

FREE PROGRAMS

Accessible programs...priceless!

There are a number of free and low cost programs that contribute to a vibrant, healthy community and make it easy to connect with resources and participate.

FAMILY

Lower Lonsdale Drop-In	M	9:30-11:30am	Pg. 5
Lower Lonsdale Drop In	M	12:30-2:30pm	Pg. 5
Lower Lonsdale Drop-In	W	9:30-11:30am	Pg. 5
Circle of Care	Tu	9:30-11:30am	Pg. 5
Parent-Child Mother Goose	Tu	9:30-10:30am	Pg.5
Vancouver Coastal Health Young Parents Drop-In	W	12:30-2:30pm	Pg. 5
Vancouver Coastal Health Breastfeeding Support & Parent/Infant Drop-In	Th	1:00-3:00pm	Pg. 5
Grandparent Connections	Th	3:30-5:30pm	Pg. 5
Daddy & Me Drop-In	F	6:00-8:00pm	Pg. 5
Pacific Post Partum Support Group	F	12:30-2:30pm	Pg.5

YOUTH

Youth Centre 13-18yrs Arts & Crafts	M	6:00-9:30pm	Pg. 11
Youth Centre 13-18yrs Smoovie Night	W	6:00-9:30pm	Pg. 11
Youth Centre 13-18yrs Pool Tournament	Th	6:00-9:30pm	Pg. 11
Youth Centre 13-18yrs Dinner Parties	F	6:00-9:30pm	Pg. 11
Youth Centre 13-18yrs Basketball	F	6:00-11:00pm	Pg. 11
Youth Centre 13-18yrs Open Gym	Sa	6:00-11:00pm	Pg. 11
Pre-Teens Welcome (10-12yrs)	Sa	7:00-10:00pm	Pg. 11

ADULT 55+

Seniors Library	Varies	Varies	Call 604-982-8325
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To find out more about our Free & Low Cost programs please visit the corresponding page number or call 604-982-8300.

