



July 2009

Family Room

M	T	W	TH	F
		1 Healthy Snacks for Moms and Tots 9-11:30	2 Nature Garden Family Play: 9:00-1:00	3 Happy 4 th of July! (FR Closed)
6 Early months 11-12:30	7 Nature Garden Family Play: 9:00-1:00 F.A.C.T.: 5:00-7:30	8 Healthy Snacks for Moms and Tots 9-11:30	9 Nature Garden Family Play: 9:00-1:00	10 Yoga with Moms (see below)
13 Early months 11-12:30	14 No family Play...Family Room Supper! Please see below F.A.C.T.: 5:00-7:30	15 Healthy Snacks for Moms and Tots 9-11:30	16 Nature Garden Family Play: 9:00-1:00	17 Yoga with Moms see below
20 Early months 11-12:30	21 Nature Garden Family Play: 9:00-1:00 F.A.C.T.: 5:00-7:30	22 Healthy Snacks for Moms and Tots 9-11:30	23 Nature Garden Family Play: 9:00-1:00	24 Yoga with Moms see below
27 Early months 11-12:30	28 Nature Garden Family Play: 9:00-1:00 F.A.C.T.: 5:00-7:30	29 Healthy Snacks for Moms and Tots 9-11:30	30 Nature Garden Family Play: 9:00-1:00	

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.)

Healthy Snacks for Moms and Tots! Louise Brunnelle of UVM Extension is offering a class on nutrition for moms and tots. Call for details.

Herbal workshops with Cristi from City market: 7/21 10:15-10:45 for ESL class, and 11-12 there will be another session. (August Sessions TBA)

Family Room Supper! Come to our Family Room Supper, held at Ethan Allen Homestead on the evening of July 14th! (and August 18th). A bus the Family Room at 4:30 and 5:30 pm, and will leave from Franklin Square at 5 and 6 pm. The bus will begin return routes starting after 6:30 pm. The entire family is allowed to attend this event (older children included), and feel free to bring a food dish to share! Rain or Shine!!! (in the event of rain...we will hold the event at The Family Room on Allen Street)

Questions about gardening? Come join Shari Bell of the Master Gardener program will be presenting short garden topic workshops on Tuesdays and Thursdays at the garden!

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