



Family Room

July 2010

M	T	W	TH	F
			1 Nature Garden Family Play 9-1 Early Months 2:15-3:30	2 Crawlers and Waddlers 9:30-11:30
5 Family Room Closed!	6 Nature Garden Family Play 9-1 ESL Classes Start! FACT Burlington 5-7:30	7 Summer Preschool 9-12 Cooking for Life 9-12	8 Nature Garden Family Play 9-1 *VSA 10-12* Early Months 2:15-3:30	9 Crawlers and Waddlers 9:30-11:30
12 Summer Preschool 9-12 **Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30 Co-Parenting 5:30-7:30	13 Nature Garden Family Play 9-1 FACT Burlington 5-7:30	14 LAST DAY of Summer Preschool 9-12 Cooking for Life 9-12	15 Nature Garden Family Play 9-1 VSA 10-12 Early Months 2:15-3:30	16 Crawlers and Waddlers 9:30-11:30
19 Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30 Co-Parenting 5:30-7:30	20 No Family Play A FAREWELL TO STEVE FAMILY SUPPER at the Garden 5-8	21 Cooking For Life 9-12	22 Nature Garden Family Play 9-1 VSA 10-12 Early Months 2:15-3:30	23 Crawlers and Waddlers 9:30-11:30
26 Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30 Co-Parenting 5:30-7:30	27 Nature Garden Family Play 9-1 FACT Burlington 5-7:30	28 Cooking for Life 9-12	29 Nature Garden Family Play 9-1 VSA 10-12 Early Months 2:15-3:30	30 Crawlers and Waddlers 9:30-11:30 GOODBYE STEVE!!

DROP IN PROGRAMS:

FACT Monday and Tuesday night fun for dads and kids up to first grade! Enjoy food, activities and discussion with other dads.

Family Play (Big Room) Open playgroups with activities for parents and children ages birth to Kindergarten. Work on your GED or high school diploma, take ESL classes or parenting workshops.

Family Play (Baby room) Learn more about your child's development, baby signs and baby massage techniques—relaxing for parents & babies!

Early Months A mother-infant group for mothers and their first babies during the first few months after birth. We do baby massage, sing lullabies, and share calming techniques and other useful info.

ENROLLED PROGRAMS:

Crawlers and Waddlers For early toddlers. Learn about development stages, share with other parents, play, move and have fun! See Jeanne for info.

Yoga for Moms Learn relaxation techniques and yoga for beginners. Children are welcome to come! Must be enrolled to attend.

Summer Preschool A preschool program for 3-5 year olds. Children must be enrolled in this program to attend. See Kelly for details.

Cooking For Life-NEW!- Local Foods A 7-week class on cooking on a budget using local foods. Must be enrolled to attend.

Co-Parenting Class A 4-week workshop series on changing families and effective ways to co-parent through divorce and separation. In Winooski. Call Danielle (860-4420) to register.

****Must be enrolled to attend Monday yoga class See Nell to enroll!**

***Very Special Arts (VSA) in the Garden: Jen Kristel will be sharing stories, movement, and art at the lower garden space during Thursday Family Play!! Ages 3 and up are welcome!**

***Come one, come all! Meet us at the Garden Tuesday July 20th for a Family Supper to say goodbye to Steve Mojica. See backside for more details. ***

The VNA FAMILY ROOM is located in St. Joseph's School, at 20 Allen Street in Burlington. VNA FAMILY ROOM is part of the Visiting Nurse Association's Family & Children's Services Division, and is one of three parent-child centers in Chittenden County. We are a family-centered, community-based organization offering drop-in playgroups, health and support services, information and referral services, early childhood, parent-education and support groups. All programs are offered at no cost to families. These services are available to all eligible persons, regardless of race, gender, age, disability, or religion.