

FEATURE STORY:

Expressway Family Centre Community Programming

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Feature Story | June 2021

Enhancing and enriching the lives of families in the Oxbow community is the main initiative of the Expressway Family Centre. Community programming reaches families and individuals of all ages, backgrounds, and economic status. From drop-in parent and child focused activities, cultural and recreational after school activities, parent support workshops, and special events – parents, caregivers, children, and youth can participate and benefit from the many after school, weekend, and evening programs offered by the Expressway Family Centre.

This year, due to the pandemic, the “Little Movers” program was created specifically for parents and infants. This program focuses on maternal mental health, age appropriate activities, and educational workshops for parents. A safe and comfortable environment was created for parents and infants to socialize during these difficult times.

These programs have improved the community through aiding maternal mental health, providing family support, and activities for early childhood development. Creating opportunities and a safe space during the pandemic - when isolation is at its highest - is essential for community wellbeing.

Thank you to CIF for your continued support in our organization. Your generosity is a key part in allowing the Expressway Family Centre to grow, learn, and support our community.

