

FAMILY CENTRE

The Family Centre Makes a Difference



Form friendships, relax and enjoy your community.

Learn through new ideas and get helpful parenting support from play group facilitators and parent education sessions.

Share common successes and Challenges.

Voice your opinions and make a Difference.

Throughout the week you'll find family drop-ins, library time, parent education and an on-site public health nurse. While you're here, check out our comprehensive resource corner, sign out books from our lending library or connect with a Parent Community Developer to find out what is happening in your community.

THE FAMILY RESOURCE CENTRE IS OPERATED IN PARTNERSHIP WITH THE NORTH SHORE NEIGHBOURHOOD HOUSE



PARENT COMMUNITY DEVELOPERS

If you would like to find out more about what is happening in your community or to access support please contact us at 604.645.5316 (Lower Lonsdale) or 604.632.2667 (Lynn Valley).

PARENT LECTURE SERIES Help! My Kid Didn't Come With An Owner's Manual!

Facilitated by Johanna Simmons for parents of 6-12yr old children.

Childminding available \$20 for all sessions

A parenting course combining the "step" program and positive discipline with attachment theory.

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

PARENT EDUCATION SERIES

The North Shore Neighbourhood House and Family Services of the North Shore are pleased to present free, practical information sessions for parents of preschoolers.

Parenting through those Tricky & Sticky Times— Mealtimes, Bedtimes, Toileting

268745 Tu Jan 24
Free-must register 6:30-8:00pm
Childminding \$5

For Dads only— Jorge Gonzalez

268746 Tu Feb 21
Free-must register 6:30-8:00pm
Childminding \$5

Improving Family Relationships—Chasidy Karpiuk

278493 Tu Apr 17
Free-must register 6:30-8:00pm
Childminding \$5

Bonding with Baby—Marla Evans

278500 Tu May 22
Free-must register 6:30-8:00pm
Childminding \$5

FAMILY CENTRE

MONDAY

Lower Lonsdale Drop-In

9:30-11:30am

12:30-2:30pm

A program for parents/caregivers and their children (0-5yrs). Enjoy free play time, crafts, a snack and circle time. Visit with a Parent Community Developer. Borrow a book from our lending library.

Jan 9-Mar 26 FREE

TUESDAY

Circle of Care

9:30-11:30am (except following holiday weekends)

Drop in program for childcare providers and their children. Snack, crafts, story time, free play.

Jan 9-April 30 FREE

Sunshine Song Time 0-3yrs

11:00am-12:00pm

This fun and interactive program is inspired by the popular Mother Goose program and led by a trained Mother Goose facilitator. 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 welcomed!

268764 Jan 10-Mar 13 \$73 1st child/ \$58 2nd child

Parent-Child Mother Goose

9:30-10:30am

A 10 week program for parents and their young children to gather and learn rhymes and songs. Must pre-register, please call Megan at 604.982.8315 for further information and registration.

Jan 10-Mar 13 FREE

WEDNESDAY

Lower Lonsdale Drop-In

9:30-11:30am

A program for parents/caregivers and their children (0-5yrs). Enjoy free play time, crafts, a snack and circle time. Visit with a Parent Community Developer. Borrow a book from our lending library or enjoy a toy from our toy lending program.

Jan 4-Apr 25 FREE

Vancouver Coastal Health Young Parent & Baby Drop-In

12:30-2:30pm

(Parents must be 24 years of age or younger).

Offering support and the opportunity to speak with a health nurse. Childminding and lunch provided.

Jan 4-Apr 25 FREE



THURSDAY

Vancouver Coastal Health Breastfeeding Support Parent & Infant Drop-In

1:00-3:00pm

Visit with a public health nurse, weigh your baby and receive breastfeeding support.

Jan 5-Apr 26 FREE

Story Time with the City Librarian

Thu 10:00-10:30am 0-2yrs

Thu 10:30-11:00am 2-5yrs

Jan 5-Mar 28 FREE

Grandparent Connections

3:30-5:30pm

A meeting place for grandparents and their grandchildren to learn from each other by sharing knowledge, ideas and experiences. This program is facilitated by an Early Childhood Educator. Snacks and free childminding provided.

Contact Carol at 604-987-8138 for more information.

Jan 5-Mar 29 FREE

FRIDAY

Daddy & Me Drop-In

6:00-8:00pm

A drop-in for fathers and their children (0-6yrs) to participate in our Father Goose inspired program. Enjoy crafts, stories, music and the opportunity to connect. Dinner is provided.

Jan 6-Mar 30 FREE

Pacific Post Partum Support Group

12:30-2:30pm

A group for women experiencing post partum issues.

Must call 604-255-7999 to join the group. Free childminding is provided.

Jan 6-Mar 30 FREE

Let's Learn Together

9:00am-12:00pm

An eight week program for Persian or Chinese parents/grandparents and their 0-5 year old. Learn together about community resources through parent workshops. Enjoy songs, and activities.

Apr 13-Jun 1 Must pre-register by calling 604-988-2931 Free

SUNDAY

Sunday Family Drop-In

1:00-4:00pm

Spend time with your family at JBCC!

Play in the Family Centre, enjoy sports and activities in the Gym and visit our Art Studio to create!

Jan 7-Mar 31

\$1/person or \$3/family