

CRESCENT VALLEY NEWS

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

HEALTHY TODDLER ASSESSMENT DROP-IN



Public Health is hosting a Health Toddler Assessment drop-in on **October 26, and November 23** at the CVRC, 130 MacLaren Blvd., 11:30 AM - 2:30 PM. Translation is available, and a light snack will be provided. Siblings are welcome to join us.

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.

صحة الطفل: دعوة لتقييم "الطفل السليم" في مركز البيت الأزرق، تعلن هيئة الصحة العامة عن تنظيم فعالية "تقييم الطفل السليم" بنظام الحضور المباشر دون موعد مسبق، وذلك يوم 26 تشرين الأول/أكتوبر، و23 تشرين الثاني/نوفمبر، في مقر مركز البيت الأزرق (CVRC) من الساعة 11:30 صباحاً حتى 2:30 ظهراً، مع توفر خدمات الترجمة ووجبات خفيفة. هذا التقييم مخصص للأطفال من عمر 18 إلى 24 شهراً ويشرف عليه ممرضو الصحة العامة لمتابعة نمو الطفل وتطوره، والكشف المبكر عن أي مخاوف صحية، ومراجعة سجلات اللقاحات، والإجابة على تساؤلات الأهالي، مرحب بجميع أفراد الأسرة. للمزيد من المعلومات يرجى الاتصال على 506-658-2454

أو زيارة الموقع gnb.ca/healthytoddler

COMMUNITY HEALTH NURSE DROP-IN CLINIC

The community health nurse is at the CVRC, 130 MacLaren Blvd, on **TUESDAYS, 1:00 PM - 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 Community Health Nurse will be providing **free flu shots for ages 6 months and up at CVRC**. Watch the CVRC Facebook page or call CVRC for more for details 506 693-8513.



CRESCENT VALLEY COMMUNITY TENANTS ASSOC. UPCOMING EVENTS & ACTIVITIES

ALL ACTIVITIES TAKE PLACE AT 55 MACLAREN BLVD.

- Memberships to CVCTA are available at \$5.00 per year.
- Are you having a party? 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. Call Jennifer London or Eva Feddery for information.
- Halloween Treat Bags - October 31, 5:00 PM until supplies are gone.
- Quarter Bingo – October 3rd & 24th, 1:00 PM - 4 :00 PM, open to all adults. Come out for some good fun and conversation.
- Monthly meeting – October 27th, 6:00 PM. Open to all.

CVCTA Garden Members - all plots must be cleaned by October 31st and keys must be returned to Karen.

For questions, rentals, and membership info please call Jennifer London, 506-663-0557 or Eva Feddery, 506-721-2223.



FAMILY BOARD GAME NIGHT

The CVRC is hosting another Family Board Game night!
This event takes place Friday, October 16th from
6:00 PM-8:00 PM.



There will be great games like Fun Meal Caper, Blockus, Snakes and Ladders and much more! All are welcome, but children under the age of 10 MUST be accompanied by a parent or

guardian. It's a fun, inexpensive way to have fun with the family while teaching children about fair play, positive communication as well as helping improve their reading and problem solving. Come for the whole event or feel free to just swing by for a game or two. See you there!

HWSF SCHOOL NEWS

Our year has begun and is well underway! Our school is in its final year and we are looking forward to all the things in store this year. We will be visiting Crescent Valley in the next few weeks to help weeding the garden beds and playing some games in the yard with our friends Annaliese and Justin. Our grade 4's are going on a train ride, this is something we look forward to each year! A reminder there is no school October 12th for Thanksgiving.



HALLOWE'EN BOOKS IN THE CV LIBRARY



Wanna get in the mood for Hallowe'en? During October, the CVRC library will have some spooky-scary Hallowe'en themed books for kids and youth! Come by anytime during open hours to come borrow a book for your child or they can come pick out a book for themselves. BOO!

If you have any questions about our library services, feel free to call the resource centre 506 693-8513.

Special thanks to UCT Jack Kidd Council for the generous donation that will allow us to purchase new books for our library and literacy events.



Promise Partnership.

Promise Partnership is back for the fall term!

The **Middle School Club** is open for students with more **cooking, robotics and coding, and homework support!**

Thursdays from 3:00 PM to 4:00 PM

At Crescent Valley Resource Centre (The Blue Building).

FAMILY DROP-IN PLAYGROUP AT CVRC



Parents and guardians, family drop-in playgroup with the Family Resource Centre happens at **Crescent Valley Resource Centre on Tuesday morning from 10:00 AM-12:00 PM.**

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.

TRICK OR TREAT!



Happy Halloween! The CVRC is giving out terrifying treat bags to children on Friday, October 30, around 2:30 PM! Each treat bag will be filled with some healthy and tasty snacks as well as a fun activity page! You don't need to wear a costume but make sure to get here early before we run out! Supplies are limited and they go quickly.

THE NEIGHBOURHOOD NAVIGATOR IS HERE TO HELP YOU

Annaliese Nylen, 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 at 130 MacLaren Blvd.

MEALS & FOOD ASSISTANCE

- **HEALTHY MORNING SNACK:** Take-home or eat in. Healthy Morning Snack is available from 9:00 AM to 11:00 AM Monday to Friday at CVRC, 130 MacLaren Blvd. It is free and delicious! Thank you UCT Council #755 for supporting our Healthy Snack program. 
- **ST. LUKE'S CHURCH OUTREACH LUNCH PROGRAM:** St. Luke's **free Monday** lunch program: Take-out meals begin serving at 12:00 PM. Doors open for the sit down meal at 11:30 AM and begin serving at 12:00 PM.
- **THE HOPE MISSION:** **Tuesday** breakfast and **Thursday** lunch program: Doors open for coffee on both days by 9:15 AM, the Tuesday breakfast is served at 10:00AM and Thursday lunch at 11:30 AM.
- **NORTH END FOOD BANK:** The North End food bank is open every Tuesday from 10:00 AM - 1:00 PM and every Wednesday from 1:00 PM - 3:00 PM. It is located at 211 Main St., use the door at the back – on the corner of Durham Street - Metcalf Street. Please bring reusable grocery bags with you.



YMCA NORTH HUB LOCATED INSIDE HWSF SCHOOL



- **Playtime** - Playtime continues at the North Hub on Mondays from 10:00 am-12:00 pm. Playtime is a welcoming space for families to play, connect and grow together. Playtime is cancelled on October 12.
- **Cooking Session** - We are always adding families to our list for our Together at the Table session. Let's gather around the table for a meal with other parents and learn ways to make feeding your child easier and more enjoyable.

Please reach out to Sarah for information on any of the above programs, 506-271-4289 OR elccordinator@saintjohny.com.

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.

TENANT SUPPORT FOR CRESCENT VALLEY RESIDENTS

Crescent Valley & Anglin Drive residents,
Housing NB's Program Officers 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 & Anglin Drive tenants only.

سيتواجد موظفو برنامج الإسكان وشؤون المستأجرين في كريسنت 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 حيكيم السكني مباشرة.

ملاحظة: هذه الخدمة مخصصة لمستأجري كريسنت فالي فقط.

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.

GARBAGE PICK-UP REMINDERS

- 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.

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.



PROTECT YOURSELF FROM FRAUD

Scammers use email, phone calls, social media, or text messages to trick you into giving them your personal and financial information. But there are several ways to protect yourself.

Signs of a Scam:

- Asking for money upfront, without meeting the person or seeing the product.
- Requesting sensitive information like passwords or codes over the phone or online.
- Urgency or pressure to pay.
- It seems too good to be true.

How to avoid a Scam:

- Don't be afraid to say no. If you feel rushed or pressured, ask for information in writing, or end the conversation.
- Verify any organizations and companies by looking online to find their official phone numbers and websites.
- Never give out personal information. Calls or messages asking for your name, birthdate, address, SIN, or banking information are never secure.
- Many scams ask you to pay fees before receiving goods, services, or a prize. It's illegal for a company to ask you to pay a fee upfront before they'll give you a loan.
- Never click on suspicious links.
- Watch for unrealistic prices. If it seems too good to be true, it probably is.



If you have been the victim of a scam, no matter how big or small, call the Saint John Police Force, 506-648-3333. For more info, visit antifraudcentre.ca.

The CVRC Neighbourhood Navigator can connect you to the right resources or help you file a complaint.

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:

sjfoodpurchasingclub@gmail.com

Make sure to identify where you will be picking up your order on your e-transfer. Pay by Oct. 16, pick up on Oct. 23.

ORDERS ARE \$25.00 EACH.

WIN A FOOD PURCHASE CLUB ORDER

The CVRC is giving away two Food Purchase Club orders. Fill out the ballot and drop it off to CVRC (use our mailbox after hours), by Oct. 22 and you could be a lucky winner. Open to CV & Anglin Drive residents.

NAME: _____

PHONE / ADDRESS: _____



CONTACT INFORMATION FOR YOUR MLA

Provincial MLA - Dr. John Dornan



Do you have questions about how government works? Need support with an issue related to government? Stacey Cool is the Constituency Office Assistant at your MLA's office (Dr. John Dornan), 229 Churchill Blvd., Suite 11.

NEW OFFICE HOURS: Stacey is in the office Mondays from 8:30-4:30, Tuesdays to Thursdays from 8:30 – 12:30, Friday – closed, and closed on Statutory holidays.

Feel free to stop in for a chat or call if you have any questions. We want to hear from you!

The office number is (506) 646-1805. Email is JohnDornan.Office@legnb.ca



CRESCENT VALLEY
RESOURCE CENTRE



@cvrscj

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



**Crescent
Valley**



Contacts

Crescent Valley Community Tenants Assoc. (CVCTA)

- Eva Feddery, President; 55 MacLaren Blvd., 506-721-2223 or 506-658-9658, evafeddery6@gmail.com

Crescent Valley Resource Centre (CVRC)

- Anne Driscoll - Executive Director, 130 MacLaren Blvd., 506-693-8513; crescentvalleyresourcecentre@gmail.com, Socials: @cvrscj & 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
				
5 9-11am Healthy Snack 10am Playtime at the HUB at Hazen White-St Francis School	6 9-11am Healthy Snack 10am-12pm Family Playgroup 1-3pm Community Health Nurse	7 9-11am Healthy Snack 12:30-2:30pm English for Daily Life	1 9-11am Healthy Snack 1-2pm Bingo 3-4pm Middle School Club with Promise Partnership Garbage Pick Up	2 9-11am Healthy Snack 10-12pm CV Tenant Support 10-12pm Crafts & Conversation  Large Item/Compost
12 THANKSGIVING  CVRC Closed	13 9-11am Healthy Snack 10am-12pm Family Playgroup 1-3pm Community Health Nurse	14 9-11am Healthy Snack 12:30-2:30pm English for Daily Life 	15 9-11am Healthy Snack 1-2pm Bingo 3-4pm Middle School Club with Promise Partnership Garbage Pick Up	16 9-11am Healthy Snack 10-12pm CV Tenant Support 10-12pm Crafts & Conversation 6-8pm Family Board Game Night Food Purchase Orders Due Large Item/Compost
19 9-11am Healthy Snack 10am Playtime at the HUB at Hazen White-St Francis School	20 9-11am Healthy Snack 10am-12pm Family Playgroup 1-3pm Community Health Nurse	21 9-11am Healthy Snack 12:30-2:30pm English for Daily Life	22 9-11am Healthy Snack 1-2pm Bingo 3-4pm Middle School Club with Promise Partnership Garbage Pick Up	23 9-11am Healthy Snack 10-12pm CV Tenant Support 10-12pm Crafts & Conversation Food Purchase Pick Up Large Item/Compost
26 9-11am Healthy Snack 10am Playtime at the HUB at Hazen White-St Francis School 11:30-2:30pm Healthy Toddler Assessment at CVRC 	27 9-11am Healthy Snack 10am-12pm Family Playgroup 1-3pm Community Health Nurse 7pm CVCTA meeting	28 9-11am Healthy Snack 12:30-2:30pm English for Daily Life 	29 9-11am Healthy Snack 1-2pm Spooky Bingo 3-4pm Middle School Club with Promise Partnership Garbage Pick Up	30 9-11am Healthy Snack 10-12pm Crafts & Conversation 10-12pm CV Tenant Support 2:30pm CVRC Halloween Treat Bags  CVCTA Treat Bags Saturday Large Item/Compost

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

Please Recycle this newsletter 