

11th Annual Pre-school Screenings Open to all Children from the Eastern Shore!

ESFRA has enjoyed a fantastic partnership with Dalhousie University School of Human Communication Disorders and Audiology for the past 10 years to deliver preschool screenings to children (ages 3-5 yrs) enrolled in our Bookworms, Kinder Bears & Wee Bears programs at the Eastern Shore Family Resource Centre. This year we have not only expanded this free service to include a vision-screening component (please note children must be 42 months (3.5 yrs) to participate in the vision screening) in partnership with the NS Health Authority but will also be offering this opportunity to all interested families living along the Eastern Shore.

The screening process is designed to be fun! It will involve a series of play stations using speech-language and pre-literacy (PLS-5 Screening Test, K-SEALS) screening tools. In addition, Audiology students will perform a hearing screening for each child. Families will receive notice from ESFRA centre staff within a few weeks if the screening indicates that a full speech-language and/or hearing assessment is warranted. Referral forms will be available to send a referral to the Nova Scotia Hearing and Speech Centres for those children requiring further testing. ESFRA Family Centre staff can complete the referral form.

Each screening will take approximately 1.5 hours per child to complete, and will take place at the **Good Shepherd Church in Lawrencetown**. Appointments will be set up throughout each day, beginning at **9:15am** and ending at **2:15pm (latest appointment time)**. **We ask that parents bring their children 15 minutes prior to their screening appointment** to allow for a little playtime beforehand. A Playroom will be available for parents and siblings to play in while the screenings take place. Only coffee, tea and water will be provided, however, families are welcome to bring a peanut free snack on that day to enjoy while waiting.

When: **Thursday April 21 & Friday April 22** (by appointment)

Where: **Good Shepherd Church** {3621 Lawrencetown Rd. (Hwy 207), Lawrencetown , NS}

For more information or to book your appointment please contact Tracy Cowan by phone 902-827-1462 or email tcowanesfra@ns.aliantzinc.ca.



THANK YOU!

**1st Musquodoboit / Jeddore Rangers
and Pathfinders**

Thank you for hosting our Baby Shower! We had an afternoon of great snacks and fun games followed by the opening of all of the gifts. A sincere thank you to all in the community who supported this event! Our Great Expectations prenatal program received over 50 baby gifts!

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**

The GRAND PARENT SHIFT

A Support Group for Grandparents raising Grandchildren

Next meeting dates: Monday Mar. 21 & Apr. 18

Time: 10-12

Location: To be announced

Refreshments provided!

For more information on how to join our open group please call either :

Tracy Cowan: (902)827-1462 or email: tcowanesfra@ns.aliantzinc.ca.

Or call Laury McGaughey: (902)885-3627 or email: laurette.mcgaupey@cdha.nshealth.ca



Core Value: 'FRIENDLINESS' is being kind, helpful or supportive

- "Never look down on anybody unless you're helping him up".....Jesse Jackson
- "Be kind whenever possible. It is always possible.".....Tenzin Gyatso, 14th Dalai Lama



Car Seat Corner

If you are using a convertible carseat in the rear-facing position you do not need to use the top tether strap! However, once you turn the carseat forward-facing, it is the law that you must use the top tether strap!

For a free carseat inspection please call Julia at 902-827-1463.