

EASTERN SHORE FAMILY RESOURCE ASSOCIATION

Supporting children, youth, families and communities

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Tracy Cowan
Healthy Beginnings Enhanced Home Visitor
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ECE Program Coordinator
Susan Corkum
Program Facilitators
Ginny Mendl
Shelley Josey
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Brenda Awalt
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Bookkeeper
Tara Gonzalez
Our Volunteer Board
Sara MacInnis ~ Chair
Jacqueline Sanford ~ Vice Chair
Jennifer Oldham ~ Secretary
Leigh Delorme
Darcie Drysdale
Jayne Breton
Judy Leaman
Laura Rockwood
Cindy Hilchey ~ Treasurer
Brenda MacKay
Our Major Funders
NS Dept. of Community Services
NS Health Authority



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Community Food Banks



Eastern Shore Volunteer Food Bank Society.....902-889-9243

43 East Petpeswick Rd, Musquodoboit Harbour, NS, B0J 2L0 (Back entrance of Lions Club Building)

Provides emergency food support to residents living in Musquodoboit Harbour—Ship Harbour

Open on the first three Wednesdays of each month 9:00-1:30 pm

Marine Communities Food Bank Society.....Edie @ 902-827-5650 or Wanda @ 902-229-8874

3551 Hwy 7, East Chezzetcook, NS, B0J 1N0

Provides emergency food support and also maintains a small recycling program (clothing, small kitchen items & toys) to residents living in the communities of Lawrencetown, East Lawrencetown, Three Fathom Harbour, Seaforth, Grand Desert, West Chezzetcook, Head Chezzetcook, East Chezzetcook, Gaetz Brook, Conrad Settlement, Porters Lake, West Porters Lake

Open the first and third Tuesday of the each month 6-7:30pm

Lake Echo Community Food Bank.....902-829-2822

3268 Hwy 7, Lake Echo, NS, B3E 1A9

Provides emergency food support to residents living in the communities of East Preston, Mineville, Lake Echo, Lawrence-town & Porters Lake (up to Myra Rd)

Open on the second & fourth Wednesday of each month 10-11am

By ESFRA Staff member Ginny Mendl

EASTERN SHORE FAMILY RESOURCE ASSOCIATION



Eastern Shore Family Focus

ISSUE 12

JAN - FEB 2017

OUR PROGRAMS

- Kidz 'n' Elders
- New Parent Group/ Breast Friends
- Wee Bears
- Bookworms at Play
- Kinder Bears

OUR FAMILY SUPPORT SERVICES

- Healthy Beginnings
- Parenting Journey
- Parent Link

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Thank-You, Food Banks!



Feeding the Community

The month of December is always an extremely busy time for Food Banks. They are responsible not just for providing for their regular clients, but they also try to make sure that no family in the Community goes without a Christmas dinner. In our area, volunteers have been frantically checking inventory and restocking shelves with all the generously donated groceries from schools and local businesses. It is thanks to these volunteers that hundreds of Christmas boxes, stuffed with all the turkey fixings and then some, were distributed throughout our region. Thank you, volunteers, for making this happen and thanks to Feed Nova Scotia, who assists Food banks throughout the whole province.

Now it is Winter, the hardest, most expensive time of year and even though our Communities have been very, very generous, the need is high and the shelves need to remain replenished. Studies show that more and more Nova Scotians are struggling to feed their families. Food Banks, alas, have become a vital part of our Society and they depend on us. Most grocery stores have a bin for food items for the local Food Bank.

Typically what each recipient gets is canned (beans, tomatoes, meat, spaghetti sauce canned milk, fruit, soup). Dried pasta, and sometimes fresh milk, margarine and bread are also included. Many Food Banks also provide some produce in season. If you know where your local Food Bank is, you may be able to drop off perishable items there. And, Food Banks will all take monetary donations and will gladly provide you with a tax receipt. Thank you again to all Food Banks and thank you to all who support them!

Feed NS : 902-457-1900 & 1-877-521-1188

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Dates to Remember.....



January

ESFRA Board Mtg. ~ Jan 09 (6:30-8:30)
MNO ~ Jan 10 & 24 (7-9)
Grandparents Group ~ Jan 16 (10-12)
Family Literacy Day ~ Friday Jan 27

February

ESFRA Board Mtg. ~ Feb 06 (6:30-8:30)

Grandparents Group ~ Feb 13 TBC (10-12)
MNO ~ Feb 14 & 28 (7-9)
NS Heritage Day Holiday~ Feb 20 (no programs)
Candles Orders submitted ~ Feb 27

March

ESFRA Board Mtg. ~ Mar 06 (6:30-8:30)
MNO ~ Mar 7 & 21 (7-9)

Grandparents Group ~ Mar 20 (10-12)
March Break ~ Mar 13-17
PDRU March Break Days ~ 14-16 (10-12) ESFRA & Jeddore sites
Pre-Natal begins ~ Mar 20



Community News... Winter on the Shore

Eastern Shore Community Centre

Musquodoboit Harbour Rink

www.esrc.ca

Public Skates

Sundays 1-3 & Fridays 4-5

Cost: \$3 each or \$5 per family

Lunch Skate Mondays 12-1

Parent n Tot Tuesdays & Thursdays 10-12



Porters Lake Community Centre

4693 Hwy 7

www.plcsa.ca

Youth & Teen dances, Paint Night, Bingo plus more... Check out their events calendar on line for more information!



*Mum's Night Out
Twice per month on
Tuesdays at the Family Centre*

Time ~7-9 pm

*Winter Dates~January 10 & 24,
February 14 & 28 & March 7 & 21*

*Please call 902-827-1461 for more
information or to register!*



Winter Programs

For more information or to register call 902-827-2700! Check out all they have to offer on-line at www.lakeandshorerec.ca



Learn at Play, every day!

Taking time each day to engage in a learning activity will improve your children's skills dramatically and also provide an opportunity to keep parent's skills sharp. Here are some fun activities from ABC Life Literacy Canada for your family to Learn at Play together:

1. **Home Restaurant:** Spice up mealtime and have kids create a menu by drawing food items or using grocery store flyers – kids can take orders too!
2. **Map it!:** Pretend your family is anywhere in the world – on a world map, point to a location. Find out more about that county. What language do they speak, what is the weather, what sports do they play?
3. **Grocery Hunt:** Write a grocery list with your child and let kids find all the items in the store – a fun way to do the grocery shopping!
4. **Where's that Shape:** Have a shapes scavenger hunt by taking turns to find shapes indoors and outdoors. Then together make each shape with your body – kids and adults work together.
5. **Game Anyone?:** Playing a board game is a fun way to learn together as a family.

Find more ways to Learn at Play as a family at www.FamilyLiteracyDay.ca. You can celebrate learning together on Family Literacy Day this January 27, but you can practice family literacy everyday!

ESFRA FAMILY SUPPORT SERVICES

Healthy Beginnings is an enhanced community home visiting program for families from pregnancy to a child's 3rd birthday. This free program offers in-home support to families for up to 3 years. Your home visitor can listen, encourage, share information about parenting and child development, help you understand your child's behaviour and help you find what you need in your community. This is a partnership program with **Nova Scotia District Health Authority**.

Parenting Journey is a voluntary, community based, in-home / on-site / by-phone Family Support program for families with children ages 3-16 years. Your home visitor can listen, encourage & help with parenting in such areas as managing behaviours, work-life balance, relationship building with your children, finding resources in your community, direct parenting program delivery and advocacy skills. ESFRA is one of the original Parenting Journey sites funded by the **Dept. of Community Services**.

Parent Link: This is a service which links families with a Certified Family Life Educator/Counsellor who can provide in-depth help and support for individuals, parents, couples, and older youth. Our Family Life Educator can typically see you within days in our Family Centre or in your home if you don't have transportation or childcare. Just call ESFRA Centre and request our Parent Link Program.

Please call the Family Centre to find out more about how we can help! (902) 827-1461

Great Expectations Spring 2017 Pre-natal Program

When: Mondays March 20 - May 15 (8 weeks)

Where: Lake and Shore Community Recreation Centre (40 Inspiration Drive, Porters Lake)

Time: 6:15- 8:15

Facilitators: Sandra Thornhill & Sarah Harnish

For more information or to register please call the **Family Centre @ 902-827-1461**

Breastfeeding Support

*We offer Breastfeeding support to breastfeeding moms. Breastfeeding is welcome in all of our programs and at all of our program sites!!

*Support that we currently offer is the **Breast Friends Breastfeeding Support Drop-in** at all our New Parent Group sites as follows: St. David's Church in Lake Echo, (Mondays 2:00-3:30), ESFRA Family Centre, Porters Lake (Mondays 1:30-3:00) & St. James Hall, Jeddore (Thursdays 1:30-3:00).. Any changes to location or times will be posted on our website and our facebook page!

*If you have questions, need support, or would like to become an active part of our breastfeeding culture please call the family centre @ 902-827-1461.