



# Family Room

March 2010

M	T	W	TH	F
1 No Preschool No Yoga No Early Months FACT Winooski 5:30-7:30	2 Family Play 9-1 FACT Burlington 5-7:30	3 Preschool 8-12	4 Family Play 9-1	5 Preschool 8-12 Crawlers and Waddlers 9:30-11:30 Co-Parenting 3-5
8 Preschool 8-12 Yoga 9:30-10:30 Cooking with Kids 10-11:45 Early Months 11-12:30 Sewing 12:30-2:15 FACT Winooski 5:30-7:30	9 Family Play 9-1 FACT Burlington 5-7:30	10 Preschool 8-12 Strong Families 8:30-11:30	11 Family Play 9-1 Parent Advisory Group Meeting 10-11	12 Preschool 8-12 Crawlers and Waddlers 9:30-11:30 Co-Parenting 3-5
15 Preschool 8-12 Yoga 9:30-10:30 Cooking with Kids 10-11:45 Early Months 11-12:30 Sewing 12:30-2:15 FACT Winooski 5:30-7:30	16 Family Play 9-1 FACT Burlington 5-7:30	17 Preschool 8-12 Strong Families 8:30-11:30	18 Family Play 9-1	19 Preschool 8-12 Crawlers and Waddlers 9:30-11:30 Co-Parenting 3-5
22 Preschool 8-12 Yoga 9:30-10:30 Cooking with Kids 10-11:45 Early Months 11-12:30 Sewing 12:30-2:15 FACT Winooski 5:30-7:30	23 Family Play 9-1 FACT Burlington 5-7:30	24 Preschool 8-12 Strong Families 8:30-11:30	25 Family Play 9-1	26 Preschool 8-12 Crawlers and Waddlers 9:30-11:30 Co-Parenting 3-5
29 Preschool 8-12 Yoga 9:30-10:30 Early Months 11-12:30 Sewing 12:30-2:15 FACT Winooski 5:30-7:30	30 Family Play 9-1 FACT Burlington 5-7:30	31 Preschool 8-12 Strong Families 8:30-11:30	1 Family Play 9-1	2 Preschool 8-12 Crawlers and Waddlers 9:30-11:30 Co-Parenting 3-5

**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 activities, refreshments, 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!

**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.

**Sewing with Ky** Learn to sew in a small workshop. Projects may include bags and other functional, fun patterns. Sign up to attend!

**Crawlers and Waddlers** A program for early toddlers. Learn about development stages, share with other parents, play, move and have fun!

**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! Must be enrolled to attend.

**Co-Parenting** A workshop series on changing families and effective ways to co-parent through divorce and separation. Must be enrolled to attend.

**Cooking with Kids** a 3-week workshop for parents and kids. Hands-on healthy cooking fun in the kitchen! See Ellen or Sarah to sign up.

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**