

# 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

990 - 22nd Street, West Vancouver

1:00 – 2:00 pm Consultation and Growth Monitoring

### THURSDAYS

#### John Braithwaite Community Centre

145 West 1<sup>st</sup> 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 1<sup>st</sup> 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:** Lynn timer-Jaycee

House or Parkgate Community Centre

**When:** Thursday mornings

**To Register:** 604-983-6382

### John Braithwaite Community Centre

**Location of Classes:** Family Centre,

John Braithwaite Community Centre

145 West 1<sup>st</sup> 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 8<sup>th</sup> Street, North Vancouver

**When:** Fridays 9:30 – 10:30 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*



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, Eagle Room  
2300 Kirkstone Way, North Vancouver  
Free Drop-in for parents with babies under 12 months.  
When: Mondays, 1:00 – 2:30 pm  
Contact: Lynn Valley PCD 604-632-2667 (pager)

### **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

#### **Aboriginal Family Program**

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

#### **Aboriginal Post Natal Classes**

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

#### **Aboriginal Mother Bear Drop-in**

When: Tuesdays and Fridays 1 - 3 pm

#### **Aboriginal Head Start**

Contact: 604-985-7826

### **West Vancouver Family Place**

Where: West Vancouver Community Centre,  
2121 Marine Drive, West Vancouver  
When: Monday – Friday 9 am – noon, Tuesdays 1 – 3 pm  
Drop-in Fee \$3 (Fee can be waived if unable to pay.)  
Contact: 604-925-7141

### **Tree Top Tales**

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

### **PARKGATE COMMUNITY SERVICES**

3625 Banff Court, North Vancouver

#### **Lynnmour Family Drop-In**

Where: Lynnmour - Jaycee House, 1251 Lillooet Road  
North Vancouver (1 block past Purcell Way, on the left)  
When: Wednesdays 9:15 - 11:15 am  
Cost: \$1  
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** (playgroup & mini-gym)

Where: Seymour Youth Centre,  
949 Lytton Street, North Vancouver  
(between Ron Andrews Rec Ctr and Ice Sports)  
When: Tuesdays 9:30 - 11:30 am  
Cost: \$1  
Contact: Parkgate Front Desk: 604-983-6350

### **NORTH SHORE NEIGHBOURHOOD HOUSE**

225 East 2<sup>nd</sup> Street (Lower Lonsdale) North Vancouver

#### **Pregnant and Parenting Teen Program**

When: 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: Gabriella 604-987-8138 or email: [gzaugg90@yahoo.com](mailto:gzaugg90@yahoo.com)

### **JOHN BRAITHWAITE COMMUNITY CENTRE**

145 West 1<sup>st</sup> 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



### **FAMILY SERVICES OF THE NORTH SHORE**

Suite 101 – 255 West 1<sup>st</sup> Street, North Vancouver

#### **Learning Together Through Play Drop-In**

**I hope family centre**, Suite 101 – 255 West 1<sup>st</sup> 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 1<sup>st</sup> 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](http://www.familyservices.bc.ca)

“Connect for Kids” website: [www.connectforkids.ca](http://www.connectforkids.ca) Check out this great resource for families!!

---

## 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 1<sup>st</sup> Street  
When: Tuesdays 9:30 – 11:30 am (except Tuesdays after a long weekend)

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

Where: Canyon Heights Church, 4840 Capilano Road, NV  
When: Thursdays 9:30 – 11:00 am

Where: Parkgate Community Centre, 3625 Banff Court, NV  
When: Fridays 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: 9:15 am – 12:15 pm

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 17<sup>th</sup> Street  
When: Mon – Fri: 9:00 am - Noon

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 604-981-1220  
(Ask for StrongStart voicemail.)

Where: Eagle Harbour Elementary School,  
5575 Marine Drive  
When: Monday – Friday 9:00 am – Noon  
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/nvcl](http://www.cnv.org/nvcl)

### Lynn Valley Library

1277 Lynn Valley Road  
604-984-0286  
[www.nvdpl.ca](http://www.nvdpl.ca)

### Parkgate Library

3675 Banff Court  
604-929-3727  
[www.nvdpl.ca](http://www.nvdpl.ca)

### Capilano Library

3045 Highland Blvd  
604-987-4471  
[www.nvdpl.ca](http://www.nvdpl.ca)

### West Van Library

1950 Marine Drive  
604-925-7400  
[www.westvanlib.org](http://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](http://www.dnv.org)

City of North Vancouver: 604-983-7334  
Website: [www.cnv.org](http://www.cnv.org)

District of West Vancouver: 604-925-7200  
Website: [www.westvancouver.net](http://www.westvancouver.net)



**Questions about this flyer? Contact Maria Morisseau, Coordinator, First Years Count, at 604-982-3304  
Updated October 6, 2009**



**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 1<sup>st</sup> Street) & Maplewood House

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

---

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

**Lynnmour and Maplewood neighbourhoods**

Hosted by Parkgate Community Services

**Contacts:**

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

PCD, Lynnmour 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](mailto:carlamain@hotmail.com)

---

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

Contact: Brenda Antone 604-985-7138 ext. 116 [brendaantone@hotmail.com](mailto:brendaantone@hotmail.com)

---

**First Years Count Coalition Coordinator**

Contact: Maria Morisseau 604-982-3304 [mariamorisseau@canada.com](mailto: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](mailto: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 2<sup>nd</sup> 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 12<sup>th</sup> 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

---