

Owego

February 5 - 9:30 am

Family Advisory; Family Fun Night

Be involved in planning for our 2nd Family Fun Night on April 12th. If you cannot attend, share your ideas with staff.

February 5 - 10:30 am

Puppy Pals

Marcia Kropp from TCCASA will discuss the 3Ps of puppy care. Children will have an opportunity to meet a puppy pal in training.

February 7 - 10:00 am to Noon

Hearing & Vision Screenings

Head Start Nurses will be at the FRC to provide free hearing and vision screenings for young children. Reserve a time slot for your child at the FRC or call 687-1571.

February 12 - 10:00 am

To Your Health: Healthy Hearts

Melanie Slavens, RD, nutrition educator, will discuss heart health. Child-care provided. Children and adults will have an opportunity to make and taste a healthy snack together after the adult discussion.

February 14 - 12:00 pm

Valentine Lunch

Celebrate Valentines Day at the FRC with a potluck lunch. Bring a dish to share. Children are welcome to bring Valentine cards to share with others. Wear red or pink today.

February 19 - 10:00 am

Baby Basics: Sleep Time

Parents and caregivers of infants are invited to join this discussion about sleep patterns and bedtime routines. Childcare available.

February 19 - 10:30 am

OTCs and Poison Prevention

Marilyn Reynolds, Health Department Educator, will share information about proper use of over-the-counter medications for young children and discuss poison look-alikes.

February 21 - 10:30 am

Stress Management

Judy Wolf, parenting educator, will share healthy ways to manage stress. Child-care provided.

February 26 - 10:00 am

Breastfeeding Support

This is an informal meeting time for parents who are currently breastfeeding or considering breastfeeding. Individual concerns and technical assistance will be addressed. Childcare provided.

Discipline Is NOT a Dirty Word

A four part workshop designed to help you:

- Learn the 7 principles of positive discipline
- Understand your child's unique temperament
- Set realistic limits and natural consequences
- Effectively communicate with your child

February 14th 10:30 am - 12:00 pm



February 28th 10:30 am - 12:00 pm

March 13th 10:30 am - 12:00 pm

March 27th 10:30 am - 12:00 pm

Childcare provided.
Registration required.
Call Jackie at 687-1571

For more information about any of our activities or to sign up, stop by the Center or call us at 687-1571.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Owego					1	2
3 Donation: Coffee	4	5 Family Advisory 9:30 am Puppy Pals 10:30 am	6	7 Hearing & Vision Screening 10 am - 12 pm	8 Open Hours 10 am - 3 pm Rice Play	9
10 Donation: Plastic Spoons	11 Heart Art	12 To Your Health 10 am	13	14 DINADW 10:30 am Valentine Lunch at Noon	15	16
17 Donation: Snacks	18 FRC Closed Presidents' Day	19 Baby Basics 10:00 am OTCs & Poison Look-alikes 10:30 am	20	21 Stress Management 10:30 am Water Play	22 Open Hours 10 am - 3 pm Sponge Painting	23
24 Donation: Tissues	25	26 Breastfeeding Support 10 am	27 	28 DINADW 10:30 am Stamp Art	29	30
						<div style="border: 1px solid black; padding: 5px;"> In bad weather, the Owego Family Resource Center follows the Owego School District schedule. If they are closed, so are we. </div>