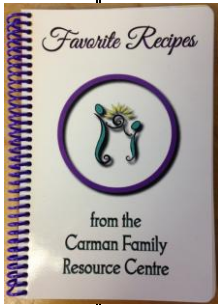


Be sure to follow us on Facebook!

Sometimes, a program or event is added after the newsletter is printed ☺

You can also contact the Centre for any updated program information.

Please support the Centre in our Fundraising efforts! ☺



## Cookbooks for Sale!

The Carman Family Resource Centre is excited to have a fantastic new cookbook for sale!

We have compiled over 350 delicious recipes from board members, supporters and community friends, as well as many from our monthly cooking classes!

### **Favorite Recipes from the Carman Family Resource Centre**

is a must-have cookbook and makes a great gift!

Our cookbook is available for **\$15.00 each or 2 for \$25.00** and can be purchased at the Centre, Toews Printing, and Sears.

**Thank you for your support!**



**You are welcome at the Carman Family Resource Centre!**

**Here are a few things to keep in mind:**

**\*\* As a general rule, we follow the Prairie Rose School Division calendar for holidays and closures; if there is no school in the division, the Centre is also closed.**

**\*\* This is also true for cancellations due to weather or road conditions; listen to the radio (CFAM, CJOB, CBC and others) or check the school division website for cancellation notices.**

**\*\* At the Centre, parents are always responsible for their children; please help us maintain a safe and enjoyable environment for everyone!** Bring along indoor footwear or slippers, remind your child to use indoor voices and not to run or climb, and please keep your little ones out of the kitchen area.

**\*\* Finally, any hot beverages that you bring along are to be in covered travel mugs for the children's safety.**

**Thank you for your cooperation!**

***For more information about the Carman Family Resource Centre, or to register for our programs, please call our office at 204-745-5571!***