



Family Room

February 2010

M	T	W	TH	F
1 Preschool 8-12 Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30	2 Family Play 9-1 Food Workshop 10-11:30 FACT Burlington 5-7:30	3 Preschool 8-12 Strong Families 8:30-11:30	4 Family Play 9-1 Parent Advisory Group 10-11	5 Preschool 8-12 Movers and Shakers 9:30-11:30
8 Preschool 8-12 Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30	9 Family Play 9-1 Workshop with Peter Burns! 9:30 FACT Burlington 5-7:30	10 Preschool 8-12 Strong Families 8:30-11:30	11 Family Play 9-1	12 Preschool 8-12 Movers and Shakers 9:30-11:30
15 Preschool 8-12 Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski 5:30-7:30	16 Family Play 9-1 Food Workshop 10-11:30 FACT Burlington 5-7:30	17 Preschool 8-12 Strong Families 8:30-11:30	18 Family Play 9-1	19 Preschool 8-12 Movers and Shakers 9:30-11:30
22 No Preschool Yoga 9:30-10:30 Early Months 11-12:30 FACT Winooski: TBD, call for more info!!	23 Family Play 9-1 Workshop with Peter Burns! 9:30 FACT Burlington 5-7:30	24 Preschool 8-12 Strong Families 8:30-11:30	25 Family Play 9-1	26 Preschool 8-12 Movers and Shakers 9:30-11:30

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. 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.

Movers and Shakers is a program for crawlers to early walkers.

Early Months A mother-infant group 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

Yoga for Moms Learn relaxation techniques and yoga for beginners. Children are welcome to come crawl around! Wear comfy, stretchy clothing and see Nell to enroll.

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