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2011 2012 family



Come drop-in and spend some time with us...we are here for you.

Community-based family resource programs such as Family Drop-In Centres, work with children, families and care givers to enhance strengths, build capacities and promote healthy development. Our programs provide a friendly, supportive environment; a place for adults and children to play together, meet new friends, gain new skills and share ideas. Ask us about the many resources we have available for parents and caregivers regarding child-related topics.

Visit Parkgate Child and Family Resource Centre in Deep Cove or John Braithwaite Family Resource Centre on Lower Lonsdale for free or low cost programs. For more information, please visit our websites www.myparkgate.com or www.jbcc.ca.

We look forward to getting to know you and your family!

Family Drop-In Centres

Family drop-in centres are informal meeting places for parents and caregivers and their children age birth to 6 years. They provide a friendly, supportive environment; a place for adults and children to play together, meet new friends, gain new skills and share ideas; and resources and information for parents and caregivers on child-related topics. Some family drop-in programs are free, while others have a small fee. Most provide coffee/tea, and you provide a snack and drink for your child, contribute to the group snack, or in some cases snacks are provided. Most centres include a circle time, art, free-play and sometimes a space for gross-motor play. Each program is unique. Most family drop-in programs are facilitated by Early Childhood Educators and are often visited by neighbourhood Parent Community Developers, Community Health Nurses and Infant Development Program Consultants.

family resources

Circle of Care

A special drop in for nannies, grandparents, family child care providers and children 0-5years. Come to play in the playground. Closed School District 44 non-instructional days.

[JBCC, Family Resource Centre](#)

Tu 9:30-11:30am

[Parkgate, Family Resource Centre](#)

F 9:30-11:30am

free

Daddy & Me Drop-in

A drop in for fathers and their children 0-6yrs, inspired by Father Goose program. Crafts, stories, music, and the opportunity to connect. Free dinner will be provided.

[JBCC, Family Resource Centre](#)

F Sep 16-Dec 16 6:00-8:00pm

F Jan 6-Mar 30 6:00-8:00pm

Free

Grandparent Connections

An opportunity for grandparents to connect, share stories, and resources. Free childminding provided.

[JBCC, Family Resource Centre](#)

Th 3:30-5:30pm

free

Health Lecture Series

Everyone welcome! Drop-in to hear speakers on different topics each week. Examples of topics include creative visualization and stress management. For more info call Canadian Mental Health Association at 604-987-6959.

[JBCC, Family Resource Centre](#)

W 7:00-8:30pm

free

Lower Lonsdale Family Drop-in

A drop-in for children and their parents/caregivers under 6yrs old. Enjoy circle time, free play, crafts, and access to the resource library. (Bea S., Gabriella Z.)

[JBCC, Family Resource Centre](#)

W Sep 7-Dec 21 9:30-11:30am

M Sep 12-Dec 19 9:30-11:30am

M Sep 12-Dec 19 12:30-2:30pm

W Jan 4-Mar 28 9:30-11:30am

M Jan 9-Mar 26 9:30-11:30am

M Jan 9-Mar 26 12:30-2:30pm

free

Lynn timer Family Drop-in

This popular playgroup runs all year! Come and join the fun!

[Lynn timer, Jaycee House](#)

W 9:15-11:15am

\$1/family



Parkgate Playgroup

Come to play in the playroom. Drop into our warm, fun and supportive playgroup. Suitable for all parents/caregivers with children 0-5 years. No child is too "young" for playgroup!

Parkgate, Family Resource Centre

M-Th Sep-Jun 9:30-11:30am
\$5/family

Sunday Family Drop-in

Activities throughout the centre including the gymnasium, art studio, and play in the Family Resource Centre. Children must be accompanied by an adult. Call 604-982-8311 for info.

JBCC

Su Oct 16-Dec 18 1:00-4:00pm
Su Jan 8-Apr 1 1:00-4:00pm
\$1/person or \$3/family

family support services & parent education

Parent Education Series

Presented by Family Services of the North Shore.

JBCC, Family Resource Centre

Discipline with Love

268248 Tu Sep 20 6:30-8:00pm

Addressing Anxiety in Young Children

268249 Tu Oct 18 6:30-8:00pm

Waterbabies

268250 Tu Nov 15 6:30-8:00pm

Parenting with Patience & Humour

268251 Tu Dec 6 6:30-8:00pm

Parenting through those Tricky & Sticky Times - Mealtimes, Bedtimes, Toilets

Training

268745 Tu Jan 24 6:30-8:00pm

For Dads Only

268746 Tu Feb 21 6:30-8:00pm

Free childminding \$5/child for all sessions

parent lecture series

Help! My Child Didn't Come with an Owner's Manual

Together with Johanna Simmons, a counselor and educator, you will discover the roles that children adopt within the family. Explore the use of consequences and encouragement vs. punishment and praise and look at ways of empowering your children. We will focus on parenting children from 6-12 years old.

JBCC, Family Resource Centre

Parenting Class

268272 M Oct 17-Nov 28 7:00-9:00pm

268752 M Jan 16-Feb 27 7:00-9:00pm

free

Childminding

268274 M Oct 17-Nov 28 7:00-9:00pm

268754 M Jan 16-Feb 27 7:00-9:00pm

\$20 per session

Pacific Post-Partum Support Group

A support group for mothers experiencing post partum depression. Childminding available. Pre-registration is required by calling 604-255-7999.

JBCC, Family Resource Centre

Fri Sept 2-Mar 30

free

Parent Community Developer Program

The Parent Community Developer Program is designed to "empower families to identify and build upon their capacities". Two parents from each of the Lower Lonsdale, Lynnmour, Seymour and Lynn Valley neighbourhoods are hired, trained, and sent out into the community to work with parents and groups to help provide a voice, access important community resources, and to build skills and knowledge in the community.

Parkgate Community Services PCD's in Seymour and Lynnmour are available through voicemail by calling 604-983-6444 extension 849. North Shore Neighbourhood House PCD's are available by calling 604-645-5316 (Lower Lonsdale) or 604-632-2667 (Lynn Valley).

Parents Night Out!

Parkgate's Parent Community Developers host a "Parents Night Out" evening the first Tuesday of each month. Join us for a casual evening with other parents and children. Snacks, coffee and an adult activity planned for each month. Parents are encouraged to bring any parenting ideas and/or challenges to discuss with the group. Free childminding is available. For more information, please call the PCDs at 604-983-6444 extension 849.

Seymour Family Place

1st Tu/month 6:00-7:30pm

free

Young Parent Drop-in

Provided through Vancouver-Coastal Health, this drop-in supports young parents and their babies. Come by to meet others, to share resources or to see a Community Health Nurse. Free childminding available. Parent must be 24 years of age or younger. (Karen D.)

JBCC, Family Resource Centre

W Sep 7-Dec 21 12:30-2:30pm

W Jan 4-Mar 28 12:30-2:30pm

free

family literacy programs

Man on the Moon

An interactive program for children 0-3yrs and their MALE parent, grandparent or caregiver. This unique program includes stories, songs and rhymes fostering Early Childhood Literacy.

JBCC, Children's Playroom

268266 Sa Sep 24-Oct 29 10:00-11:00am

free

Nanny Caregiver Mother Goose at Parkgate Community Centre

Parkgate offers a 10 week program for all nannies and caregivers in our community in need of support. This program brings fun and song to caregivers and young children. If this fits for your family or someone you know, please contact 604-983-6365.

Parkgate, Upstairs multi-purpose room

274427 Th Sept 15-Nov 17 9:30-10:30am

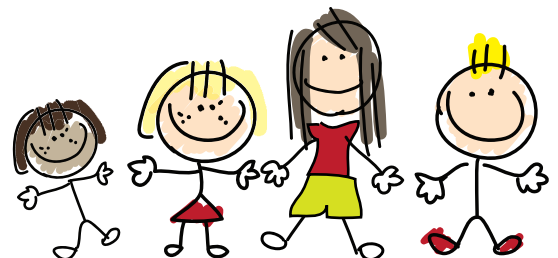
free



visit
northvanrec.com
for more details!



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Parent-Child Mother Goose at John Braithwaite Community Centre

JBCC offers a 10 week program for families in our community in most need of support. This program brings fun and song to parents and young children. It is available BY REFERRAL only. Past participants have included families experiencing post-partum depression, single parenting, parenting multiples, new to Canada, teen parenting and other reasons. Children must be under 24 months at the start of the program. If this fits for your family or someone you know, please contact 604-982-8315.

[JBCC, Family Resource Centre](#)

Tu Sep 13-Nov 15 9:30-10:30am
Tu Jan 10-Mar 13 9:30-10:30am

Parent-Child Mother Goose at Parkgate Community Centre

Connect with music, your child, and your community with songs, rhymes, and oral storytelling. Highly recommended for new parents wanting to learn skills and activities for their children's crucial early years. Grandparents and caregivers warmly welcome!

[Parkgate, Multi-Purpose Room](#)

274428 Th Sep 15-Nov 17 11:00-12:00pm
274440 Th Jan 12-Mar 9 11:00-12:00pm
free

Story Time with the City Librarian

The City of North Vancouver Story Time is for children from birth to 5yrs old to enjoy with their parents, grandparents, or caregivers.

[JBCC, Family Resource Centre](#)

Th Sep 8-Dec 15
Jan 5-Mar 29
10:00-10:20am 0-2yrs
10:30-11:00am 2-5yrs
free

Sunshine Song Time 0-3yrs

A group experience for parents and their babies and young children, focusing on the pleasure and power of using rhymes, songs and stories together. Experience the spark of delight and magic that comes from enjoying a favourite rhyme or song together. Connect with music, your child, and your community with songs, rhymes, and oral storytelling. Highly recommended for new parents wanting to learn skills and activities for their children's crucial early years. Grandparents and caregivers warmly welcome!

[JBCC, Children's Playroom](#)

268339 Tu Sep 13-Nov 15 11:00am-12:00pm
268764 Tu Jan 10-Mar 13 11:00am-12:00pm
\$73 first child; \$58 each additional child



family health services

Breastfeeding Support

Come and visit the breastfeeding support groups provided by Vancouver Coastal Health. A lactation consultant is available by appointment on Tuesdays, Wednesdays and Fridays.

Call 604-983-6863 to book an appointment.

[JBCC, Family Resource Centre](#)

Th 1:00-2:00pm

[Parkgate, North-Wing Multi-Purpose Rm](#)

W 1:00-2:00pm

Immunization Clinics

To book appointments on the North Shore for infants and children call 604-983-6700.

Infant & Child Drop-in

Parents of young children are welcome to meet with a Community Health Nurse and other professional resource people on topics related to baby and self-care (including breastfeeding support) during the first years. Weight and measurement of baby is available.

[JBCC, Family Resource Centre](#)

Th 1:00-3:00pm (talks start at 2pm)

[Parkgate, North Wing Multi-Purpose Rm](#)

W 1:00-3:00pm (talks start at 2pm)

free