



# Tantramar Family Resource Centre

## Family Literacy Day "Reading Camp-out" - January 27

Plans are underway for Sackville's 2008 Family Literacy Day celebrations. Remember last year's event, with book-making, story-telling and the book tent? This year, the theme for Sackville's Family Literacy Day celebration is "A Reading Camp-out", and the event will include story-telling, a campfire sing-along, as well as book tents for all ages and activities for the young and young at heart. As always, the event is free for all families in the Tantramar area. Come drop in with your family and friends to hear stories, play literacy games, sing songs and rhymes and have a healthy snack too. All ages from babies to teens are welcome.

The Reading Camp-out will be held on Sunday January 27, 2008 from 1 to 3 PM in the Marshview Middle School gym located on Queen's Road in Sackville.

If you are interested in volunteering to help make this year's celebration even better than last year's, contact Stacey at [staceymerrigan@hotmail.com](mailto:staceymerrigan@hotmail.com)

Community groups are welcome to participate by organizing or hosting an activity in one of the tents. If you or your group is interested, please contact Stacey as soon as possible.

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- Prenatal & Parenting classes starting in Tantramar
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## Art of Soup Fundraiser scheduled for February

We are planning a unique fundraising event in February that will be fun for the whole family and will warm you up, all for a good cause. The inaugural "Art of Soup" art auction and soup tasting event has something for everything.



We are looking for donations of soup, art supplies, and art talent as we encourage the whole community to get involved and make some art. For more information, contact Stacey at [staceymerrigan@hotmail.com](mailto:staceymerrigan@hotmail.com)



### *Upcoming Events:*

- Family Literacy Day January 27/08
- The Art of Soup Fundraiser February/08

## Website of interest to our community:

The New Brunswick Family and Community Volunteer Award submission  
<http://www.gnb.ca/0017/Community/awars-e.asp>



## Calling all "Parents to be" and New Parents

The Tantramar Family Resource Centre is pleased to be able to partner with the VON to provide prenatal and parent support programs in our area.

The programs will be presented by a trained facilitator, Maria DesRoches, of *The Healthy Baby and Me* project of VON Canada.

The prenatal program called *Special Delivery Club* is an eight week series and includes topics such as labour & delivery; nutrition & infant- feeding and baby care.

The *Rock & Talk* program is for parents of a child one year of age or less. The eight week series includes: Life with baby; parenting tips; growth and safety; getting back into shape; feeding your baby. This program is designed for baby to accompany the parents. If other young

children are home, free childcare may be provided.

With sufficient local registration, the programs will be offered in different communities across the Tantramar region on an on-going basis. The dates and times will depend on the registered participants.

The overall goal of the programs is to contribute to the participant's healthy pregnancy and the healthy growth and development of their infants.

For more information and to pre-register, contact Maria DesRoches, *Healthy Baby and Me*, VON Canada, 389-2229.

All Tantramar Family Resource Centre programs are offered at no charge to residents of Tantramar including free childcare.

## Reading Food Labels Workshop held

Ten residents of Tantramar attended the workshop on how to read, understand and apply the nutrition information on packaged foods. The Tantramar Family Resource Centre sponsored the two hour workshop presented by registered dietitian, Susan Kastuk-Ridlington, on October 27, 2007. The workshop was based on the educational resources from the project Healthy Eating is in Store for You™. If you missed the workshop, check out the virtual grocery store on the web at [www.healthyeatingisinstore.ca](http://www.healthyeatingisinstore.ca)



CANADIAN DIABETES ASSOCIATION | ASSOCIATION CANADIENNE DU DIABÈTE | Dietitians of Canada | Les diététistes du Canada



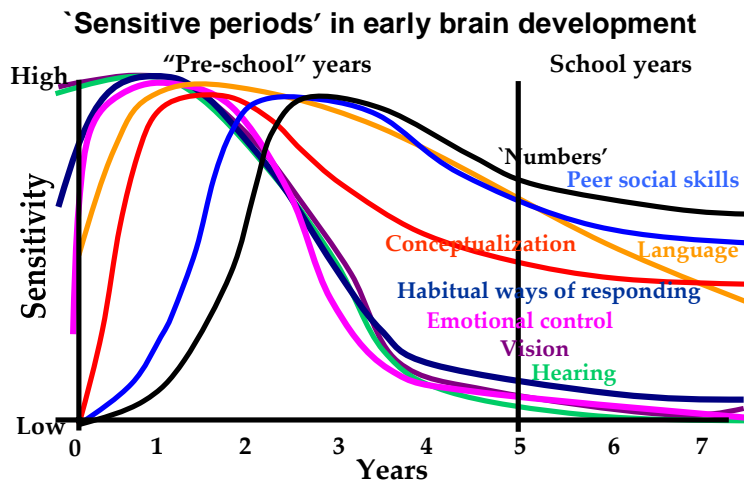
## Early Learning and Child Care Committee Activities

The Early Learning and Child Care (Early Child Development) committee of the TFRC works to enhance the accessibility of quality, universal, and developmental early learning opportunities for all children in the region with a goal of providing a one stop home for a range of services, including parent education and coordination of existing services offered for children and families.

Throughout the fall of 2007 we have engaged in dialogue with interested individuals and groups within Tantramar while networking within the province, Atlantic Region and nationally through the Council for Early Childhood Development. Founded by Dr. Fraser Mustard in 2004, the Council for Early Child Development is based on the recommendations of the Ontario Early Years Study (McCain & Mustard, 1999). For more info about the council and to download a copy of the Early Years Study 2 (Hon. Margaret Norrie McCain and Dr Fraser Mustard 2007) visit the website at [www.councilecd.ca](http://www.councilecd.ca)

*“Children’s early experiences have far-reaching and solidifying effects on the development of their brains and behaviors. This diagram indicates that the most sensitive periods of brain development, the foundation for cognitive learning, emotional and social skills, language and expression are laid before children in Canada begin formal schooling.*

*Trajectories for children with developmental vulnerabilities can be changed but the major effort has to be made in the early years when neural systems are most plastic and compromises or constrictions are most readily overcome. Later interventions are more difficult and less effective” (Mustard 2007)*



Graph developed by Council for Early Child Development (ref: Nash, 1997; Early Years Study, 1999; Shonkoff, 2000.)

The TFRC would like to acknowledge and promote the efforts of local groups in providing opportunities for children and their parents/caregivers to come together:

**Baie Verte Play Group** is held Mondays 9:15- 11:15 AM and is a free, casual play group held at Baie Verte Community Hall. Parents and caregivers are welcome to bring their babies, toddlers and preschoolers for some fun socializing. For more info call 538- 2300 at the above hours.

**Parents & Tots-** Drop in Group held every Thursday from 9:30 – 11:00 AM in the nursery and hall of Sackville United Church. For info call Brenda at 536- 2006

**Sackville’s Playschool**, a parent cooperative established 34 years ago, has created a more flexible enrolment policy so that children ages 2-4 may be enrolled in 2 or 3 day programs. Spaces are available in all 4 classes (MWF mornings and afternoons, as well as TuTh morning and afternoons). For more information, call Allison at 536-1837.



## TFRC Board of Directors and Committee Members

President	Tanya Hess	536-0117
Vice President	Tracey Wade	536-0493
Secretary	Amanda Marlin-McLellan	364-2394
Treasurer	Tanya Hess	536-0117
Fund Raising	Stacey Merrigan	536-3866
Communications	Sheelagh Callaghan	536-0946
Early Learning & Child Care	Sharon Hachey	536-0307
Literacy	Cynthia Adams	536-0245
Healthy Living:		
Prenatal & Nutrition	Susan Kastuk-Ridlington	536-8102
Physical Activity	Christine O'Neal	536-2092
Youth Outreach	Pronoti Majithia	536-0414



Tantramar  
Family  
Resource  
Centre

Contact the TFRC at  
[TantramarFRC@canada.com](mailto:TantramarFRC@canada.com)  
 P.O. Box 6335  
 Sackville, NB, E4L 1G6

## The TFRC's Vision

The Tantramar Family Resource Centre works toward developing Tantramar as a safe, secure and healthy community where all citizens have access to social services, where their most basic needs are always met, and where reasonable quality of life is assured.

## Brief Description of Committees

The **Fund Raising** committee's goal is to raise funds through a combination of charitable grants, gift giving, and successful proposals to government agencies, private foundations, service clubs and others to cover ongoing operational costs of running TRFC programs including paying at least one staff member on a full-time basis to coordinate the Centre activities.

The **Communications** committee's goal is that the Tantramar Family Resource Centre will continue to keep the public informed of all events, programs and updates through timely press releases to major local newspapers, information brochures, a newsletter and pamphlets distributed to local stores, churches, schools (as allowed), early learning and child care centres, or other areas we feel there would be an interest and a need for our services.

The **Early Learning & Child Care** (Early Child Development) committee of the TFRC works to enhance the accessibility of quality, universal, and developmental early learning opportunities for all children in the region with a goal of providing a one stop home for a range of services, including parent education and coordination of existing services offered for children and families.

The **Literacy** committee's goal is to provide literacy support services to existing Literacy programs (CASP, Laubach, Talk With Me) for a range of clients from preschool to elementary, middle, high school and adult learners.

The **Prenatal & Nutrition** committee's goal is to offer resources (to individuals and other services or programs) and workshops. All opportunities would provide the knowledge and skills to make choices that support overall health and reduce the risk of developing chronic disease.

The **Physical Activity** committee's goal is to increase the physical well-being of the residents of Sackville by working with community partners to increase the diversity of formal and informal physical activities available to the community.

The **Youth Outreach** program aims to support youth and their families by creating and delivering innovative programs for middle and high school youth. The programs will engage the youth creatively and productively, while giving them a platform to express themselves as members of the Tantramar community.