

CRESCENT VALLEY NEWS

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

HEALTHY TODDLER ASSESSMENT

Public Health is hosting a Healthy Toddler Assessment drop in on March 23 at the CVRC from 11:30am-2:30pm.

What is a Healthy Toddler Assessment?

It is an assessment for children 18-24 months, that is done by Public Health Nurses. It is a chance to check on your child's growth and development. It allows for the early detection of any concerns. It will give you the chance to have your child's vaccine records checked by a Public Health Nurse. You can also ask the nurse any questions you may have about helping your child be healthy and safe. For more information, please call 506-658-2454 or visit gnb.ca/healthytoddler.

تعترم دائرة الصحة العامة في مقاطعة نيو برونزويك تنظيم فعالية "التقييم الصحي للأطفال"، وذلك يوم الأحد الموافق 23 مارس بالبيت الأزرق، حيث ستستقبل ممرضات الصحة العامة الأهالي وأطفالهم في جلسة مفتوحة (بدون موعد مسبق) تمتد من الساعة الحادية عشرة والنصف صباحاً وحتى الثانية والنصف ظهراً. وتهدف هذه المبادرة إلى تقديم فحص شامل لمؤشرات النمو البدني والتطور العقلي لدى الأطفال، بما يضمن الكشف المبكر عن أي تحديات صحية قد تواجههم وتوفير الرعاية الاستباقية اللازمة. علاوة على ذلك، توفر الجلسة فرصة هامة للوالدين لمراجعة وتدقيق سجلات التلقيح الخاصة بأطفالهم بإشراف مباشر من الكادر التمريضي لضمان استكمال كافة التطعيمات الضرورية. كما تفتح الفعالية باب الاستشارات المباشرة، حيث يمكن للأهالي طرح تساؤلاتهم حول أفضل الممارسات الصحية والوقائية لضمان نمو أطفالهم في بيئة سليمة وآمنة. وتأتي هذه الخطوة ضمن جهود الدائرة المستمرة لتعزيز الرعاية الصحية الأولية وتسهيل وصول العائلات إلى الخدمات الطبية الأساسية.

FREE COUNSELLING WITH RACHEL MILNE, RSW, MSW

Is your mental health little frazzled? Need someone to talk to? 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, March 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.

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

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

506-693-8513

KIDS BOOK GIVEAWAY

Let's get reading! The CVRC is holding a kids/youth book giveaway on Tuesday, March 10th from 10:00am-4:00pm. Adults are welcome to come grab a book or two for their kids, grand kids, etc. or kids can come by to pick things out for themselves!

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, call 506-693-8513, or stop into the centre.

DID YOU KNOW?

March 8 is International Women's Day. A big shout-out to the amazing, talented, fun, hard-working, caring, sharing and smart women of all ages in CV.

March 21 is International Day for the Elimination of Racial Discrimination. In Canada many people continue to face racism and discrimination every day. Let's work together for a community where everyone is respected and safe.

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.

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.

Clocks will "spring forward" one hour at 2 a.m. on Sunday, March 8, 2026.



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. The CVCTA unit is available to rent at \$10.00 for members and \$15.00 for non members, a \$20.00 damage deposit is required.

- **Teen Movie Night** – Friday, March 6, 6:00PM – 8:30PM, popcorn and other snacks provided.
- **Quarter Bingo** – March 21, 1:00PM – 4:00PM.
- **General meeting** of CVCTA – March 23, 6:00PM, open to all, stop in to learn more about the Tenants Association.
- **Easter Treat Bags** – April 4, 12:00PM (while supplies last) at CVCTA, 55 MacLaren Blvd.
- **Kids Easter Colouring Contest** – Colour the sheet on page 6, or pick up an extra colouring sheet at CVRC (the blue building), then drop it off by April 4 to CVCTA, 55 MacLaren Blvd. (put it in the mailbox), for your chance to **win one of 3 prizes**.



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

BOOK GIVEAWAY FOR ADULTS

The CVRC is hosting a FREE book giveaway for people 16 and over on Thursday March 19th between 10:00am-4:00pm. There will be lots of non-fiction and fiction in a variety of different genres like romance, mystery, drama, and science fiction, so come down to the CVRC to have your choice of any of the hundreds of books available. See you there!

JOIN THE CVRC EMAIL LIST!



Want to be the first to know about upcoming events, giveaways, news, and more? Send us your name to:

crescentvalleyresourcecentre@gmail.com
and we will add you to our email list.

EID SURPRISE BAGS

The CVRC is giving out Eid Surprise Bags full of treats and goodies for the kids! These bags will be given out Wednesday, March 25 beginning at 2:45pm. One bag per child and first come, first served. These surprise bags are for ALL Crescent Valley children to celebrate and appreciate Eid together as a community. Thank you to UCT Jack Kidd Council for supporting this event. See you then!

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.



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

Join us on Mondays from 10:00 AM to 12:00 PM for our FREE Playtime program! This includes snacks, playtime, art, music, and more! Be sure to follow us on our Facebook Group—YMCA Early Childhood Hubs for weekly updates. Don't forget to pick up a punch pass when you visit — fill it up to earn a prize!

Special Note: The last Monday of each month is our Birthday Celebration. Come celebrate with us! If you have any questions, contact Sarah at 506-271-4289 or via email at elccoordinator@saintjohny.ca.

We look forward to seeing you at the North Hub!
Open during the March Break (March 2).



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.

No Playgroups during March Break.



The Promise Partnership and UNB Social Work are making a picture book about Crescent Valley.

The book will show places people love, like the Community Garden, Resource Centre, playground, school, and more. The book will be shared in print and online.



We want your ideas!

What do you like about your community? What places or stories should be in the book? Join us for pizza and snacks on March 12 at 12 PM at the Crescent Valley Resource Centre. Everyone is welcome, including children.

HAPPY ST. PATRICK'S DAY MARCH 17

What's small, lucky, and green all over? A leprechaun who recycles.

How can you tell if a leprechaun likes your joke? He's Dublin over with laughter!



TAX CLINICS AT CVRC

Crescent Valley Neighbours -- Mark your calendars for the upcoming CVRC Income Tax Clinic!



Tax Clinic at CVRC, March 2nd - April 17th, for Crescent Valley area residents! Tax returns will be completed on a drop-off basis. You will drop-off your tax returns and be contacted to pick them up when they

have been completed. Drop-offs can be done Monday-Friday, between 9am-4pm at CVRC, 130 MacLaren Blvd from March 2nd-April 17th.

- DO NOT expect a 2-day turnaround. We have volunteers who come in and complete the returns on a bi-weekly basis.

- We are accepting current and last year only.

- Please bring government issued identification and your tax documents.

- PLEASE NOTE: space may be limited and is based on demand.



CHILDS NAME: _____

CHILDS AGE: _____

PARENTS NAME _____

PARENTS PHONE NUMBER: _____

PLEASE RETURN TO
55 MACLAREN BLVD, SAINT JOHN, NB
E2K 3G1
BY APRIL 4TH, 2026



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 March 13, pick up on March 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 March 19 and you could be a lucky winner. Open to CV & Anglin Drive residents.

NAME: _____

PHONE / ADDRESS: _____



Friendly Reminder: Crescent Valley has safe needle disposal boxes located outside of the CVRC building at 130 MacLaren Boulevard.

One is attached to the CVRC building in the driveway across from the Splash Pad and the other is behind the CVRC building by the Bike Repair shed. This allows people to safely dispose of needles they have used or found outside.

PLEASE, be very careful if you choose to dispose of a found needle on your own. Do not touch them with your bare hand. If you would rather not dispose of it on your own, you can call 648-4455 and a representative from the City will come and dispose of them.

In the interest of safety, talk to your children, grandchildren, etc., to warn them to stay away from any needles they may find and to immediately tell an adult they trust if they see one.



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




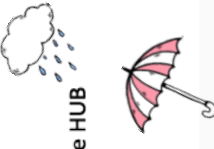

- Jeanne Connors, Principal, 506-658-5343

The Growing Place Community Garden | Saint John Bike Share Program

- Crescent Valley Resource Centre, 506-693-8513

Housing NB

- Maintenance; 506-658-5167, Pest Control; 506-643-6971
- 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>1-3pm Community Health Nurse</p> 	<p>4</p> <p>9-10am Healthy Breakfast</p>	<p>5</p>  <p>Garbage Pick Up</p>	<p>6</p> <p>9-10am Healthy Breakfast 10-12pm CV Tenant Support 6-8:30pm CVCTA Teen Movie Night</p> <p>Large Item/Compost</p>
<p>9</p> <p>10am Playtime at the HUB</p> 	<p>10</p> <p>10am-12pm Family Playgroup 10am-4pm - Kids Book Giveaway 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>12:00-1:00pm CV Story Book Pizza Party with Promise Partnership 3-4pm Promise Partnership - Middle School 1pm BINGO</p> <p>Garbage Pick Up</p>	<p>13</p> <p>Payment due for Food Purchase Club 9-10am Healthy Breakfast 10am-12pm CV Tenant Support</p> <p>Large Item/Compost</p>
<p>16</p> <p>10am Playtime at the HUB</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>10am-4pm Adult Books Giveaway 3-4pm Promise Partnership - Middle School</p> <p>Garbage Pick Up</p>	<p>20</p> <p>9-10am Healthy Breakfast 10-12pm CV Tenant Support 10:30 - 12pm - Free Counselling Pick Up Food Purchase Club order</p> <p>Large Item/Compost</p>
<p>23</p> <p>10am Playtime at the HUB 11:30-2:30 Healthy Toddler Assess 6pm CVCTA Meeting</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 2:45pm Eid Surprise Bags giveaway 3-4pm Promise Partnership - Middle School</p>	<p>26</p> <p>3-4pm Promise Partnership - Middle School 1pm Cards & Board Games</p> <p>Garbage Pick Up</p>	<p>27</p> <p>9-10am Healthy Breakfast 10-12pm CV Tenant Support</p> <p>Large Item/Compost</p>
<p>30</p> <p>10am Playtime at the HUB</p> 	<p>31</p> <p>10am-12pm Family Playgroup 1-3pm Community Health Nurse 3-4pm Promise Partnership - Middle School</p>			

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

Please Recycle this newsletter 