

# Care'N'Share Inc. Family Resource Center

Sharing Together at Care'N'Share Inc.

October 2018

**Wellness Week** October 1-7 is Wellness Week in New Brunswick. During this week, take a picture of your family doing something fun to promote wellness. Send it to us through Facebook messenger or email. A random draw will be done from all photos submitted to determine a winner. Winner will receive an awesome prize. By sending us your picture you are consenting to the picture being posted on our Facebook page. More information on Wellness Week can be found at [www.wellnessnb.ca](http://www.wellnessnb.ca).

**Fundraising News** The chocolate bars have arrived. If you can help us sell them please drop into the office or let us know and we will bring them to you. Also we are looking for donations of new items for our upcoming Silent Auction. If you have something to donate give it to one of the staff.

**Backpack Adventures Family Reading Club** will be held once a week in each center. This program offers stories, artwork, songs and free books for the children each time they participate.

**New Adventures** (which is a group for parents and caregivers of babies under 12 months) are meeting at Care'N'Share in Chipman on Tuesdays from 10:00 to 12:00, on Wednesdays in Minto at the Youth Center from 10:30 to 12:30 and in Cambridge at the Mill Cove Nursing Home on Thursdays from 10:00 to 12:00. Please feel free to join the group at any time.

## *Birthdays*

Chipman      10-Kiera Bullee  
                  13-Ava Boudreau  
                  26-Hunter Morton

## *Locations & Hours of Operation*

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### **Chipman**

Monday to Thursday

9:00 to 3:00

Friday

9:00 to 12:00

341 Main St.

### **Doaktown**

Monday & Thursday

10:00 to 12:00

328 Main St.

### **Boiestown**

Wednesday

10:00 to 12:00

Upper Miramichi Elementary School

### **Coles Island**

Tuesday

9:30 to 12:00

Coles Island Community Church

### **Cambridge-Narrows**

Monday & Wednesday

9:30 to 11:30

Mill Cove Nursing Home

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