



FREE PROGRAMS

FAMILY RESOURCE NETWORK

Services and supports for families with children and youth aged 0 to 18.

YOUTH PROGRAMS

Homework Help (Online)

MWF 5:30-6:30 *Grades 1-12*
Learning support – even if you don't have homework join us to read!

NEXT STEP (In Person, Registered)

Tue 4-6 *Ages 14-17*
Life skills; budgeting, money management, cooking, healthy relationships, etc.

WORK IT (In Person, Registered)

Thu 4-6 *Ages 14-17*
Job skills; skills assessment, resume writing, interviewing, workers rights, etc.

Youth Group (In person, Drop In)

Thu 2-4 *Ages 10-17*
Socially distanced activities to make friends, learn and have fun.

FAMILY PROGRAMS

Baby Music (In Person, Registered)

Mon 10-11 *Ages 0-2*
Interact with your child through songs, rhymes, games, and movement.

Brain Builders (In Person, Registered)

Mon 1:30-3:30 *Ages 0-6*
Learn about your child's brain and how to support healthy brain development.

Family Night (In Person, Registered)

Mon 4:30-6 *All ages*
Socialize and participate in activities like games, crafts and painting.

Literacy Hour (Online)

Tue 11-12 *Ages 0-6*
Participate in your child's learning through reading and related activities.

Move & Play (Online)

Tue 11-11:45 *Ages 2-6*
Interact with your child through songs, rhymes, games, and movement.

Baby Book Club (Online)

Wed 10:30-11 *Ages 0-5*
Participate in your child's learning through reading.

FAMILY PROGRAMS

Brain Builders (Online)

Wed 1:30-3:30 *Ages 0-6*
Learn about your child's brain and how to support healthy brain development.

Preschool Music (In Person, Registered)

Fri 10-11 *Ages 2.5+*
Interact with your child through songs, rhymes, games, and movement.

Craft Fun (Online)

Fri 11-12 *Ages 0-6*
Enjoy creating a new craft every week.

Family Puppet Show (Online)

Fri 4-4:30 *Ages 0-6*
Enjoy a puppet show with music and finger play to go along with the story.

PARENT/CARGIVER PROGRAMS

Parents Are Us (In Person, Registered)

Wed 1-2 *All caregivers*
Socialize, share ideas and participate in activities. Childcare provided.

Parenting Through Change (Online)

Wed 7:30-9 *All caregivers*
Share stories and engage in discussion as we navigate change together!

Why does my child do that? (Online)

Thur 1-2 *All caregivers*
Do you wonder if what your child's doing, responding and behaving is "typical"?

Naptime Hangout (Online)

Mon 1:30-2:30 *All caregivers*
Come socialize, chat and share tips with other parents.

