



Rainbows

This program is offered anytime there is a need and is intended to foster emotional healing among children, grieving from a loss or life-altering crisis.

Its purpose is to help with the 'healing' process and not act as the sole counselor in a stressful life situation.

Contact Diane or Janice if you think your child could benefit from the 'Rainbows' program.

Who We Are

About Us

The New Ross Family Resource Centre is a non-profit facility responsible for bringing health and well-being programs to the residents of New Ross and the surrounding areas. Our goal is to make the New Ross area a comfortable, well serviced community with many of the amenities provided in larger areas.

Contact Us/Register

Resource Centre Phone: 902-689-2414

Email: nrfrc@ns.sympatico.ns

Janice Phone: 902-679-0247

Janice Email: corneliusjl13@gmail.com

Web: www.nrfrc.ca



AFTER SCHOOL PROGRAM/ GIRL TALK/ RAINBOWS

*New Ross Family Resource
Centre, 4691 Hwy 12, New
Ross*



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4691 Highway 12, New Ross, NS
B0J 2M0



After School Program

Join Janice every Monday, Wednesday and Friday afternoon throughout the school year for a safe, supervised place to learn, have fun and embrace friendship.

Children may attend on a full-time, part-time, or drop-in basis.

Children will get the opportunity to explore arts and crafts, seasonal activities, games and help prepare healthy snacks. There is both structured time, free time, and outdoor play.

The After School Program is flexible so that if your child is involved with school activities, they can attend that and then join us at the Centre when they are finished.

After school programs can boost academic performance, reduce risky behaviors, promote physical health, and provide a safe, structured environment for children.

We offer childcare on embedded Wednesdays throughout the school year. If school is cancelled due to storms, so are our programs. Please call Janice or the Centre if you require care, or have any questions regarding this program.

Girl Talk

Join Janice and Diane, along with guest speakers during this annual, 5 week, FREE program. Girls between the ages of 9 and 12 years, get to discuss things that are important to them in a safe, non-judging and confidential environment. Past topics have included, positive body image and the media, eating disorders and healthy lifestyles, bullying, effective communication, family, friends, trust, self-esteem and confidence building.

The five days will be packed with crafts, games, activities and discussions about issues relevant to girls.

Contact the Centre for more information and upcoming dates.

