

CRESCE NT VALLEY NEWS

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

COMMUNITY HEALTH NURSE DROP-IN CLINIC



The community health nurse is 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. An appointment is not required and all are welcome.



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 cvcv.nylen@gmail.com, call 506-693-8513, or stop into the centre.

PUZZLE GIVEAWAY



The CVRC has some extra puzzles so we're giving them away! It's plenty cold out in January so come by and grab a puzzle to do with your friends, family and loved ones in the warm comfort of home. Doing puzzles is a great way to bond with your family and friends while giving your eyes and brain a good work out. This giveaway takes place on Friday, January 16th from 10:00am-4:00pm, at CVRC, 130 MacLaren Blvd. Supplies are limited.



FAMILY LITERACY DAY BOOK GIVEAWAY



The CVRC is hosting a FREE book giveaway for FAMILY LITERACY DAY 2026! There will be lots of fiction and non-fiction books for kids, youth, AND adults. So, come on down to the CVRC on Friday, January 27th between 10:00am-4:00pm, 130 MacLaren Blvd. to get some cool books!

Make sure to get to the CVRC early before the best books go!



CRESCE NT 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.



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. **NOTE, The Mission** will reopen on Tuesday, January 13th for regular programs on Tuesday and Thursday at 9:00AM.
- 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.



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**.



دعم المستأجرين بكريسنط فالي

مسؤولية شؤون المستأجرين لكريسنط فالي رح تكون موجودة كل يوم جمعة من الساعة 10 الصبح لـ 12 الظهر بمركز كريسنط فالي لاموراد (البيت الازرق).

هاي فرصه ممتازه تحكي مباشره مع حدا عن أمور تقلقك بالسكن— ما في داعي تروح لمكتب السكن. ليلي البغدادي رح تكون موجودة بالمبني لتساعدكم بأي أسئلة متعلقة بالإيجار وتدعمكم مباشره بالحارة.

ملاحظه: هالجلسات للمستأجرين بكريسنط فالي بس.



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.

- Garbage goes **inside bins only** – never in the hallways or outside before **Thursday** (garbage day).
- No furniture, boxes, or personal items in hallways – they attract pests and are a fire hazard.
- 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.



WINTER WORD SEARCH - NATURE



B	R	R	P	K	C	I	V	K	S	O	L	R	P	H
E	E	V	J	F	G	F	R	O	S	T	X	G	C	I
J	T	Y	Q	I	S	Y	K	S	U	H	O	T	A	W
W	N	D	S	R	B	H	E	W	L	U	F	T	R	D
O	I	T	F	I	R	D	R	E	T	G	Y	T	I	L
N	W	E	N	I	B	O	R	S	R	L	L	I	B	W
S	R	Z	E	R	H	B	M	E	S	A	L	Z	O	Y
M	M	E	P	P	R	D	L	Z	A	C	O	M	U	G
N	O	E	R	Y	E	L	C	I	C	I	H	O	H	J
I	O	R	S	L	E	E	T	M	L	E	T	J	B	P
U	S	F	K	N	M	N	X	E	R	R	J	T	M	X
G	E	Q	P	H	C	W	R	E	F	I	N	O	C	F
N	W	X	H	Y	O	W	V	A	U	R	O	R	A	E
E	V	F	D	E	L	R	N	C	C	I	T	C	R	A
P	W	A	H	X	D	X	H	A	R	E	R	L	Y	Z

WORD LIST

ARCTIC
AURORA
CARIBOU
COLD
CONIFER

DRIFT
FIR
FREEZE
FROST
GLACIER

HARE
HOLLY
HUSKY
ICICLE
MOOSE

PENGUIN
ROBIN
SLEET
SNOW
WINTER



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.



Promise mentoring is back in January!

High school students: We've got EXAM PREP sessions at the Trojans' Clubhouse on January 6, 7, 13, and 14 from 4:30–5:30 PM.

Mentoring starts again in the third week of January:

- **HWSF (K-5):** Monday, January 19 as usual
- **Blue Building (Grades 6-8):** Tuesday, January 20 from 3:00-4:00 PM



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>



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 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.

NOTE, Playgroup will return on January 20, 2026.

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 to make an appointment. Templates are also available for pick-up during the resource centres operating hours.



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.



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 January 16, pick up on January 23. **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 January 15 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:

Jan 16 | Jan 23

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

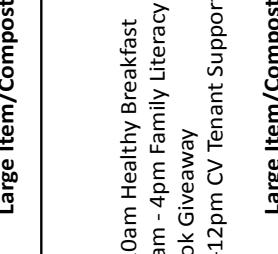
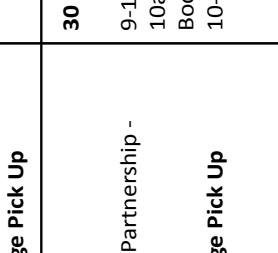
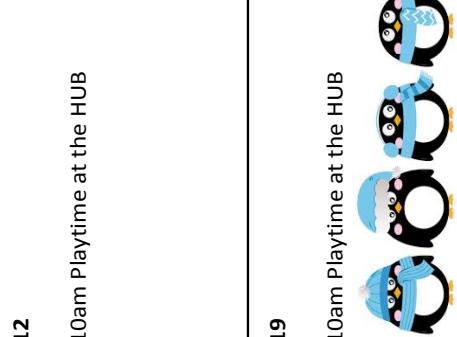
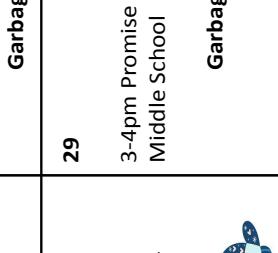
- Jeanne Connors, Principal, 506-658-5343

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
				
5 10am Playtime at the HUB 	6 1-3pm Community Health Nurse 	7 9-10am Healthy Breakfast 	8 	9 9-10am Healthy Breakfast 10-12pm CV Tenant Support 
12 10am Playtime at the HUB	13 1-3pm Community Health Nurse	14 9-10am Healthy Breakfast 	15 	16 Food Purchase Club \$ due 9-10am Healthy Breakfast 10-12pm CV Tenant Support 10am-4pm Puzzle Giveaway 
19 10am Playtime at the HUB 	20 10am-12pm Family Playgroup 1-3pm Community Health Nurse 3-4pm Promise Partnership - Middle School	21 9-10am Healthy Breakfast 3-4pm Promise Partnership - Middle School 	22 3-4pm Promise Partnership - Middle School 	23 9-10am Healthy Breakfast 10-12pm CV Tenant Support Food Purchase Club Pick up 
26 10am Playtime at the HUB	27 10am-12pm Family Playgroup 1-3pm Community Health Nurse 3-4pm Promise Partnership - Middle School	28 9-10am Healthy Breakfast 3-4pm Promise Partnership - Middle School 	29 3-4pm Promise Partnership - Middle School 	30 9-10am Healthy Breakfast 10am - 4pm Family Literacy Day Book Giveaway 10-12pm CV Tenant Support 

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

Please Recycle this newsletter 