

family resources/recreation first aid



family resource programs

Community-based family resource programs work with children, families and care givers to enhance strengths, to build capacities and to promote healthy development. Family resource programs deliver a range of services guided by principles that focus on building supportive relationships, facilitating growth, respecting diversity and furthering community development. Services are flexible, accessible and offered in an informal atmosphere.

The Parkgate Child and Family Resource Centre includes a variety of opportunities for your child to learn and grow in a creative, play-based environment. We provide a friendly place where parents/care providers and their young children can come to grow, to share, and to learn together. Programs are drop-in, free or low-cost. For more information please come by Parkgate Community Centre or call 604-983-6350 or view on the website at www.myparkgate.com

The John Braithwaite Family Resource Centre, through partnership with the North Shore Neighbourhood House, the City of North Vancouver, the North Vancouver Recreation Commission and other community agencies, offers a variety of activities and events. Come by to talk with other parents over coffee, check out a book from our resource library, play with your child, or spend time with our experienced, caring staff. Most programs are drop-in and are free unless a fee appears in the course description. For more info contact Megan McDonnell, Family Centre Coordinator at 604-982-8315 or check out our website at www.jbcc.ca.

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.

Circle of Care

A special drop-in for nannies, grandparents, family child care providers and children 5 years and younger. For more information, call the North Shore Child Care Resource Program at 604-985-7138. (Sarah S.)

JBCC, Family Resource Centre

(please note: closed following long weekends only)
Tu 9:30-11:30am

Parkgate, Family Resource Centre

(please note: closed School District 44 Non-Instructional Days)

F 9:30-11:30am

FREE

Daddy 'n Me

A free drop-in program for dad s and their little ones. Enjoy crafts, playtime, and a free meal together.

JBCC, Family Resource Centre

F Sep-Jun 6:00-8:00pm

FREE

Delbrook Playday Parent & Tot 6mos-4yrs

Parent & Tot Social time led by a facilitator. Activities include craft projects, play time with equipment, storytime, & sing alongs. (Patty A.)

Delbrook, Cedar Rm

\$3 drop-in

Grandparent Connections

A relaxing meeting place for grandparents to connect with other grandparents. Share knowledge, ideas, and experiences. 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 6:30-8:00pm FREE

Lower Lonsdale Drop-In

Drop-in and play with your children under 6yrs, enjoy circle time, a healthy snack and access to the resource library. (Bea S., Gabriella Z.)

JBCC, Family Resource Centre

M, W 9:30-11:30am

M 12:30-2:00pm

FREE

Lynn timer Family Drop-In

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

(Barb L., Nargis S.)

Lynn timer, Jaycee House

W 9:15-11:15am

\$1/family

Parkgate Drop-In Playgroup

Parkgate Drop In Playgroup is a place for children, parents and caregivers to meet and interact with new friends and participate in a variety of activities including circle time and free play.

(Annelis W., Dawn Z., Alicia T.)

Parkgate, Family Resource Centre

M-Th Sep-Jun 9:30-12:00pm

\$5/family

Sunday Family Drop-In All Ages

Activities throughout the centre including the gymnasium, art studio, and playroom in the Family Resource Centre. Children must be accompanied by an adult. Call 604-982-8315 for info.

JBCC

Su Oct-Apr 1:00-4:00pm

(no session during long weekends)

\$1/person or \$3/family

family support services & parent education

Pacific Post-Partum Support Group

A group for women experiencing post partum depression. Childminding available.

JBCC, Family Resource Centre

Pre-registration is required by calling 604-255-7999.

Baby Social Drop-in see p.114

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, Lynn timer, 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 Lynn timer 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 timer).

Parent Education Evenings with Family Services of the North Shore

join our parent education series throughout the year. For more information contact Megan @604-982-8315

Tue 6:30-8:00pm

Sept 21, Oct 19, Nov 16, Dec 7

Young Mom's Drop-In

Provided by 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. Childminding and lunch available. Parents must be 24yrs of age or younger (Karen D.).

JBCC, Family Resource Centre

W 12:30-2:30pm

FREE

family literacy programs

Parent-Child Mother Goose

JBCC offers a 10 week program beginning in September for families in our community in most need of support. This is a traditional Mother Goose program with healthy snacks, community speakers and songs/stories designed to build parenting skills and increase the child-parent connection. Registration is by referral and screened through the Family Centre. Past participants have accessed the program due to family circumstances including postpartum depression, low income, single parent household, First Nations, new to Canada and multiples. Child must be under 24 months at start of program.

For more information please contact Megan at 604-982-8315.

JBCC

Tu 9:15-10:45am Sept 14-Nov 16

Parent-Child Mother Goose

Parkgate offers a 10 week program beginning on September 20, 2010 and January 10, 2011 for families in our community. Access may be granted first to families managing postpartum depression, living on low income, as a single parent household, First Nations, new to Canada and families with multiples. Child must be under 24 months at start of program. To request more information or to leave a message for the Child Care and Family Programs Manager, please call 604-983-6382.

Parkgate

248982 M Sep 20-Nov 29 11:00am-12:00pm (no class Oct 11)

253793 M Jan 10-Mar 14 9:30am-10:30am

FREE

Nanny-Caregiver Mother Goose

Parkgate offers a 10 week program beginning on September 20, 2010 for Nannies and Caregivers in the community. To request more information or to leave a message for the Child Care and Family Programs Manager, please call 604-983-6365.

Parkgate

248983 M Sep 20 Nov 29 9:30am-10:30pm (no class Oct 11)

FREE

Sunshine Song Time

This fun and interactive program is inspired by the popular Mother Goose classes, and led by a trained Mother Goose facilitator. Highly recommended for new parents wanting to learn skills and activities for their children's crucial years.

0-3yrs

Parkgate

248981 Sa Sep 25-Nov 27 10:00-11:00am

JBCC, Playroom

246241 Tu Sep 14-Nov 16 11:00-11:45am

\$73 first child; \$58 each additional child

City of North Vancouver Library Story Time 0-5yrs

Join the City Librarian for story time and songs.

JBCC, Family Resource Centre

Th Sep-Jun 10:00-11:30am

FREE



Christmas Magic in Lynn Valley



Holiday Workshops Lantern making

Nov 21, 24 & 28

Bring your finished lantern to the parade on December 1
Call 604-983-6557

Family Gingerbread House Workshop

Wed Dec 15 (p.55)

Fabulous Centrepieces

Wed Dec 15 (p.57)

Join members of BC Floral Art and make a centerpiece for your holiday table

Bright Christmas at the Mollie Nye House

Wed Dec 1st 6-8pm

Christmas in Lynn Valley starts with the traditional Lantern Parade & lighting of Mollie Nye House with music, carol singing, treats, crafts and **a very special guest**

Cookies & Carols

Tues Dec 14

6:30-8:30pm

A community sing a long with cookies and hot chocolate at Lynn Valley Cardinal Hall
Call 604-983-6557

**For info call
604 987 5820**

Family Health Services

Breastfeeding Support

JBCC, Family Resource Centre

Th 1:00-2:00pm

Parkgate, North-Wing Multi-Purpose Rm

W 1:00-2:00pm

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.

immunization clinics

To book appointments on the North Shore for infants and children call 604-983-6863.

Parent Infant Drop-Ins

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 during the first years (talks begin at 2:00pm). Opportunities to weigh and measure your baby are always available.

Parkgate, North Wing Multi-Purpose Rm

W 1:00-3:00pm

FREE

Th JBCC 1:00 3:00pm

Infant Massage

Join us for a fun and relaxing session with your baby and learn the magic of infant massage. Master the secrets of infant massage to help your baby relax, relieve fussy, gassy colicky discomforts, enhances physical and mental development and promote longer, deeper sleep patterns.

Parkgate, Meeting Room (Colleen B.)

248988 F Sep 17 Oct 8 10:00-11:15am

253734 F Jan 14 Feb 2 10:00-11:15am

Karen Magnussen, Loon Rm

244816 W Nov 3-Nov 24 10:00-11:15am

252823 W Feb 9-Mar 2 10:00-11:15am

\$77.28

Family Pottery Sampler 5yrs&up

Children and their parents get to spend quality family time exploring and creating with clay. Enjoy making unique pottery pieces in this one session sampler.

Parkgate, Pottery Studio

250335 W Sep 29 6:30-8:00pm

250336 W Oct 27 6:30-8:00pm

250337 W Nov 10 6:30-8:00pm

250338 W Dec 1 6:30-8:00pm

250349 W Jan 26 6:30-8:00pm

250350 W Feb 23 6:30-8:00pm

250351 W Mar 30 6:30-8:00pm

\$12.50



Arts of Asia Family Art program 3yrs&up

Everyone gets in on the fun in this collaborative art project in the art studio. Take a trip across the world to Asia and learn about the culture and art of China or Japan. Come and explore traditional chinese painting, clay sculpture, woodblock print and museum collection.

Parkgate, Art Studio

253376 F Sep 24-Nov 12 5:00-6:30pm

253388 F Jan 21-Mar 11 5:00-6:30pm

\$126.40 (per family)

schools/daycares schoolage

Cap Elementary Afterschool Program

Bring a snack and enjoy a fun afternoon of sports, crafts and social recreation!

Capilano Elem School, Gym

4-6yrs

253984 W Dec 1-Dec 22 1:45-4:00pm

5-7yrs

253978 W Sep 8-Sep 29 1:45-4:00pm

253975 W Oct 6-Oct 27 1:45-4:00pm

253977 W Nov 3-Nov 24 1:45-4:00pm

8-14yrs

253979 W Sep 8-Sep 29 1:45-4:00pm

253971 W Oct 6-Oct 27 1:45-4:00pm

253972 W Nov 3-Nov 24 1:45-4:00pm

253983 W Dec 1-Dec 22 1:45-4:00pm

\$50