



# Family Room

June 2010

M	T	W	TH	F
	1 Family Play 9-1 Healthy Eating with Louise 10-11:30 FACT Burlington 5-7:30 Co-Parenting 5-7:30	2 Preschool 7:30-12 Strong Families 9-11:30	3 Nature Garden Family Play 9-1 Peter Burns 10-11:30 Early Months 2:15-3:30	4 LAST DAY of Preschool! 7:30-12 Crawlers and Waddlers 9:30-11:30
7 Summer Preschool 9-12 **Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30	8 *Nature Garden Family Play 9-1 FACT Burlington 5-7:30	9 Summer Preschool 9-12 Strong Families 9-11:30	10 Nature Garden Family Play 9-1 Peter Burns 10-11:30 Early Months 2:15-3:30	11 Crawlers and Waddlers 9:30-11:30
14 Summer Preschool 9-12 Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30	15 Nature Garden Family Play 9-1 ***FACT Reunion/ Goodbye to Steve 5-8	16 Summer Preschool 9-12	17 Nature Garden Family Play 9-1 Early Months 2:15-3:30	18 Crawlers and Waddlers 9:30-11:30
21 Summer Preschool 9-12 Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30	22 Nature Garden Family Play 9-1 FACT Burlington 5-7:30	23 Summer Preschool 9-12 Cooking For Life 9-12	24 Nature Garden Family Play 9-1 Early Months 2:15-3:30	25 Crawlers and Waddlers 9:30-11:30
28 Summer Preschool 9-12 Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30	29 Nature Garden Family Play 9-1 FACT Burlington 5-7:30	30 Summer Preschool 9-12 Cooking For Life 9-12	1 JULY Nature Garden Family Play 9-1 Early Months 2:15-3:30	2 Crawlers and Waddlers 9:30-11:30

**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.

**\* Starting June 8<sup>th</sup> we'll be heading out to the garden for Family Play both Tuesdays and Thursdays!\***

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

**\*\*\*FACT Reunion: Come One, Come All! All past and present FACT dads, kids, grown-up kids, and caregivers are welcome to come celebrate FACT and say goodbye to Steve. June 15<sup>th</sup>, 5-8pm.**

**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.

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

**Strong Families** Learn how to build a close relationship with your child and discuss parenting challenges. A child's program is offered at the same time. See Sarah or Jeanne to enroll.

**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- Local Foods** A 7-week class on cooking on a budget using local foods. Must be enrolled to attend. See Sarah or Ellen if interested.

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.