



Family Room SEPTEMBER 2010

M	T	W	TH	F
		1 First Day of Preschool! 7:30- 12	2 Nature Garden Family Play 9-1 Early Months 2:15-3:30	3 Preschool 7:30-12 Crawlers and Waddlers 9:30-11:30
6 Family Room Closed	7 **Family Play 9-1 FACT Burlington 5-7:30 Co-Parenting 5-7:30	8 Preschool 7:30-12	9 Nature Garden Family Play 9-1 Early Months 2:15-3:30	10 Preschool 7:30-12 Crawlers and Waddlers 9:30-11:30
13 Preschool 7:30-12 Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30	14 Family Play 9-1 FACT Burlington 5-7:30 Co-Parenting 5-7:30	15 Preschool 7:30-12 Strong Families 8:30- 11:30	16 Nature Garden Family Play 9-1 Early Months 2:15-3:30	17 Preschool 7:30-12 Crawlers and Waddlers 9:30-11:30
20 Preschool 7:30-12 Yoga 9:30-12 Early Months 11-12:30 FACT Winooski 5:30-7:30	21 Family Play 9-1 FACT Burlington 5-7:30 Co-Parenting 5-7:30	22 Preschool 7:30-12 Strong Families 8:30- 11:30	23 Nature Garden Family Play 9-1 Early Months 2:15-3:30	24 Preschool 7:30-12 Crawlers and Waddlers 9:30-11:30
27 Preschool 7:30-12 Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30	28 Family Play 9-1 FACT Burlington 5-7:30 Co-Parenting 5-7:30	29 Preschool 7:30-12 Strong Families 8:30- 11:30	30 Nature Garden Family Play 9-1 Early Months 2:15-3:30	1 October Preschool 7:30-12 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.

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! See Nell to enroll.

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

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 to build close relationships with your children and navigate parenting challenges. A program for children is offered at the same time. Families must be enrolled to attend. See Sarah or Jeanne for details.

****SEPTEMBER FAMILY PLAY: Starting TUESDAY SEPT 7th Family Play will be held at the Family Room on Tuesdays. On Thursdays there will be a bus out to the Garden and also the option for parents with babies to stay in at the Family Room in the Baby Room from 9-1. The Big Room will not be open on Thursdays. Family Play will be at the Family Room Tuesdays and every other Thursday at the Garden starting in October.**

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.