

OUR MISSION STATEMENT

“Through our programs and services, the Eastern Shore Family Resource Association supports children, youth and families, and contributes to the quality of family life in our community.”

OUR BOARD

The Eastern Shore Family Resource Association has a volunteer policy board of directors who meet on a regular basis.



PROGRAMS & OPERATIONS

Executive Director:
902-827-1461
nhollis.esfra@bellaliant.com

Healthy Beginnings Community Home
Visitor:
902-827-1463 (confidential)
hbhv.esfra@bellaliant.com

Parenting Journey Family Support Home
Visitor:
902-827-1462 (confidential)
tcowan.esfra@ns.aliantzinc.ca

Family Life Educator

Early Care and Education Program
Coordinator

Skilled Program Facilitators

OUR MAJOR FUNDERS

The Eastern Shore Family Resource Association is a non-profit, community organization. The association began over 20 years ago with a Community Health Promotion Fund grant in 1994. We presently receive funding from the Family & Youth Services Division of the Nova Scotia Department of Community Services, the Nova Scotia Health Authority, the Community Health Board and donations from Eastern Shore Family Resource Association families and community.



OUR COMMUNITY PARTNERSHIPS:

- NS Dept. of Community Services
- NS Healthy Authority
- Community Health Board
- Royal Bank of Canada
- NS Department of Education
- ES Job Search Centre
- HRM Recreation
- Lake & Shore Community Recreation Centre
- Women's Economic Equality Society
- Porters Lake Community Services Association
- Musquodoboit Harbour Library
- Good Shepherd Church
- St. David's United Church
- St. James Anglican Church
- Royal Bank Charitable Foundation
- Oyster Pond Academy
- Atlantic View Elementary
- Porters Lake Elementary
- Bell Park Academic Centre
- O'Connell Drive Elementary
- Gaetz Book Junior High
- Eastern Shore District High
- Lake Echo Food Bank
- Musquodoboit Harbour Food Bank
- Helping Hands
- NS Family Resource Program Association
- The Birches Long Term Care
- Twin Oaks Memorial Hospital
- NS Hearing & Speech Centres
- Early Intervention Centres
- Eastern Shore/Musquodoboit Valley
- Literacy Network
- Lea Place Women's Centre
- Musquodoboit Valley Family Resource Centre
- East Preston Family Resource Centre
- Musquodoboit Harbor Lions Club
- Chezzetcook Lion's Club
- Lake Echo Lion's Club
- Hope for Wildlife Society
- EHS Musquodoboit Paramedics
- David Hendsbee, HRM Councillor
- Kevin Murphy, MLA
- Darrell Samson, MP
- Porters Lake Superstore
- Jeddore Sobeys
- Local Fire Departments
- Local Childcare Facilities
- The Lunch Room



Eastern Shore
Family Resource Association

The Eastern Shore Family Resource Association offers a variety of programs, services and one on one support to meet the needs of all families.

Our programs and services are available to pre-natal families and families with children up to the age of 16. These programs take place in various locations along the Eastern Shore such as Porters Lake, Jeddore, Lake Echo and Lawrencetown!

To learn more about the free programs and services the Eastern Shore Family Resource Association has to offer, please contact us.

E-mail: esfamily@ns.aliantzinc.ca

Tel: 902-827-1461

Fax: 902-827-1464

Toll-Free: 1-866-847-1461

Website: www.esfamily.org

OUR PROGRAMS



Wee Bears

Interactive Early Learning program for parents or caregivers and children from ages 1-3.

Bookworms at Play

Interactive and creative Family Literacy program for parents or caregivers and children ages 3-5.

Kinder Bears

A fun place to stimulate the imagination of 4 and 5 year olds in preparation for school.



New Parent Group

Bringing new parents together to share and learn more about their baby's growth, development, behavior, and other needs.

Great Expectations Pre-Natal Program

Eight week program for expectant moms and their chosen support person. Provides information on pre-natal health and development, breast feeding, labour, delivery, preparation for birth and more.

Mum's Night Out

Informal parent group facilitated by our Family Life Educator. Bi-monthly meetings to discuss books or anything else that is on their minds.

DROP-IN PROGRAMS

Breast Friends

A friendly part of the New Parent Group that promotes and supports everything breastfeeding.

Grandparent Shift

A monthly peer support group for grandparents raising grandchildren.



Play Dates Are Us

A weekly program for parents or caregivers and children as old as 10 years to play, chat and connect.

OUR SERVICES



Healthy Beginnings

An enhanced home visiting program in partnership with Capital District Health. It is an in-home support for families, mainly focused on the parent-child relationship. The home visitor can inform you about pregnancy, parenting and early child development. They can also help you understand your child's behavior and help connect you with any resources you may need within your community. This service is available prenatally up to the age of three.

Parenting Journey Family Support

A community based in-home, on-site and phone support for families with children ages 3-16 years, funded by the Nova Scotia Department of Community Services. The purpose of this program is to promote the healthy growth and development of children and youth by building on each family member's strengths, knowledge and resources.



Parent Link

A service which links families with a Family Life Educator or Counsellor for in-depth help and support for individuals, couples and older youth or teens. In-home, on-site and phone support is available.

Visit us to take part in any of our programs, services or to obtain more information:

Civic Address:

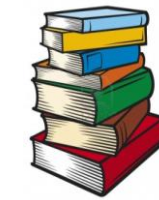
5228 Highway 7 Suite 203
Porter's Lake Shopping Centre
Porters Lake, NS, B3E 1J8

Postal Address:

PO Box 53
Porters Lake, NS, B3E 1M1

PARENT EDUCATION WORKSHOPS

- Choosing Quality Childcare
- Importance of Play
- 1234 Parents!
- You Make the Difference
- Incredible Years Series: Babies, Toddlers, Preschool and School-Age Basic Programs
- Kids Have Stress Too!
- Active Parenting Now!
- Active Parenting of Teens
- How To Talk So Kids Will Listen
- How To Stop Struggling With Your Teen
- Brothers & Sisters
- Cooperative Parenting
- Nobody's Perfect



READ, PLAY AND LEARN LENDING LIBRARY

30 themed bags are available to borrow from our library. Each bag is filled with activities to keep you and your child(ren) occupied!

PARENT RESOURCE LIBRARY

Browse and borrow from our collection of parent books on child development, nutrition, pregnancy and more!

CAR SEAT SAFETY INSPECTIONS

Make an appointment with our trained car seat safety technician to inspect and review your child's car seat needs!



BREASTFEEDING SUPPORT

Trained staff are available to support, guide and provide resources about breastfeeding.