

Help us turn your empty drink containers into programs!

Take your refundable containers to Greentree Recycling near the Porters Lake Superstore and tell them they are for the Eastern Shore Family Resource Association.

Thanks for your support!

www.esfamily.org
902-827-1461



COMMUNITY NEWS.....Summer events on the shore

Porters Lake Community Services Association (PLCSA)

ESFRA will be hosting the "Teddy Bears Picnic" event as part of the annual Porters Lake 'n' Shore Days venue. Come join us for some family fun of games, activities & face painting!

Where: Porters Lake Community Centre (4693 Hwy 7 - next to the tennis courts)

When: Sunday August 13, 2-4pm

Who: Children ages 2-4 years

Cost: FREE

Check local publications for a complete list of more events during the Porters Lake 'n' Shore Days!

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Trunk 7 Music Festival

When: July 21-23, Musquodoboit Harbour Rink

Check online at www.trunk7musicfestival.com for a complete list of events, musicians & schedules!

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Spring & Summer Programs at Lake and Shore

Community Recreation!

Lake & Shore Nerf Night Friday May 5 6-8:30pm . \$15 Canteen kids Age 6+



Parents Night Off Friday May 26 Games/Pizza/Movie #12 5:30-9pm Grades P-6.

Our **Summer Camps** start July 2-Sept 1 9-4 pm Grades P-6 Early drop off 7:30 am Late Pick up 5:30 pm \$30/Day or \$135 week

Pre School Summer Camps Ages 3-5 9 am -1 pm Cost \$15 Day \$60

Call 827-2700 or see our website for more information.

2017-2018 Programs *All programs start the week of September 18 unless otherwise indicated*

Program/Event	Day	Time	Location
Kinder Bears (4+ yrs.)/ Wee Bears (1-3+yrs) Side by Side	Wednesday	9:00-11:00	Oyster Pond Academy
	Thursday	9:00-11:00	ESFRA Centre
Kinder Ready (4+yrs) Stand Alone	Tuesday	9:00-11:00	ESFRA Centre
Wee Bears Parent-Child Interactive Program (Ages 1-3+ yrs)	Monday	9:30-11:00	Good Shepherd Church, Lawrencetown
	Tuesday	9:00-10:30	ESFRA Centre
	Wednesday	11:00-12:30	ESFRA Centre
	Thursday	9:00-10:30	St. James Hall, Jeddore
	Friday	11:00-12:30	ESFRA Centre
	Tuesday	9:30-11:30	Musquodoboit Harbour Library
	Tuesday	9:30-11:30	Musquodoboit Harbour Library
Bookworms at Play Family Literacy Program (3-5 years)	Session 1 (15 wks)		
	Sept 19-Jan 23		(Fall location to be announced due to Library renovations)
	Session 2 (15 wks)		
	Jan 30-May 08		
	Friday	8:30-10:30	ESFRA Centre
		9:30-11:30	Atlanticview School, Lawrencetown
New Parent Group/ Breast Friends (0-1 yr)	Monday	10:00-11:30	ESFRA Centre
	Thursday	1:30-3:00	St. James Hall, Jeddore
Saturdays at the Centre	Wee Bears	9:30-11:00	ESFRA Centre
	Session 1 (13 wks)		
	Sept 23-Jan 27		
	Session 2 (14 wks)		
		Feb 03-May 12	

Program/Event	Day	Time	Location
Saturdays at the Centre	Bookworms at Play Family Literacy (3-5yrs)	1:00-3:00	ESFRA Centre
Mum's Night Out	Tuesday	7:00-9:00	ESFRA Centre
Drop-In Programs			
Play Dates Are Us	Thursday	11:00-12:00	St. James Hall, Jeddore
Kids n Elders	Monday	10:00-11:30	The Birches, Musquodoboit Harbour
Breast Friends (see New Parent Group)	Monday	10:00-11:30	ESFRA Centre
	Thursday	1:30-3:00	St. James Hall, Jeddore
Grand Parent Shift Support Group	Monday	10:00-12:00	Eastern Shore Memorial Hospital Boardroom, Sheet Harbour
	Sept 18, Oct 16 & Nov 20		
March Break Days Play Dates Are Us	Tuesday thru Thursday	10:00-12:00	ESFRA Centre & St. James Hall Jeddore
	Mar 13-15/18		
Parent Education Workshops			
Great Expectations Prenatal Program 8 weeks 	Monday		Porters Lake and Shore Community Recreation Centre
	Fall 2017 Dates	6:15-8:15	
	Sept 18-Nov 20, 2017		
	Spring 2018 Dates		
	Mar 19-May 14, 2018		
Handle with Care Parent Program: Supporting Mental Health of Children 8 weeks	Thursday		ESFRA Centre
	Sept 21-Nov 9, 2017	7:00-9:00	
Spring 2018 Workshops & Dates to be announced			





Little Artist Exhibits a great success!

Many Thanks to all Board, Staff, Royal Bank Volunteers, our families and all who contributed to our Art Show. A special thanks goes out to our 'Little Picassos' from the family centres' programs of New Parent Group, Wee Bears, Bookworms at Play, Kinder Bears, Play Dates Are Us & Kids 'n' Elders for their creative displays making our community event such a delight for all.



Promoting Mental Health in Young Children

ESFRA is offering this NEW 8-Week parenting program Fall 2017!

Handle with Care Program is a set of simple interactive strategies to help parents, grandparents, caregivers & educators to promote the mental health of children of all ages.

Mental health is a part of our overall health. It's about how we think, feel, our level of self-esteem and how we cope with the ups and downs of every day life.

The spirit of the program is celebrating parenting, promoting self-care and recognizing the value of all caregivers and their role in strengthening the social and emotional well being of children in their care to grow in self-esteem, focus and learn better, and develop healthy relationships.

When: Sept. 21 - Nov. 09, 2017

Refreshments provided & space is limited.

Time: 7pm-9pm

Please call the Family Centre at (902) 827-1461 for more information or to register!

Where: ESFRA Family Centre

Community Clothing Drive sponsored by Piper 'n' Max



When: Saturday May 13th, 2015

Time: 12-2

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

Clothing donations may be dropped off at ESFRA, YMCA or Piper 'n' Max!

For more information or to volunteer at this event please call Joanne at 902-225-4650.