

FREE

THINGS TO DO WITH YOUR BABY & CHILD on the NORTH SHORE

(OR LOW COST)

*Prepared by First Years Count: Our Children, Our Community, Our Commitment
Community Action Program for Children (CAPC)*

PARENT COMMUNITY LIAISON and ABORIGINAL PARENT COMMUNITY LIAISON

Parent Community Liaisons are parents that are in the community to work with other parents. They help parents to access important community resources, to build skills and knowledge in the community and to help provide a voice. They also facilitate the North Shore Parent Advisory Group. **To contact a Parent Community Liaison call 604-985-7138**

PARENT COMMUNITY DEVELOPERS (PCD)

Parent Community Developers have similar roles as the Parent Community Liaisons but work in the following neighbourhoods:

North Shore Neighbourhood House PCD

Lower Lonsdale: 604-645-5316
Lynn Valley: 604-632-2667

Parkgate Community Services PCD

Lynn timer & Maplewood: 604-983-6444 ext. 849

PARENT & INFANT DROP-INS (NORTH SHORE COMMUNITY HEALTH SERVICES)

TUESDAYS

Hillside Baptist Church

870 Lynn Valley Road
1:00 – 2:00 pm Consultation and Growth Monitoring

WEDNESDAYS

West Vancouver Community Health Centre

2121 Marine Drive, West Vancouver
1:00 – 2:00 pm Consultation and Growth Monitoring

THURSDAYS

John Braithwaite Community Centre

145 West 1st Street, Lower Lonsdale
1:00 – 2:00 pm Consultation and Growth Monitoring

WEDNESDAYS

Parkgate Community Centre

3625 Banff Court
1:00 – 2:00 pm Consultation and Growth Monitoring

WEDNESDAYS

John Braithwaite Community Centre

145 West 1st Street
12:30 – 2:30 pm
Young Mother Program (Mothers 24 years of age and under)



BCNurseLine – HealthLink BC (24 hours/day): 8-1-1
Immunization Clinics: 604-983-6863

PARENT - CHILD MOTHER GOOSE

Mother Goose is a free, registered program that typically runs for 10 weeks. It is an experience that focuses on the pleasure and power of using rhyme, songs and stories together. (Ages birth to 3 yrs.) Several agencies offer the program. Please contact them individually to register for Fall season.

Parkgate Community Services

Location of Classes: Parkgate Community Centre

When: Monday mornings

To Register: 604-983-6382

John Braithwaite Community Centre

Location of Classes: Family Centre, John Braithwaite Community Centre
145 West 1st Street

When: Tuesdays

To Register: Megan at 604-982-8315
30 week program for families in most need of support.

**For Child Care Providers

Child Care Resource Program –

Location of Classes: St. John's Anglican Church

220 West 8th Street, North Vancouver

When: Fridays 9:45 – 10:45 am

No Need to Register.

Drop-in Organizer: Christine 604-985-7138

Family Services of the North Shore

When & Where: Mondays at Village PPP;
Tuesdays at I Hope; Wednesdays at I.D.P.

To Register: 604-988-5281 ext. 333

Local libraries also offer Parent – Child Mother Goose. Please contact them directly for details. Refer to page 3 for contact information.

“Connect for Kids” website: www.connectforkids.ca Check out this great resource for families!!



Funded by Public Health Agency of Canada
Community Action Program for Children (CAPC)

PLAYGROUPS, DROP-INS AND THINGS TO DO

Baby Social Drop-In

Where: Karen Magnussen RecCentre
2300 Kirkstone Way, North Vancouver
Free drop-in for parents with babies under 12 months.
Contact: 604-632-2667

Open Door Society for Single Mothers Drop-In

Where: Hillside Church
870 Lynn Valley Road, North Vancouver
When: Mondays 9:30 am – 1:30 pm
Contact: Donna 604-985-1122 ext 28

So-Sah-Latch Health and Family Centre

Where: 422 West Esplanade, North Vancouver
Contact: 604-985-7826

Aboriginal Family Program

When: Mondays and Thursdays (Culture Day) 10 - noon

Aboriginal Post Natal Classes

When: Tuesdays 11:00 am - 1:30 pm

Aboriginal Head Start

Prenatal Classes

When: Mondays 6:30 – 8:30 pm (3 times/year for 6 sessions)

Middle Pregnancy Classes

When: Wednesdays 6:30 – 8:30 pm (2 times/year for 6 sessions)

Aboriginal Mother Bear Drop-in

When: Tuesdays and Fridays 1 - 3 pm
Contact: 604-988-0667

Tree Top Tales

Where: Lynn Valley Ecology Centre,
3663 Park Road, North Vancouver
When: Every 1st and 3rd Friday 11 – 11:30 am
Free story time for 2 and 3 year olds.
Contact: 604-990-3755

NORTH SHORE NEIGHBOURHOOD HOUSE

225 East 2nd Street (Lower Lonsdale) North Vancouver

Pregnant and Parenting Teen Program

Call for details on program. Child minding provided
Contact: Nina Polkinghorne 604-258-8325

Sweet Peas – A free, twice monthly program, offering nutrition and shopping help, guest speakers and group kitchen participation. Registration recommended.

When: Every 2nd and 4th Friday 3:45 – 5:45 pm
Contact: 604-987-8138

PARKGATE COMMUNITY SERVICES

3625 Banff Court, North Vancouver

Lynnmour Family Drop-In (Cost: \$1)

Where: Lynnmour - Jaycee House, 1251 Lillooet Road
North Vancouver (1 block past Purcell Way, on the left)
When: Wednesdays 9:15 - 11:15 am
Contact: Parkgate Front Desk: 604-983-6350

Parkgate Playgroup

Where: Parkgate Community Centre
When: Monday – Thursday 9:30 – noon
Drop-in fee \$5 (can be waived for parents unable to pay.)
Contact: Parkgate Front Desk: 604-983-6350

Seymour Family Place (Cost: \$1)

Where: Seymour Youth Centre
949 Lytton Street, North Vancouver
When: Tuesdays 9:30 - 11:30 am
Contact: Parkgate Front Desk: 604-983-6350

WEST VANCOUVER CHILD & FAMILY HUB

2121 Marine Drive, West Vancouver

West Van Family Place – Roots & Wings

When: Monday – Friday 9 am – noon,
Drop-in Fee \$3 (Fee can be waived if unable to pay.)
Contact: 604-925-7141

Saturday Family Storytime at the West Vancouver Library

Saturdays 10:30 am

Immunizations for Young Children

Free every Thursday in the Garden Room. By appointment 604-983-6863

JOHN BRAITHWAITE COMMUNITY CENTRE

145 West 1st Street (Lower Lonsdale) North Vancouver
Contact: 604-982-8315

Sunday Family Drop-In

When: Sundays 1 - 4 pm (closed on long weekends)
Free for children 6 years and under, \$1 over 6 years
Activities in Art Studio, Gym, Playroom

Lower Lonsdale Drop-In

When: Mondays 9:30 - 11:30 am & 12:30 – 2:30 pm (closed long weekends)
Wednesdays 9:30 – 11:30 am

Grandparent Connections

When: Thursdays 3:30 – 5:30 pm

Breastfeeding Support

When: Thursdays 1:00 – 3:00 pm

Story Time with Walter

When: Thursdays 10:00 am – 11:30 am

Daddy & Me Drop-In

Free drop-in for fathers and their children 0 – 6 years.
When: Fridays 6:00 – 8:00 pm

Post Partum Support

When: Fridays 12:30 – 2:30 pm

Let's Learn Together: Program for immigrant or refugee Farsi-speaking parents or grandparents. Contact: NS Multicultural Society, 604-988-2931



FAMILY SERVICES OF THE NORTH SHORE

Suite 101 – 255 West 1st Street, North Vancouver

Learning Together Through Play Drop-In

I hope family centre, Suite 101 – 255 West 1st Street
When: Wednesdays 9:15 -11:30 am, 1:15 – 3:30 pm, 5:30 – 7:30 pm.
Fridays 9:15 – 11:30 am, 1:15 – 3:30 pm

I hope family centre

Maplewood House,
399 Seymour River Place, adjacent to Maplewood Farm.
When: Mondays & Thursdays 9:15 – 11:30 am, 1:15 – 3:30 pm.
Tuesdays 1:15 – 3:30 pm
Contact: Corinna Opitz 604-988-5281 local 302

Breastfeeding & Post Partum Groups

I hope family centre, Suite 101 – 255 West 1st Street
When: Thursdays 10 am – 12 pm. Drop in anytime, no cost.
Contact: Marianne 604-929-2921

Parenting Young Children (Farsi):

Hollyburn School, 1329 Duchess Avenue, West Vancouver
When: Fridays 9:00 – 11:00 am. Registration required.
Contact: Mahin 604-922-3088
Please drop by or check the website for an up-to-date calendar of events at: www.familyservices.bc.ca

FAMILY SUPPORT SERVICES

Available to North Shore families with children under the age of 19 who may be experiencing difficulties resulting from marital breakdown, family conflict or other stresses. Parents, children, blended and kinship family members may all benefit.
Confidential Referral Line: 604-987-1411

CIRCLE OF CARE (for Care Providers)

A fun drop-in program for children and their child care providers/nannies to meet and play. Contact Tunde Getaneh at 604-982-3324

Where: John Braithwaite Community Centre, 145 West 1st Street
When: Tuesdays 9:30 – 11:30 am (except Tuesdays after a long weekend)

Where: Parkgate Community Centre, 3625 Banff Court, NV
When: Fridays 9:30 – 11:30 am

Where: Holly House, Hollyburn Elementary School, 1329 Duchess Avenue, WV
When: Wednesdays 9:30 – 11:30 am

STRONG START (September – June)

Free drop-in for preschool children and their parents/caregivers. Program offers a variety of activities for developing early learning skills and snack is provided.

North Vancouver

Where: Eastview Elementary School 604-903-3337
1801 Mountain Highway
When: Mon / Wed / Fri: Noon – 3:00 pm
Tues / Thurs: 9:00 am – Noon

Where: Lynn Valley Elementary School 604-903-3657
3207 Institute Road
When: Mon – Fri: 9:00 am – Noon

Where: Lynnmour Elementary School 604-903-3340
800 Forsman Avenue
When: Mon – Fri: 9:00 am – Noon

Where: Montroyal Elementary School 604-903-3661
5310 Sonora Drive
When: Mon – Fri: 9:00 am – Noon

Where: Norgate Elementary School 604-903-3361
1295 Sowden Street
When: Mon / Wed / Thurs / Fri: 9:00 am – Noon
Tues: 12:30 – 3:30 pm

Where: Seymour Heights Elementary School 604-903-3757
2640 Carnation Street
When: Mon – Fri: 9:00 am – Noon

North Vancouver

Where: Westview Elementary School 604-903-3840
641 West 17th Street
When: Mon – Fri: 9:00 am - Noon

* **Registration Requirements:** Completed Registration Form;
proof of child's age; proof of residence

For further information, contact North Vancouver School District at 604-903-3444

West Vancouver

Where: Hollyburn Elementary School
1329 Duchess Avenue
When: Monday – Friday 11:45 am – 2:45 pm
Contact: Kelly Botz 604-981-1389
Email: hollyburnstrongstart@hotmail.com

Where: Eagle Harbour Elementary School,
5575 Marine Drive
When: Monday – Friday 8:45 – 11:45 am
Contact: Sharon McGavin 604-981-1387

For further information, contact West Vancouver School District at 604-981-1000 or check their website: <http://www.sd45.bc.ca/>



LIBRARY PROGRAMS

North Van City Library
121 W 14th St
604-998-3450
www.cnv.org/hvcl

Lynn Valley Library
1277 Lynn Valley Road
604-984-0286
www.nvdpl.ca

Parkgate Library
3675 Banff Court
604-929-3727
www.nvdpl.ca

Capilano Library
3045 Highland Blvd
604-987-4471
www.nvdpl.ca

West Van Library
1950 Marine Drive
604-925-7400
www.westvanlib.org

Please check with your local library to confirm Story Time and other children's programming

FREE INTERNET ACCESS available at all Public Libraries, Parkgate Community Centre, John Braithwaite Community Centre and North Shore Community Resources.

LOCAL PARKS & PLAYGROUNDS

District of North Vancouver: 604-990-3800
Website: www.dnv.org

City of North Vancouver: 604-983-7334
Website: www.cnv.org

District of West Vancouver: 604-925-7200
Website: www.westvancouver.net



**Questions about this flyer? Contact Maria Morisseau, Coordinator, First Years Count, at 604-982-3304
Updated January 26, 2010**



**FIRST YEARS COUNT: Our Children, Our Community, Our Commitment
North Shore Community Agencies Working Together for Children**

SERVICES OFFERED

Breastfeeding Support & Learning Together Through Play

Hosted by Family Services of the North Shore @ I hope family centre (255 West 1st Street) & Maplewood House

Contact: Corinna Opitz 604-988-5281 ext. 302

Parent-Child Mother Goose (P-CMG) & Parent Community Developers (PCD)

Lynn timer and Maplewood neighbourhoods

Hosted by Parkgate Community Services

Contacts:

P-CMG and PCD Programs, Tamara Piekaar 604-983-6365

PCD, Lynn timer and Maplewood, 604-983-6444 ext. 849

Lower-Lonsdale Drop-In at John Braithwaite Community Centre (JBCC) &

Parent Community Developers (PCD) - Lower Lonsdale and Lynn Valley neighbourhoods

Hosted by North Shore Neighbourhood House

Contacts:

Lower Lonsdale Drop-In, Megan McDonnell

PCD Site Supervisor, Farah Rahimi @ JBCC 604-982-8315

PCD Lower Lonsdale Pager # 604-645-5316

PCD Lynn Valley Pager # 604-632-2667

North Shore Parent Advisory Group

Hosted by North Shore Community Resources

Contacts:

Parent Community Liaison (Parent Advisory Group co-chairperson)

Contact: Carla Main 604-985-7138 ext. 117 carlamain@hotmail.com

Aboriginal Parent Community Liaison (Parent Advisory Group co-chairperson)

Contact: Brenda Antone 604-985-7138 ext. 116 brendaantone@hotmail.com

First Years Count Coalition Coordinator

Contact: Maria Morisseau 604-982-3304 mariamorisseau@canada.com

HELPFUL PHONE NUMBERS

Information Children, Parent Helpline: 778-782-3548

Parenting Help Line open 10am – 2pm

E-Support Service: infochld@sfu.ca

HelpLine for Children: 604-310-1234

Phone line for the report of child abuse and neglect, 24 hours

Family Services of the North Shore: 604-988-5281

Counselling support for families and individuals

Infant Development Program: 604-986-1358

In-home consultations (birth to 3 years old)

North Shore Child Care Resource & Referral: 604-985-7138

Questions & referrals about local child care options

North Shore Community Resources: 604-985-7138

Information on many North Shore programs & services

North Shore Multicultural Society: 604-988-2931

Programs for immigrants and refugees

North Shore Women's Centre: 604-984-6009

Provides women with resources (information, referral and advocacy).

Pacific Post Partum Support Soc.: 604-255-7999

Weekly support group in North Van and telephone support

Poison Control: 1-800-567-8911

Bear Line: 604-990-2327

24 Hour Crisis Line: 604-872-3311

24 Hour Women's Crisis Line: 604-987-3374

La Leche League 604-520-4623

Breast feeding support

Parent Support Services (Vancouver): 604-669-1616

North Shore Shelter: 604-982-9126

705 West 2nd Street, North Vancouver

Sage House: 987-3374 (all services confidential)

Transition house for women and children seeking shelter

Harvest Project (food and clothing): 604-983-9488

201 Bewicke Avenue, North Vancouver

Assists people who are going through any form of transition that affects normal living, be that work, school, addictions, homelessness, or mental and physical illness.

Salvation Army: 604-988-7225

105 West 12th Street, North Vancouver

Provides emergency social services to individuals and families.

Assistance with food, clothing, and furnishings. Also serves victims of emergencies/disasters such as house fires or floods