



Family Room

August 2009

M	T	W	TH	F
3 Early months 11-12:30	4 Nature Garden Family Play: 9:00-1:00 F.A.C.T: 5:00-7:30	5	6 Nature Garden Family Play: 9:00-1:00	7 Yoga for Mothers (see below)
10 Early months 11-12:30	11 Nature Garden Family Play: 9:00-1:00 F.A.C.T: 5:00-7:30	12	13 Nature Garden Family Play: 9:00-1:00	14
17 Early months 11-12:30	18 Family Supper! (see other side for directions) F.A.C.T: 5:00-7:30	19	20 Nature Garden Family Play: 9:00-1:00	21
24 Early months 11-12:30	25 Nature Garden Family Play: 9:00-1:00 F.A.C.T: 5:00-7:30	26	27 Family Room Closed	28 Family Room Closed
31 Early months 11-12:30	1 Nature Garden Family Play: 9:00-1:00 F.A.C.T: 5:00-7:30	2 1 st Day of Preschool!	3 Nature Garden Family Play: 9:00-1:00	4

Preschool

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

FACT

Tuesday night fun for dads and kids up to first grade! Enjoy refreshments, 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 baby massage techniques— fun and relaxing for both parents and babies! Enjoy singing and baby signs, and learn more about your child's development.

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. Families must be enrolled to attend.

Early Months

A mother-infant group is for mothers and their first babies during the first few months after birth (until babies get mobile) We do baby massage, sing lullabies, share calming techniques, and other useful info
*(*GED classes offered at Mercy Connections and VAL with limited childcare provided at the Family Room. Please check with staff.)*

Yoga for Mothers (*with children*) is a 6 week beginner's yoga class! Babies & Children are welcome to come and do yoga, or to play laugh, squabble whatever...(we don't offer childcare so expect interruptions!) Space is limited – sign up with Nell. New Session starting soon!

Ask our staff about an upcoming session of Strong Families!

There will be an upcoming **Field Trip** this August. Stay tuned!

The VNA FAMILY ROOM is located in St. Joseph's School, at 20 Allen Street in Burlington. The 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. To find out more call: VNA Family & Children's Services (802) 860-4420; (802-658-1900 TDD) or VNA Family Room – (802) 862-2121.

These services are available to all eligible persons, regardless of race, gender, age, disability, or religion