

# CRESCENT VALLEY NEWS

Stay up-to-date on activities, programs and services for residents of Crescent Valley and beyond.

## MARCH BREAK HANG OUT

The CVRC is hosting a FREE "March Break Hang Out" for kids 6-12! This program runs for three days on March 3, 4 and 5 from 10:00AM-3:30PM. There will be lots of fun activities, art projects and games. Participants will also be provided breakfast, lunch and snacks. Parents must register their child for this camp by filling out a short form. Registration starts February 1st so come by as soon as possible because there is limited space! This camp is for Crescent Valley residents only.

## FREE COUNSELLING WITH RACHEL MILNE, RSW, MSW!

Has this winter been tough on your mental health? Rachel Milne, our former Neighbourhood Navigator and Registered Social Worker, will be holding free drop-in counselling sessions at CVRC once a month! This month she will be at the centre on Friday, February 20th, 10:30AM-12:00PM. Each session will be 30 minutes and will be open to residents of Crescent Valley and Anglin Drive who are 18 years of age and older.

## HAPPY VALENTINE'S DAY!

Valentine's Day is a wonderful time to show some love to the people you care about, whether it be a spouse, partner, neighbour, teacher, friend, family member or someone you simply respect or admire. The CVRC will be hosting a fun Valentine's Day card making pop-up where you can make a card for one or a few of those people! This event takes place between 1:30PM-3:30PM on Friday, February 13<sup>th</sup>. Craft supplies will be provided.



## ENGLISH FOR DAILY LIFE

Are you looking to build confidence using English in everyday situations? Join our friendly weekly drop-in group designed to support newcomers and community members.

Learn essential vocabulary for:

- ✓ Healthcare
- ✓ Saving money
- ✓ Supporting your kids at school
- ✓ And so much more.



Sessions are held at the Crescent Valley Resource Centre, 130 MacLaren Blvd. (the blue building), every Wednesday from 12:30 PM to 2:30 PM. Thank you to PRUDE Inc. who is partnering with CVRC to bring these sessions to the neighbourhood. Come learn, practice, and connect in a welcoming space. Everyone is welcome! For more information contact CVRC, 506-693-8513 or [crescentvalleyresourcecentre@gmail.com](mailto:crescentvalleyresourcecentre@gmail.com)

## الإنجليزية للحياة اليومية

انضموا إلى مجموعتنا الأسبوعية الودودة، هل ترغبين في تحسين لغتك الإنجليزية وتسهيل معاملاتك اليومية؟ ندعوك لتعلم مفردات أساسية ومهمة في مجالات الرعاية الصحية وكيف تتعامل مع المواعيد والمصطلحات الطبية وتوفير المال، مهارات التسوق والتعاملات المالية دعم أطفالك في المدرسة للتواصل مع المعلمين والإدارات التعليمية والكثير من المواضيع الأخرى، تفاصيل الموعد والمكان: الموعد: كل يوم أربعاء، الوقت: من الساعة 12:30 ظهراً وحتى 2:30 بعد الظهر، الموقع في مركز موارد كريستال فالي، للمزيد من المعلومات، يرجى التواصل معنا عبر:

[crescentvalleyresourcecentre@gmail.com](mailto:crescentvalleyresourcecentre@gmail.com)

506-693-8513



## JOIN THE CVRC EMAIL LIST!

Want to be the first to know about upcoming events, giveaways, news, and more?

Send us your name at

[crescentvalleyresourcecentre@gmail.com](mailto:crescentvalleyresourcecentre@gmail.com) and we will add you to our email list.

# THE NEIGHBOURHOOD NAVIGATOR IS HERE TO HELP YOU



Annaliese Nylen, Crescent Valley Neighbourhood Navigator

## Our Neighbourhood Navigator is here for you.

Some common things she can help with are:

- Filling out paperwork/ online forms & applications
- Finding programs/ services in the community
- Emotional support
- Taxes, and more!

If you are looking to reach Annaliese, email her at [cvrc.nylen@gmail.com](mailto:cvrc.nylen@gmail.com), call 506-693-8513, or stop into the centre.

## PANCAKE SUPPER

Portland United Church is holding a Pancake Supper on Tuesday, February 17th from 4 - 6 pm at 50 Newport Crescent.

A freewill donation will be accepted at the door.



## CRESCENT VALLEY CRAFTS & CONVERSATION CLUB

*LEARN & SHARE!*



Join your neighbours for fun and crafting. Share your knowledge, learn new skills. Try crochet, knitting, sewing, and more. Practice English and help others learn English. Join us on Fridays, 10:00AM – 12:00PM at CVRC, 130 MacLaren Blvd.

Thank you to our partner, Saint John Newcomers Centre and the volunteers who support this program.

# FREE RECYCLING PICK-UP

*Rain or Shine, Every Saturday!*



Crescent Valley neighbours, did you know you can easily get rid of recyclable materials, keep our neighbourhood looking great, and help the environment all at the same time?. It's easy!

Sign up for the **Blue Run** FREE recycling pick up in Crescent Valley on Saturday mornings. Items such as plastics, paper, cardboard and metal are picked up at your curb.

### *What could be more convenient?*

If you want to join this FREE program please call CVRC at 506-693-8513 for details. Special thanks to the Blue Run, Housing NB and CVRC for coordinating this service.

## GARBAGE PICK-UP REMINDERS

**Neighbours**, please remember that there are important guidelines for garbage, waste and compost pickup in Crescent Valley. By following the guidelines we can make garbage removal more efficient and help keep the neighbourhood looking tidy.

Please let Housing NB know if you have any questions or concerns about garbage pick-up. Thank you!

### **TIPS:**

- Please put garbage out no later than 7:30AM on Thursday mornings for pick up on Thursday during the day.
- All garbage must be in garbage bags that are tied, (please put the bags in a garbage can if you have one) and placed at the curb-side where the collection team can get to it easily. **\*\*Put it in a location where it is not blocked by vehicles and make sure it is within two meters of the curb.**

• There is a **Large Item Pickup** every Friday for anything large or loose which can't go in a bag, such as furniture. Place items at the curb by 7:30AM.

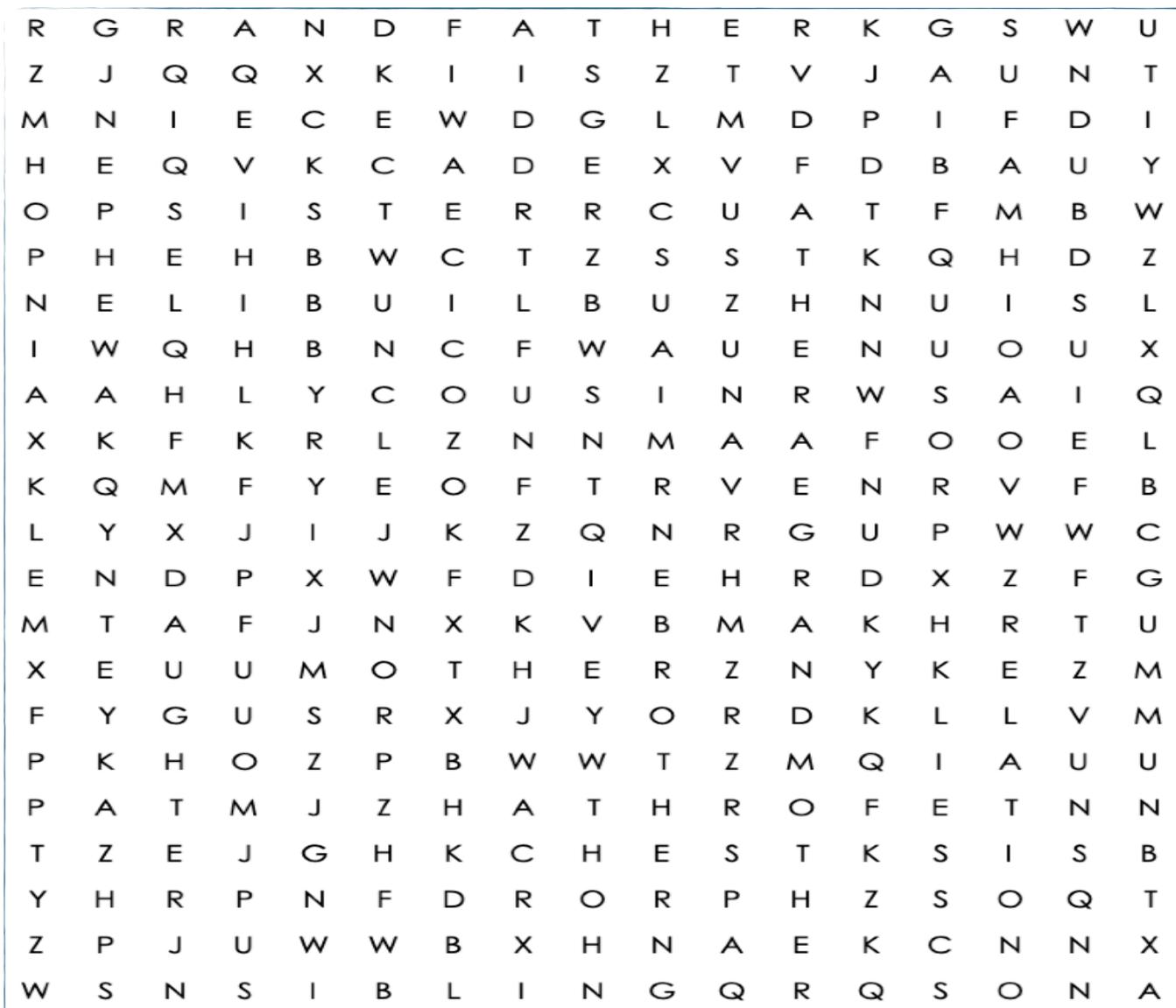
- **COMPOST BINS ARE FOR COMPOST, NOT GARBAGE.**

If you put garbage in the compost bin it WILL NOT be picked up.

Compost pick up is on Friday, and the cart should be placed at the curb by 7:30 am where the collection team can easily get to it.



## FAMILY DAY WORD SEARCH



**MOTHER, FATHER, SON, DAUGHTER, SISTER, BROTHER, AUNT,  
UNCLE, COUSIN, RELATION, GRANDMOTHER, GRANDFATHER,  
SIBLING, NEPHEW, NIECE**



## BUDGETING HELP AT CVRC



The Crescent Valley neighbourhood navigator, Annaliese, has created a monthly budgeting guide with some helpful tips on how to spend & save wisely!

Call the CVRC at (506)693-8513 or email [cvrc.nylen@gmail.com](mailto:cvrc.nylen@gmail.com) to make an appointment.

Templates are also available for pick-up during the resource centres operating hours.

## MEALS & FOOD ASSISTANCE

- **HEALTHY START BREAKFAST:** Take-home or eat in. Breakfast is available from 9:00AM to 10:00AM on Wednesdays & Fridays at CVRC, 130 MacLaren Blvd. It is free and delicious! Thank you UCT Council #755 for supporting our breakfast program. 
- **ST. LUKE'S CHURCH OUTREACH LUNCH PROGRAM:** St. Luke's Monday lunch program offers free take-out lunches from 12:00PM to 12:30PM or while supplies last. Once per month there is an "eat-In" meal. **Please use the back door on Metcalf St.**
- **THE HOPE MISSION:** Tuesday breakfast and Thursday lunch program: Doors open for coffee on both days by 9:15AM, the Tuesday breakfast is served at 10:00AM and Thursday lunch at 11:30AM.
- **NORTH END FOOD BANK:** The North End food bank is open every Tuesday from 10:00AM - 1:00PM and every Wednesday from 1:00PM - 3:00PM. It is located at 211 Main St., at the back – on the corner of Durham Street - Metcalf Street.  
Please bring reusable grocery bags with you.

Monday, February 19 is **FAMILY DAY** in New Brunswick. The CVRC will be closed to observe the day. We hope you have time to enjoy an activity with your family.



## Check Out the CVRC LIBRARY

**Both** the children's and adults' library have a bunch of new books. CVRC library services are open

Monday - Friday during the Centre's open hours. Kids and adults can come pick out books for themselves, family, friends or neighbours.

You don't need a card or identification to borrow anything from our library and there is no time limit for borrowing. Just bring them back whenever you're finished! If you have any questions about our library services, feel free to call 506 693-8513.

## TENANT SUPPORT IN CRESCENT VALLEY

**Housing NB's** Program Officers for Crescent Valley will be available **every Friday from 10:00 AM to 12:00 PM** at the **Crescent Valley Resource Centre (CVRC)**.

This is a great chance to speak directly with someone about your housing concerns—no need to travel to the housing office. Noah Ritcey and Laila ElBaghdadi will be on-site to help with tenancy-related questions and provide support right in your neighbourhood.



**Note:** This service is for **Crescent Valley tenants only**.

سيتواجد موظفو برنامج الإسكان وشؤون المستأجرين في كريستنت فالي كل يوم جمعة من الساعة 10 صباحاً وحتى الساعة 12 ظهراً، بالبيت الأزرق.

تعد هذه فرصة ممتازة للتحدث مباشرة مع المختصين بشأن مخاوفك المتعلقة بالإسكان؛ فلن تكون هناك حاجة للتنقل إلى مكتب الإسكان.

سيكون كل من نوح ريتسي و ليلي البغدادي في الموقع للإجابة على التساؤلات المتعلقة بمتطلبات الاستئجار، وتقديم الدعم اللازم داخل حيكم السكني مباشرة.

ملاحظة: هذه الخدمة مخصصة لمستأجري كريستنت فالي فقط.

## LET'S KEEP OUR NEIGHBOURHOOD SAFE AND PEST-FREE!

We have an increase in rat sightings and we need to work together to stop it. Please ensure you are abiding by the following steps to prevent rodent activity.

1. Garbage goes **inside bins only** – never in the hallways or outside before **Thursday** (garbage day).
2. No furniture, boxes, or personal items in hallways – they attract pests and are a fire hazard.
3. Keep food stored properly and keep your unit clean.

**Your cooperation matters and is not optional.** Let's better everyone's health and safety. If you see signs of rats, mice, or cockroaches report it right away so action can be taken.

Contact pest control at **506-658-5167** to report rodent sightings.



## CV COMMUNITY TENANTS ASSOC.

- **Memberships** to CVCTA are available at \$5.00 per year. With a memberships you can get a discount with unit rentals and receive invitations to some cool parties.
- The CVCTA **unit rental** is available at \$15.00 for members and \$20.00 for non members, with a \$20.00 refundable deposit if the unit is left clean. There are some new rules regarding unit rental, contact the CVCTA for details.
- Join us on **Valentine's Day**, February 14, for quarter bingo (adults only), from 1:00PM to 4:00PM.
- February is **Black History Month**. During the month the CVCTA will have a display. Check it out (at 55 MacLaren Blvd.), weekdays from 10:00AM -12:00PM or Monday 5:00PM - 6:00PM.
- **General meetings** will return in March so stay tuned for more information.

For questions, rentals and memberships please call Jennifer London 506-663-0557 or Eva Feddery at 506-721-2223 or the **CVCTA unit at 55 MacLaren Blvd.** 506-658-9658.

## FAMILY BOARD GAME NIGHT

The CVRC is hosting another Family Board Game night! This event takes place **Friday, February 20th** from 6:00PM - 8:00PM. There will be great games like Fun Meal Caper, Life, Snakes and Ladders, Chess, Checkers and much more! All are welcome, but children under the age of 10 MUST be accompanied by a parent or guardian. Game Nights are a fun, inexpensive way to spend time with the family while teaching children about fair play, good sportsmanship and positive communication while also helping practice and improve their reading and problem-solving skills. Come for the whole event or feel free to just swing by for a game or two. See you there!

## BLACK HISTORY MONTH AT THE CV LIBRARY

**February** is Black History Month and the CVRC children's and adult library will have a special collection of new and gently used books on display that will be available to borrow. The collection will include works about Black history and/or black characters as well as books by prominent Black authors.

## COMMUNITY HEALTH NURSE DROP-IN CLINIC



The community health nurse is at the CVRC, 130 MacLaren Blvd, on **TUESDAYS, 1:00PM-3:00 PM.**

Did you know you can speak to the nurse about mental health concerns you may be experiencing? She can lend an ear and recommend mental health services that may benefit you. A reminder that the nurse cannot write or refill prescriptions or order tests. An appointment is not required and all are welcome.

## DID YOU KNOW?

The next **Census of Population of Canada** will take place in May 2026! All Canadian residents will be mailed a census access code in early May. It is vital that you complete the questionnaire for everyone living in your household. The data collected is crucial for planning programs and services like health care, child care, housing, education, emergency services, roads, public transportation and job training. Do your part and help Statistics Canada in order to improve the programs and services we all use.



## WHAT IS RAMADAN?

**Ramadan** is expected to begin on Tuesday, February 17th, 2026 (subject to moon sighting). It is a month of fasting, prayer, reflection, and community for Muslims around the world. Ramadan Mubarak / Happy Ramadan to our neighbours!



## هل تعلم؟

سينطلق التعداد العام للسكان القادم في مايو 2026! سيتلقى جميع المقيمين في كندا رمز الدخول الخاص بالتعداد عبر البريد في أوائل شهر مايو، من الضروري جداً إكمال الاستبيان الخاص بجميع الأفراد المقيمين في منزلك؛ حيث تُعد البيانات التي يتم جمعها حجر الزاوية في تخطيط البرامج والخدمات الحيوية، مثل: الرعاية الصحية، ورعاية الأطفال، والإسكان، والتعليم، وخدمات الطوارئ، بالإضافة إلى الطرق ووسائل النقل العام والتدريب المهني. ساهم بدورك وساعد "هيئة الإحصاء الكندية" من أجل تطوير وتحسين البرامج والخدمات التي نعتمد عليها جميعاً.

## RESUME HELP IS AVAILABLE AT CVRC

The CVRC can provide help building, improving, or printing out your resume. Just come to the CVRC, (130 MacLaren Blvd.), to pick up a resume form. Fill it out to the best of your ability and bring it back to us. We will use that info to put together a great resume for you! It doesn't matter if you haven't been employed for a long time or you are employed and looking for something new, anyone who's interested in this service is MORE than welcome! You can call 506-693-8513 for more information or just come to the Resource Centre anytime during open hours to grab a resume form.



## YMCA NORTH HUB

**Playtime** continues at the North Hub. Join us on **Mondays** from 10:00AM-12:00PM for a FREE playtime which includes art, music, playtime, snack and more! Be sure to follow our social media for any events happening at the North Hub! <https://www.facebook.com/groups/767609284317317>

**No Playtime on Monday, February 19th, Family Day.**



## FAMILY DROP-IN PLAYGROUP ON TUESDAYS AT CVRC

**Parents** and guardians, **FAMILY DROP-IN PLAYGROUP** with the Family Resource Centre is at Crescent Valley Resource Centre on Tuesday from 10:00AM - 12:00PM.

Playgroup is for parents and caregivers of children ages 0-6. It is where you can spend time together and meet other parents and children from your community. Enjoy play, crafts and snacks together.

This program is free and pre-registration is NOT required, just come when you can. Contact Samantha at the FRC, 506-633-2182 for information.



## Family Information Event: Post-Secondary Education

All high school students in the Crescent Valley area, and their parents or guardians, are welcome.

**Date:** Tuesday, February 10, 2026

**Time:** 4:30–5:30 p.m.

**Place:** Saint John Trojans' Rugby Clubhouse  
(476 Sandy Point Road — the new building above the rugby field next to Hazen White–Saint Francis School)

**Guest speaker: Emin Civi, Ph.D,** Professor of Marketing and International Business at UNB Saint John

Come learn about college and university after high school. We will talk about:

- What school after high school is like
- How to balance time and academic workload
- How to pay for school

**Snacks and drinks are free. The event is in English and Arabic.** Translation will be available.

Dream big! Learn how to make it happen.

## فعالية معلومات للأسرة: التعليم ما بعد المرحلة الثانوية

ندعو جميع طلاب المدارس الثانوية في منطقة كريستنت فاللي، وأولياء أمورهم أو الأوصياء عليهم، للحضور

الثلاثاء، 10 فبراير 2026: التاريخ

الوقت: 4:30–5:30 مساءً

المكان: Saint John Trojans' Rugby Clubhouse

طريق: ٤٧٦ ساندي بوينت (المبنى الجديد فوق ملعب الرجبي بجانب مدرسة هايزن وايت – سانت فرانسيس)

المتحدث الضيف: إمين سيفي، دكتور التسويق والأعمال الدولية في جامعة نيوبرنزويك – سانت جون

تعالوا لتتعرفوا على الكليات والجامعات بعد المرحلة الثانوية. سنتحدث عن

-كيف تكون الدراسة بعد المدرسة الثانوية

-كيفية تنظيم الوقت والالتزامات الأكاديمية

-كيفية تغطية تكاليف الدراسة

تتوفر وجبات خفيفة ومشروبات مجاناً

الفعالية ستقام باللغتين الإنجليزية والعربية، مع توفير الترجمة

احلموا أحلاماً كبيرة! وتعلموا كيف تحققونها!

# SJ FOOD PURCHASING CLUB



Monthly order of fresh fruits and vegetables at reduced cost. Pick up at the following locations in the CV/Millidgeville/North End areas:

Crescent Valley Resource Centre, 130 MacLaren Blvd., 506-693-8513, or Nick Nicolle Community Centre, 85 Durham St., 506-658-2980.

**Cash payment not accepted at CVRC, E-transfer**

**payment to:** martha.macLean@horizonnb.ca.

Make sure to identify where you will be picking up your order on your e-transfer. Pay by February 13, pick up on February 20. **ORDERS ARE \$25.00 EACH.**

## WIN A FOOD PURCHASE CLUB ORDER

The CVRC is giving away two \$25.00 Food Purchase Club orders. Fill out the ballot and drop it off to CVRC (use our mailbox after hours), by February 19 and you could be a lucky winner. Open to CV & Anglin Drive residents.

NAME: \_\_\_\_\_

PHONE / ADDRESS: \_\_\_\_\_



## SJ FOOD PURCHASING CLUB 2026 IMPORTANT DATES

### Order by | Pick up on:

- Feb 13 | Feb 20
- Mar 13 | Mar 20
- April 10 | April 17
- May 15 | May 22
- June 12 | June 19
- July 17 | July 24
- Aug 14 | Aug 21
- Sept 11 | Sept 18
- Oct 16 | Oct 23
- Nov 13 | Nov 20
- Dec 13 | Dec 18



CRESCENT VALLEY RESOURCE CENTRE



@cvrcsj

The CVRC can **fax** resumes, pay stubs, tax forms and other important information, at no cost to you. We also have a photocopier to make copies of resumes or other important documents. **CLOTHING ROOM:** free, new & used clothing for women, men and children.

THE CRESCENT VALLEY RESOURCE CENTRE  
GRATEFULLY ACKNOWLEDGES THE  
GENEROUS SUPPORT OF



Your Environmental Trust Fund at Work

## Crescent Valley



## Contacts

### Crescent Valley Community Tenants Assoc. (CVCTA)

- Eva Feddery, President; 55 MacLaren Blvd., 506-721-2223 or 506-658-9658, evafeddery8@gmail.com

### Crescent Valley Resource Centre (CVRC)

- Anne Driscoll - Executive Director, 130 MacLaren Blvd., 506-693-8513; crescentvalleyresourcecentre@gmail.com, Socials: @cvrcsj & www.crescentvalleyresourcecentre.ca

### Hazen White - St. Francis School

- Jeanne Connors, Principal, 506-658-5343

### The Growing Place Community Garden | Saint John Bike Share Program

- Crescent Valley Resource Centre, 506-693-8513

### Housing NB

- Maintenance and Pest Control; 506-658-5167
- Program Officers for CV: Laila ElBaghdadi, 506-607-6410 and Noah Ritcey, 506-313-1078
- To apply for **any** programs and services with Social Development or Housing NB: 1-833-733-7835

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>10am Playtime at the HUB</p>	<p>3</p> <p>10am-12pm Family Playgroup 1-3pm Community Health Nurse 3-4pm Promise Partnership - Middle School</p>	<p>4</p> <p>9-10am Healthy Breakfast 3-4pm Promise Partnership - Middle School</p>	<p>5</p> <p>3-4pm Promise Partnership - Middle School <b>Garbage Pick Up</b></p>	<p>6</p> <p>9-10am Healthy Breakfast 10-12pm CV Tenant Support <b>Large Item/Compost</b></p>
<p>9</p> <p>10am Playtime at the HUB</p> 	<p>10</p> <p>10am-12pm Family Playgroup 1-3pm Community Health Nurse 3-4pm Promise Partnership - Middle School</p>	<p>11</p> <p>9-10am Healthy Breakfast 3-4pm Promise Partnership - Middle School</p>	<p>12</p> <p>3-4pm Promise Partnership - Middle School 1pm Valentine Bingo</p>	<p>13</p> <p>9-10am Healthy Breakfast 10-12pm CV Tenant Support Food Purchase Payment Due 1:30-3:30 Valentine's Day Card Making Pop-up <b>Large Item/Compost</b></p>
<p>16</p>  <p><b>CVRC CLOSED</b> Family Day Holiday</p>	<p>17</p> <p>10am-12pm Family Playgroup 1-3pm Community Health Nurse 3-4pm Promise Partnership - Middle School</p>	<p>18</p> <p>9-10am Healthy Breakfast 3-4pm Promise Partnership - Middle School</p> 	<p>19</p> <p>3-4pm Promise Partnership - Middle School</p> 	<p>20</p> <p>9-10am Healthy Breakfast 10-12pm CV Tenant Support 10:30am-12pm Free One-on-One Counselling Drop in Food Purchase Pick up 12-4pm 6-8pm Family Board Game Night <b>Large Item/Compost</b></p>
<p>23</p> <p>10am Playtime at the HUB</p> 	<p>24</p> <p>10am-12pm Family Playgroup 1-3pm Community Health Nurse 3-4pm Promise Partnership - Middle School</p>	<p>25</p> <p>9-10am Healthy Breakfast 3-4pm Promise Partnership - Middle School</p>	<p>26</p> <p>3-4pm Promise Partnership - Middle School 1pm Card &amp; Board Games</p>	<p>27</p> <p>9-10am Healthy Breakfast 10-12pm CV Tenant Support <b>Large Item/Compost</b></p>
<p>.</p>  <h1 style="text-align: center;">FEBRUARY</h1>  				

Look inside the CV Newsletter for more information on events and programs mentioned in the calendar.

Please Recycle this newsletter 