



FAMILY SERVICES MONTHLY

MAY 2021

Family Services Calendar: www.enh.bc.ca/calendar



WELCOME!

Welcome to the ENH Family Services monthly newsletter!

Here, you will find Esquimalt Neighbourhood House updates, family resources and parenting information, as well as fun craft and activity ideas.

Thanks for reading!

Family Services Update

We're very excited to welcome a new staff member to the Family Services team; Marena, Child, Youth & Family Support worker. Welcome aboard, Marena!

Janik Belliveau, Family Services Coordinator,
250-385-2635 ext. 207

THIS MONTH:

Family Services Calendar: www.enh.bc.ca/calendar



IN OUR COMMUNITY

Did you know that there are **13 parks, 7 playgrounds and 12 beach accesses in Esquimalt!** There is so much nature to explore in our community!

Click [here](#) for the Esquimalt Parks Map.



MAY CRAFT!

This month we share a craft idea that was shared by a parent on the Virtual Playgroup: **Egg Carton Spy Glasses**. Thanks for sharing with us! Click [here](#) for the craft instructions.

*Adults, please remember to always supervise your child while doing crafts.

Need supplies to make this craft? You can email Janik at jbelleveau@enh.bc.ca. to get a kit.



RESOURCES OF THE MONTH

May 7th is National Child and Youth Mental Health day.

Here is a resources to help mark the day with your young children and teens.

<https://may7icare.ca/>
