

family 2011

family resource programs

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.

Circle of Care

A special drop-in for grandparents, family care providers and nannies with children under 6yrs. For more information, call the North Shore Child Care Resource Program at 604-985-7138.

JBCC, Family Resource Centre

Tu Apr 5-Jun 28 9:30-11:30am
(please note: closed following long weekends only)

FREE

Parkgate, Family Resource Centre

Fri Apr 7-Jun 25 9:30-11:30am
(please note: closed on School District #44 professional development days)

FREE

Grandparent Connections

A free drop-in for Grandparents with their Grandchildren. A facilitator will provide speakers, educational programs, videos, and more, depending on the interest of group.

JBCC, Family Resource Centre

Th Apr 7-Jun 30 3:30-5:30pm
Th Jul 7-Aug 25 3:30-5:30pm

FREE

Daddy & Me Drop-in

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

JBCC, Family Resource Centre

F Apr 8-Jun 24 6:00-8:00pm

FREE

See Free & Low Cost family programs on p.8-9

family resources





Spring Fling & Plant Sale

A celebration of spring in the beautiful Mollie Nye House garden

Saturday April 16
10-2

Wonderful plants for sale

Floral design tips

Gardening demo

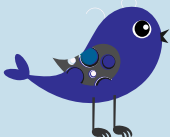
Edible Garden Project display

Master Gardener

Entertainment

BBQ

*Kids corner:
make a pot
and plant
some seeds!*



Mollie Nye House
940 Lynn Valley Rd
604 987 5820
www.mollienye.com

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 Drop-in

Drop-in with children under 6 for circle time, healthy snack, free play, crafts, and access to the resource library. (Bea S., Gabriella Z.)

JBCC, Family Resource Centre

M	Apr 4-Jun 27	9:30-11:30am
M	Apr 4-Jun 27	12:30-2:30pm
W	Apr 6-Jun 29	9:30-11:30am
M	Jul 4-Aug 29	9:30-11:30am
M	Jul 4-Aug 29	12:30-2:30pm

FREE

Lynn timer Family Drop-in

This popular playgroup runs through the summer! 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.

Parkgate, Family Resource Centre

M-Th Apr - Jun 9:30-11:30am

\$5/family

Sunday Family Drop-In All Ages

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

JBCC

Su Apr 3-17 1:00-4:00pm

\$1/person or \$3/family

family support services & parent education

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
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, 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 Valley).

Parents Night Out!

Parkgate's Parent Community Developers host a "Parents Night Out" evening the first Monday 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

FREE

Baby Social Drop-In under 12mos

Meet new friends and other new parents in your neighbourhood. Sing songs, swap stories and enjoy a cup of coffee or tea as you discover the resources available in your community. Each week there will be a different discussion topic. Contact the Lynn Valley Parent Community Developers at (604) 632-2667 for details.

FREE

**For more
Free & Low Cost family
programs on p.8-9**



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. (Karen D.)

JBCC, Family Resource Centre

W Apr 6-Aug 31 12:30-2:30pm
FREE

family literacy programs

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 Apr 12-Jun 14
9:30-10:30 am

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

223998 Tu Apr 12-Jun 14 11:00am-12:00pm
\$73 first child; \$58 each additional child



City of North Vancouver Library Story Time 0-5yrs

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 Apr 7-May 26

10:00-10:20am 0-2yrs

10:0-11:00am 2-5yrs

FREE

Spring Music Festival

A fun, interactive event including music by Kerry Burke, and a special puppet show for families with children 0-5yrs old.

JBCC, Family Resource Centre

259226 Sa Apr 16 10:00am-12:00pm

\$5/person

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 Apr 7-Aug 25 1:00-2:00pm

Parkgate, North-Wing Multi-Purpose Rm

Wednesdays

2:00-3:00pm

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 during the first years. Weight and measurement of baby is available.

JBCC, Family Resource Centre

Th Apr 7-Aug 25 1:00-3:00pm

Parkgate, North Wing Multi-Purpose Rm

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

The Magic of Infant Massage for pre-crawlers

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

Magnussen, Loon Rm

263024 W May 4-25 10:00-11:15am

Parkgate, Rm C04

264581 F Apr 1-29 10:00-11:15am

264580 F Jun 3-24 10:00-11:15am

\$71.75

let's be friends!

