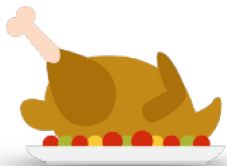


# CRESCENT VALLEY NEWS

Respect for me | Respect for you | Taking responsibility for all I do



## SAINT JOHN COMMUNITY CHRISTMAS EXCHANGE REGISTER AT RIVERCROSS MISSION

CV & North End families, you can register for one gift card to share with everyone in your household (at your address) to help buy food for Christmas Dinner. Register from November 3rd to 19th (or until they reach capacity) at the RiverCross Mission, 211 Main Street.

### November 3<sup>rd</sup> to 19<sup>th</sup> (or until capacity is reached):

- Mondays, 9 AM to 1 PM
- Tuesdays, 1:30 PM to 6 PM
- Wednesdays, 9 AM to 1 PM
- No registration on Thursdays or Fridays

No registration on Tuesday, November 11.

### IMPORTANT! You must bring with you:

- a current (not expired) Medicare card for each person being registered, including yourself
- proof of address (driver's license, health card, bill, rent receipt)

You can register **ONCE** for the Christmas Exchange. If you register with RiverCross, you must not register anywhere else.

## FAMILY DROP-IN PLAYGROUP TUESDAYS AT CVRC

Parents and guardians, **FAMILY DROP-IN PLAYGROUP** with the Family Resource Centre is at Crescent Valley Resource Centre on Tuesday mornings 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.



## LET'S LEARN TOGETHER

### Raising Healthy Kids – Learning Session for Parents & Caregivers

3rd Year UNBSJ Nursing Students invite parents and caregivers to join their upcoming *Raising Healthy Kids* learning sessions! These fun and interactive sessions will share practical tips to support children's overall health, including healthy sleep routines, physical activity,

nutritious meals, vaccinations, and injury

prevention. Sessions will take place on

**November 7 and November 21, 2025, at  
1:00 PM at Crescent Valley Resource  
Centre, 130 MacLaren Blvd.**



Light refreshments will be provided, and attendees will have a chance to enter a draw for a

**\$20 grocery gift card.**

## KIDS' BOOK GIVEAWAY

**Let's get reading!** The CVRC is holding a kid's book giveaway on Tuesday, November 18th from 10am-4pm. Adults are welcome to come grab a book or two for their kids, grand kids, etc. Kids are welcome to come by to pick things out for themselves, too! There will be a mix of new and gently used books.



## SAINT JOHN BIKE SHARE PROGRAM

The Crescent Valley Resource Centre would like to give a big shout out to Mike Stephen, Bike Technician for the Saint John Bike Share Program. Mike spent the last several months at CVRC repairing and rebuilding bikes for Crescent Valley residents and others in the community. The Bike Share program helps reduce landfill waste, pollution is lessened and it helps provide affordable transportation. Thank you to the volunteers at our satellite location, the Carleton Community Centre. The Bike Share Program is made possible through support from the Province of New Brunswick - The Environmental Trust Fund.



## NEIGHBOURHOOD NAVIGATOR



Annaliese Nylen, Crescent Valley Neighbourhood Navigator

### Our Neighbourhood Navigator is here to help 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.



## TENANT SUPPORT IN CRESCENT VALLEY

Housing NB's Tenant Relations Officer 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. 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**.

### دعم المستأجرين بكريستنت فالي

مسؤولة شؤون المستأجرين لكريستنت فالي رح تكون موجودة كل يوم جمعة من الساعة 10 الصبح لـ 12 الظهر بمركز كريستنت فالي لالموارد (البيت الازرق).

هاي فرصة ممتازة تحكي مباشرة مع حدا عن أمور تقلقك بالسكن— ما في داعي تروح لمكتب السكن. ليلي البغدادي رح تكون موجودة بالمبنى لتساعدكم بأي أسئلة متعلقة بالإيجار وتدعمكم مباشرة بالحارة.

ملاحظة: هالجلسات للمستأجرين بكريستنت فالي بس.

## UPDATES FROM HAZEN WHITE-SAINT FRANCIS SCHOOL



**October** was a great month of weather which allowed our students, class by class, to visit the Growing Place Community Garden in Crescent Valley to learn about weeding the vegetables, a big **THANK YOU** to Annaliese & Justin from CVRC!

The students had a great time dressing up for Halloween and trick or treating classroom to classroom! Always so much fun!! Our grade 4's will be heading to Crane Mountain to learn all about the 3 R's; Reduce/Reuse/Recycle. Our grade 2's and 3's will be visiting with seniors at Kennebec Manor and Chateau de Champlain. What a wonderful partnership with seniors.

## 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.



## COMMUNITY HEALTH NURSE DROP-IN CLINIC

The community health nurse now will be at the CVRC, 130 MacLaren Blvd, on **TUESDAYS, 1:00-3:00 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. No appointment is required and all are welcome.

## 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's free **and** delicious! Thank you UCT #755 for supporting our breakfast program.



The North End food bank is open every Tuesday from 10 AM - 1 PM 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.

## ST. LUKE'S LUNCH PROGRAM

**St. Luke's Monday** lunch program offers free take-out lunches from 12:00PM until 12:30PM or while supplies last. Please use the back door on Metcalf St.

## THE HOPE MISSION

**RiverCross Hope Mission** Tuesday breakfast and Thursday lunch program: The doors open for coffee on both days by 9:15 AM, the Tuesday breakfast will be served at 10:00 AM, the Thursday lunch at 11:30AM.

## CRESCENT VALLEY COMMUNITY TENANTS ASSOCIATION

55 MACLAREN BLVD.

**CVCTA** memberships are \$5.00 per year and our space is available for rental (\$5.00 for members, \$10.00 for non-members). For information contact Jennifer London, Secretary, at 506-663-0557, Eva Feddery, President, 506-721-2223, evafeddery8@gmail.com, or the CVCTA 506-658-9658.

## 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.

## لنحافظ على سلامة حيّنا وخلوه من الآفات!

نلاحظ مؤخرًا زيادة في مشاهدات الفئران، ونحن بحاجة للعمل معًا للقضاء على هذه المشكلة. يُرجى الالتزام بالخطوات التالية لمنع نشاط القوارض:

1- يجب وضع القمامة داخل الحاويات المخصصة فقط – لا تضعها أبدًا في الممرات أو في الخارج قبل يوم الخميس.  
(يوم جمع القمامة)

2 - لا تترك أي أثاث، صناديق، أو أغراض شخصية في الممرات – فهي تجذب الآفات وتشكل خطرًا للحري

3 - احرص على تخزين الطعام بشكل صحيح وحافظ على نظافة وحدتك السكنية

تعاونكم أمر ضروري وغير اختياري. دعونا نعمل معًا لتحسين صحة وسلامة الجميع.

إذا لاحظت أي علامات تدل على وجود فئران، جردان، أو صراصير، يُرجى الإبلاغ عنها فورًا لاتخاذ الإجراءات اللازمة.

يرجى الاتصال على 506-658-5167 (مكافحة الآفات) للإبلاغ عن رؤية الفئران.

## REMEMBRANCE DAY

**November 11th** is a profoundly important day in Canada. On this day, we remember and honour the people who gave and risked their lives to protect us and keep us safe. From November 3rd to the 10th the CVRC will be giving out Remembrance Day colouring pages to colour and put in your windows as a display of respect. People may also come into the CVRC to colour a page to put up to display in the centre. This colouring page will feature the poppy, which is a flower that has long been a symbol of Remembrance Day and the sacrifices that Canadian soldiers have made over the years. This is not just for kids, but for anybody who would like to participate and show their respect and admiration. Lest we forget.

**Note** - The CVRC will be closed on Tuesday, November 11.

## 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.



## HOW TO PUT YOUR KID THROUGH COLLEGE A FAMILY INFORMATION EVENT

The Promise Partnership at UNBSJ is holding an information session for parents and guardians. There will be speakers from UNBSJ and NBCC and students will share their experiences.

Learn about scholarships, student loans, co-op programs and other funding options.

Please join us on **Monday, November 3, 3:30pm - 4:30pm** at CVRC, 130 MacLaren Blvd. There will be light refreshments and time to ask questions.

## BOARD GAME NIGHT

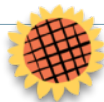
The CVRC is hosting another Board Game night! This event takes place Friday, November 28th from 6-8pm. There will be great games like Fun Meal Caper, Life, Snakes and Ladders, Chess, Checkers and much more! All are welcome, but children under the age of 10 MUST be accompanied by a parent or guardian. Game Nights are a fun, inexpensive way to spend time with the family while teaching children about fair play, good sportsmanship and positive communication as well as 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!

## YMCA NORTH HUB

We still have some spots available in our PreK Program. If you have a child entering Kindergarten in fall 2026 (born 2021) please reach out.

**Playtime** continues at the North Hub. Join us on Mondays from 10:00-12:00 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>

## LIBRARY SERVICES



CVRC library services are open Monday - Friday during 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.

## كيف تدعم تعليم طفلك الجامعي

فعالية معلوماتية عائلية تتضمن

. جلسة معلوماتية مهمة مخصصة للآباء والأمهات والأوصياء

### (The Promise Partnership)

ستشمل الفعالية متحدثين من جامعة نيو برونزويك في سانت جون بالإضافة إلى طلاب سيشاركونكم خبراتهم وتجاربهم الشخصي.

### ماذا ستتعلمون؟

المنح الدراسية و القروض الطلابية و برامج التعليم التعاوني و خيارات التمويل الأخرى المتاحة.

### التاريخ والوقت والمكان

الموعد: الإثنين، 3 نوفمبر

التوقيت: 3:30 مساءً - 4:30 مساءً

كريسنت فالي للموارد، البيت الأزرق.

سيتم تقديم مرطبات ومشروبات خفيفة، وستتاح الفرصة لترح الأسئلة على المتحدثين.

نأمل أن تتضموا إلينا.

## Turn Back the Clock



Daylight Saving Time ends on **Sunday, November 2. Get an extra hour of sleep on Sunday morning - be sure to set your clocks back one hour before going to bed on Saturday night.**

# 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.

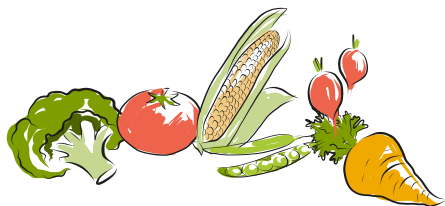
Make sure to identify where you will be picking up your order on your e-transfer. **Pay by November 14, pick up on November 21. ORDERS ARE \$25.00 EACH.**

## 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 November 20 and you could be a lucky winner. Open to CV & Anglin Drive residents.

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

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



## CONDOLENCES TO OUR NEIGHBOURS

**Our** community is saddened by the loss of three dear residents who recently passed away. We extend our deepest condolences to their families and friends. We remember Zamzam Barbari, Sherry LeMoine and young Elaina Barber, whose bright spirit touched so many hearts in just a few short years. Each will be remembered for the love and joy they brought to those around them.



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
- Tenant Relations Officer: Laila ElBaghdadi, 506-607-6410
- To apply for **any** programs and services with Social Development or Housing NB: 1-833-733-7835

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 10am Playtime at the HUB 3:30-4:30pm How to Put Your Kid Through College information session	<b>4</b> 10am-12pm Family Playgroup 1-3pm Community Health Nurse 3-4pm Promise Partnership - Middle School	<b>5</b> 9-10am Healthy Breakfast 3-4pm Promise Partnership - Middle School	<b>6</b> 3-4pm Promise Partnership - Middle School  <b>13</b> 1pm Bingo 3-4pm Promise Partnership - Middle School  <b>20</b> 3-4pm Promise Partnership - Middle School	<b>7</b> 9-10am Healthy Breakfast 10-12pm CV Tenant Support  <b>14</b> 9-10am Healthy Breakfast 10-12pm CV Tenant Support Food Purchase Due
<b>10</b> 10am Playtime at the HUB 	<b>11</b>  <b>CVRC Closed</b>	<b>12</b> 9-10am Healthy Breakfast 3-4pm Promise Partnership - Middle School	<b>13</b> 1pm Bingo 3-4pm Promise Partnership - Middle School  <b>20</b> 3-4pm Promise Partnership - Middle School  <b>Garbage Pick Up</b>	<b>14</b> 9-10am Healthy Breakfast 10-12pm CV Tenant Support Food Purchase Due  <b>21</b> 9-10am Healthy Breakfast 10-12pm CV Tenant Support 12-4pm Food Purchase pick up  <b>Large Item/Compost</b>
<b>17</b> 10am Playtime at the HUB	<b>18</b> 10am-12pm Family Playgroup 10am-4pm Kids Book Giveaway 1-3pm Community Health Nurse 3-4pm Promise Partnership - Middle School	<b>19</b> <b>Last day to register for the Christmas Exchange</b> 9-10am Healthy Breakfast 3-4pm Promise Partnership - Middle School	<b>20</b> 3-4pm Promise Partnership - Middle School  <b>27</b> 1pm Bingo 3-4pm Promise Partnership - Middle School  <b>Garbage Pick Up</b>	<b>21</b> 9-10am Healthy Breakfast 10-12pm CV Tenant Support 12-4pm Food Purchase pick up  <b>Large Item/Compost</b>
<b>24</b> 10am Playtime at the HUB 	<b>25</b> 10am-12pm Family Playgroup 1-3pm Community Health Nurse 3-4pm Promise Partnership - Middle School	<b>26</b> 9-10am Healthy Breakfast 3-4pm Promise Partnership - Middle School 	<b>27</b> 1pm Bingo 3-4pm Promise Partnership - Middle School  <b>Garbage Pick Up</b>	<b>28</b> 9-10am Healthy Breakfast 10-12pm CV Tenant Support 6-8pm Board Game Night  <b>Large Item/Compost</b>



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