

## NORTH SHORE COMMUNITY RESOURCES

Capilano Mall, North Vancouver

[www.nscr.bc.ca](http://www.nscr.bc.ca) or 604-985-7138

Information on North Shore Programs and Services including:

\* **Child Care Resource and Referral + book & toy library for minimum annual fee**

\* **Senior's Information**

\* **Volunteer North Shore**

\* **Legal Information and Advocacy**

### STRONG START

Free drop-in for preschool children and their parents/caregivers from September to June. Program offers a variety of activities for developing early learning skills. Snack is provided.

#### West Vancouver

**Eagle Harbour Montessori School:**

5575 Marine Drive West Vancouver

T 604.981.1380 E [eagleharbourstrongstart@wvschools.ca](mailto:eagleharbourstrongstart@wvschools.ca)

Mon/Wed/Fri 8:30-11:30 am (0-5 years)

**Hollyburn Elementary School:**

1329 Duchess Avenue West Vancouver

T 604.981.1220 E [hollyburnstrongstart@wvschools.ca](mailto:hollyburnstrongstart@wvschools.ca)

Mon/Tues/Wed/Thurs 12:15-2:45 pm (0-5 years)

**Chartwell Elementary School – Portable:**

1300 Chartwell Drive, West Vancouver

T 604.981.1297 E [chss@wvschools.ca](mailto:chss@wvschools.ca)

Mon\*/Tues/Wed/Thurs 9:15-11:30 am (0-5 years)

\*funded by District of WV Community Grants & BC Early Years Office

#### North Vancouver

**Boundary Elementary School** 604-903-3260  
750 East 26<sup>th</sup> Street Monday – Friday: 8:55 – 12:00 pm

**Eastview Elementary School** 604-903-3520  
1801 Mountain Highway Monday – Friday: 8:45 – 11:50 am

**Lynn timer Elementary School** 604-903-3590  
800 Forsman Avenue Monday – Friday: 8:45 – 11:50 am

**Montroyal Elementary School** 604-903-3650  
5310 Sonora Drive Monday – Friday: 8:45 – 11:45 am

**Norgate Elementary School** 604-903-3680  
1295 Sowden Street Monday – Friday: 8:50 – 11:55 am

**Seymour Heights Elementary School** 604-903-3760  
2640 Carnation Street Monday – Friday: 8:55 – 12:00 pm

**Westview Elementary School** 604-903-3840  
641 West 17<sup>th</sup> Street Monday – Friday: 8:50 – 11:55 am

**North Vancouver School District: 604-903-3777**

For more info, please visit: [www.sd44.ca/schools/strongstart](http://www.sd44.ca/schools/strongstart)

Financial contribution from



Prepared by **First Years Count: Our Children, Our Community, Our Commitment**  
Funded by **Public Health Agency of Canada**  
Community Action Program for Children (CAPC)

## WEST VANCOUVER IPALS PROGRAMS:

iPals - an early literacy program for new immigrant families

with children ages 3-5

### MANDARIN PROGRAM

At Chartwell StrongStart - 1300 Chartwell Drive

Fridays, 9:30 - 11:00 AM - January 11 - March 15, 2019

Pre-registration required. Participants must have a PR card to enrol.

Contact: [ddevita@wvschools.ca](mailto:ddevita@wvschools.ca) for registration information.

## RECREATION PROGRAMS

**North Vancouver Recreation & Culture**

**604-987-7529 (PLAY); [www.nvrc.ca](http://www.nvrc.ca)** Click on

“Leisure Guide” link to view programs, events & services.

Financial assistance available, please call to inquire.

## HELPFUL INFORMATION

**24 Hour Crisis Line:** 604-872-3311

**24 Hour Women's Crisis Line:** 604-987-3374

**Poison Control:** 1-800-567-8911

**Sage House:** 604-987-3374 (all services confidential)

Transition house for women and children seeking shelter.

**Family Services of the North Shore:** 604-988-5281

Counselling support for individuals and families.

[www.familyservices.bc.ca](http://www.familyservices.bc.ca)

**Harvest Project** (food and clothing): 604-983-9488

1073 Roosevelt Crescent, 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.

**Helpline for Children:** 604-310-1234

Phone line for the report of child abuse and neglect, 24 hours

**Infant Development Program (IDP):** 604-986-1358

In-home consultations (birth to 3 years old)

**Information Children, Parent Helpline:** 778-782-3548

Parenting Help Line open 10am – 2pm;

[www.informationchildren.com](http://www.informationchildren.com)

**Pacific Post Partum Support Society**

For Mothers with Young Children or Pregnant Women

Telephone Support: 604-255-7999 or

Weekly Support Groups: [www.postpartum.org](http://www.postpartum.org)

## HELPFUL WEBSITES:

**Healthy Families BC:** [www.healthyfamiliesbc.ca](http://www.healthyfamiliesbc.ca)

For new immigrants: [www.immigrantguide.ca](http://www.immigrantguide.ca)

**VCH Parenting Resources 0-5:** [www.parenting.vch.ca](http://www.parenting.vch.ca)

**Great resources for families:**

“Connect for Kids” website: [www.connectforkids.ca](http://www.connectforkids.ca)

**Safety websites:**

[www.bcchildrens.ca/KidsTeensFam/ChildSafety/SafeStart/default.htm](http://www.bcchildrens.ca/KidsTeensFam/ChildSafety/SafeStart/default.htm)

[www.preventable.ca](http://www.preventable.ca) [www.parachutecanada.org](http://www.parachutecanada.org) [www.thinkfirst.ca](http://www.thinkfirst.ca)

**West Vancouver Recreation Programs:** 604-925-7270

[www.westvancouverrec.ca](http://www.westvancouverrec.ca)

**Bowen Island Community Recreation:** 604-947-2216

[www.bowencommunityrecreation.com](http://www.bowencommunityrecreation.com)

**La Leche League:** 604-520-4623 Breastfeeding support

**North Shore Community Resources (NSCR):** 604-985-7138

Information on many North Shore programs & services. [www.nscr.bc.ca](http://www.nscr.bc.ca)

**Child Care Resource & Referral (CCRR):**

604-985-7138 Consultation & referral regarding child care options; information about Child Care Subsidy

**Legal Information & Advocacy:** 604-985-7138

**North Shore Multicultural Society (NSMS):** 604-988-2931

Helps newcomer families with a range of settlement information, referrals and offers parenting workshops and programs.

[www.nsms.ca](http://www.nsms.ca)

**North Shore Women's Centre:** 604-984-6009

Provides women with resources (information, referral & advocacy). Single Mom's Support Group begins each September.

[www.northshorewomen.ca](http://www.northshorewomen.ca)

**Parent Support Services** (Vancouver): 604-669-1616

**Salvation Army:** 604-988-7225

105 West 12th 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.

**Food Bank Hub** - open Wed., (except cheque day)

9:00 – 11:30 am [www.nsnh.bc.ca](http://www.nsnh.bc.ca) or tel.: 604-987-8138

North Shore Neighbourhood House,

225 East 2nd Street, North Vancouver

## CAPC PROGRAMS

**Parent Community Liaison and Parent Community Developers**

A Parent Community Liaison and a Parent Community Developer is a parent that is 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 Activity Group.

**First Years Count, Coordinator:** 604-982-3304

**PARENT-CHILD MAMA DUCK NIGHT OUT, DROP-INS AND**

**PARENT COMMUNITY DEVELOPERS (PCD)**

East of the Seymour River

**Hosted by Parkgate Community Services**

Contacts: P-CMD and PCD Programs

Christine Mann: 604-983-6365

PCD, Lynn timer and Maplewood, 604-983-6444 ext., 849

**Lower-Lonsdale Drop-In at John Braithwaite Community Centre**

**(JBCC) & Parent Community Developers (PCD)**

**Hosted by North Shore Neighbourhood House**

Contacts: Lower Lonsdale Drop-In: Zahia Lazib,

Family Resource Centre Coordinator 604-983-6494

CAPC Site Supervisor: Farah Rahimi 604-983-6494

PCD: 604-983-6494

**Parent Community Liaison**

(Parent Activity Group Chairperson + Parent Activity Group)

# FREE

(OR LOW COST)

## THINGS TO DO WITH YOUR BABY & CHILD

on the NORTH SHORE

Winter 2019 – January 1st

### The BC HEALTHY Kids Program

helps low-income families with the costs of basic dental care and prescription eyewear for their children.

For more information, call:

1-866-866-0800 press 4 and then 2

**YOU CAN FIND THIS PAMPHLET ON LINE:**

[www.nscr.bc.ca/childcare/resource-pdf/Freethings](http://www.nscr.bc.ca/childcare/resource-pdf/Freethings)

## SPECIAL EVENTS

### NORTH AND WEST VANCOUVER

**Polish Festival**, Lynn Valley Village 1:30 - 6:30 pm.

This free event will feature Polish music, singing and folk dancing, special programs for children and youth such as: puppet theatre show, art and games activities, balloon lady, face-painting and more.

For more information visit: [www.belweder.org](http://www.belweder.org)

**COHO Festival**, 11:00 am - 6:00 pm.

The main part of this popular event takes place at beautiful Ambleside Park in West Vancouver.

Don't miss this event, full of music, community organization displays and BBQ salmon.

**Kindergarten Parent information night**,

Centennial Theater, 2300 Lonsdale Ave, 7:00 - 9:00 pm

Join us for a free kindergarten Parent information evening for children born in 2013 and entering kindergarten in September 2018.

## FAMILY SUPPORT SERVICES

Confidential referral line 604-987-1411, 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.

## PARENT & INFANT DROP-INS (PUBLIC HEALTH SERVICES)

### MONDAYS

Parkgate Community Centre  
3625 Banff Court, North Vancouver  
1:00 – 3:00 pm Consult. & Growth Monitoring  
1:30 – 2:30 pm Parent-Infant Talk

### TUESDAYS

Hillside Baptist Church  
870 Lynn Valley Road, North Vancouver  
1:00 – 3:00 Consult. & Growth Monitoring  
1:30 – 2:30 Parent-Infant Talk

### THURSDAYS

John Braithwaite Community Centre  
145 West 1<sup>st</sup> Street, North Vancouver  
1:00 – 3:00 Consult. & Growth Monitoring  
1:30 – 2:30 Parent-Infant Talk

**On-Call Nurse: 604-983-6700**  
**HealthLink BC (24 hours/day): 8-1-1**  
**Immunization Clinics: 604-983-6863**

## PARENT - CHILD MOTHER GOOSE

Mother Goose is a free, registered 10-week program. 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. Local libraries also offer Parent - Child Mother Goose.

### Family Services of the North Shore

Registration occurs 3 times/year for Maplewood,  
City of NV Library & WV Memorial Library.  
To register and more info, [www.familyservices.bc.ca](http://www.familyservices.bc.ca)

### North Shore Neighbourhood House

Location: JBCC Family Resource Centre, Playroom  
Tuesdays 9:30-10:30 am  
145 West 1<sup>st</sup> Street, North Vancouver  
Must register by calling: 604-983-6494  
Website: [www.nsnh.bc.ca](http://www.nsnh.bc.ca)

### North Shore Community Resources

Location: **St. John's Anglican Church**  
220 West 8th Street, North Vancouver  
When: Mondays 9:45 – 10:45  
closed stat. holidays  
No Need to Register: tel.: 604-985-7138  
For Child Care providers  
Drop-in Organizer: Patricia Asbun

### Family Outreach & Engagement Program

Location: **Salvation Army**, 105 w 12 St., North Vancouver  
When: Drop in & register  
Call for more info: 604-982-3308

### Parkgate Community Services

3625 Banff Crt  
Contact: 604-983-6350

## FAMILY SERVICES NORTH SHORE

Suite 203 -1111 Lonsdale Ave., North Vancouver; 604-986-9311  
Please check the website for an up-to-date calendar of events:  
[www.familyservices.bc.ca](http://www.familyservices.bc.ca), Facebook (I hope family centre)

### Breastfeeding and Postpartum Support \*

Location: CNV Library 3rd Floor  
Date: Jan 10 to Mar 28 Thursdays 10 am – 12 pm.  
Drop in anytime/no cost

### Learning Together Through Play (LTP) \*

Drop-In programs:  
**West Vancouver**, 2121 Marine Drive  
Date: Jan 9 to Mar 15 Monday to Friday 9-11:30 am

**Maplewood**, I hope family centre: 399 Seymour River Pl.  
Jan 14 to Mar 16 Monday, Tuesday,

Thursday 9:15 – 11:30 1:15 – 3:30 Saturday 9:15 – 11:30

**Lonsdale Quay Market** 2<sup>nd</sup> Floor  
Jan 16 to Mar 15 Wed. 9:30 – 3:00 pm and Fri. 9:30 – 12:00 am

### Takaya First Nation Family Program \*

**Maplewood**, I hope family centre, 399 Seymour River Pl.  
Jan 15 to Mar 12 Tuesdays afternoon; Registration required.

### Pancakes and Play\*

Open to all male caregivers and their children  
Sunday Jan 20 to Mar 17 9:15 – 11:30  
Contact name: Shauna Mokelki, tel.: 604-986-9311  
\*Regular closures, please check monthly calendar

## PARKGATE COMMUNITY SERVICES

3625 Banff Court, North Vancouver  
Contact: 604-983-6350 or [www.myparkgate.com](http://www.myparkgate.com)  
**Lynnour Family Drop-In (Cost: \$2/family)**

Lynnour – Jaycee House, 1251 Lillooet Road, NV  
Wednesday from 9:15 – 11:15 am

### Parkgate Playgroup

Parkgate Community Centre; \$5/family  
Mon – Thu from 9:30 – 11:30

### Saturday Playgroup

9:30 to 11:30 Mon-Thurs and Saturdays Cost: Free

**Evening Playgroup** - Parkgate Rec., from 6:00 – 7:30 pm

Jan 8, Feb 12, March 12

Free program, no registration required

Contact: PCDs 604-983-6444 ext.: 849 for info.

### Outdoor Playgroup

Second and fourth Monday from 12:00 – 2:00 pm;  
no registration required

**Dad's Night Out (Seymour Youth Centre - 949 Lytton St.)**

Jan 9, Feb 6, March 6 from 6:30 – 8:00 pm (Free program)

All dads/grandpas of children 0-6. Contact: 604-983-6444 ext.: 849

## North Shore Women's Centre-Single Mother's Support Group

Discussion, activities & opportunities to connect with other Moms.  
Every Saturday morning, free 1-year program, child care provided.  
Registration required: 604-984-6009

## NORTH SHORE NEIGHBOURHOOD HOUSE - JBCC

### PLAYGROUPS, DROP-INS AND THINGS TO DO

**John Braithwaite Community Centre**  
Location: 145 West 1st Street (Lower Lonsdale), North Vancouver  
Website: [www.nsnh.bc.ca](http://www.nsnh.bc.ca) Contact: 604-983-6494

### Lower Lonsdale Family Playgroup Drop-In

(Closed Statutory Holidays)  
Mondays 9:30 - 11:30 am & 12:30 - 2:30 pm from Jan. 7 to Mar. 25  
Wednesdays 9:30 - 11:30 am from Jan. 9 to Mar. 27

### Parent Community Developers' Playgroup Drop-In

Tuesdays 12:30 – 2:00 pm from Jan. 8 to Mar. 26

### Story Time with the City Librarian

Thursdays 10:00 – 10:30 am (Birth-2 yrs) &  
10:30 - 11:00 am (2-5 yrs) from Jan. 10 to Mar 28

### Parent & Infant Drop-In

Thursdays 1:00 – 3:00 pm from Jan. 3 to Mar. 28  
Parents and infants are welcome to the public health  
nurse led weekly

Drop-in for talks on topics related to baby and  
self-care during the first year.

### Young Parents Program Drop In (NEW)

Every other Thursday 5:30-7:30 pm starting Jan. 10  
For dates, please call 604-258-8539 or email [nsnhfsw@nsnh.bc.ca](mailto:nsnhfsw@nsnh.bc.ca)

### NSMS Women's English Skills Support Group

Fridays 9:30 – 11:30 am from Dec. 14 to Feb. 15  
Must pre-register by calling 604-988-2931

### Pacific Post-Partum Support Group

Fridays 12:15 – 2:15 pm  
Must pre-register by calling 604-255-7999

### Daddy & Me Drop-In

Fridays 6:00 – 8:00 pm from Jan. 11 to Mar. 29  
A drop in dads only playgroup for fathers and their children  
(birth-6yrs). Enjoy a healthy dinner, art, music, explore science,  
sensory play and participate in our Father Goose inspired  
circle time. Dinner is provided from 6 to 6:30pm.  
Drop In \$5/dad, \$1/child

## LIBRARY PROGRAMS

North Shore libraries offer various programs and story times for  
babies, children and families.

Contact your local library for up-to-date details.

<b>NV City</b> 121 West 14th St. 604-998-3480 <a href="http://www.nvcl.ca">www.nvcl.ca</a>	<b>WV Memorial</b> 1950 Marine Dr. 604-925-7400 <a href="http://westvanlibrary.ca">westvanlibrary.ca</a>	<b>Bowen Island</b> 430 Bowen Island Trunk Road 604-947-9788 <a href="http://bowenlibrary.ca">bowenlibrary.ca</a>
<b>Lynn Valley</b> 1277 Lynn Valley Rd 604-984-0286 <a href="http://www.nvdpl.ca">www.nvdpl.ca</a>	<b>Parkgate</b> 3675 Banff Court 604-929-3727 <a href="http://www.nvdpl.ca">www.nvdpl.ca</a>	<b>Capilano</b> 3045 Highland Blvd. 604-987-4471 <a href="http://www.nvdpl.ca">www.nvdpl.ca</a>

### FREE INTERNET ACCESS

Available at all Public libraries and John Braithwaite Community  
Centre and North Shore Community Resources.

## NV RECREATION & CULTURE – [www.nvrc.ca](http://www.nvrc.ca)

Parent -Tot Gym all sessions are \$1/child  
For more information about the program contact: 604-983-6470

### Parent Participation Open Gym \$2

**Delbrook Community Centre**  
Thur, Jan 3 - Mar 7, 9:00 - 11:30 - Fri, Jan 4 - Mar 8, 10:00 - 11:30  
Sat, Jan 5 - Mar 30, 9:00 - 11:30, Mon, Jan 7 - Mar 11, 9:00 - 10:45

### John Braithwaite Community Centre

Tue & Thu, Jan 8 - Mar 28, 9:30 - 11:30 - Sat, Jan 12 - Mar 30, 9:15 - 11:15

### Parkgate Community Centre

Sat, Jan 5 - Mar 23, 10:30 - 12:00 - Fri, Jan 11 - Mar 15, 3:45 - 5:30

Mon, Jan 14 - Mar 4, 11:05 - 12:05

### Ron Andrews Community Centre

Sun, Jan 6 - Mar 31, 3:30 - 6:30 - Tue, Jan 8 - Mar 12, 11:20 - 2:15  
Wed, Jan 9 - Mar 13, 12:00 - 2:15 - Fri Jan 11 - Mar 15, 11:20 - 2:15

Mon, Feb 18, 11:00 - 5:00 (Stat Holidays)

\*Additional dates and times offered over Winter Break.

\$2 Public Swims and Skates available. For a schedule, visit p 10 of our  
Fall/Winter leisure guide or call 604-987-PLAY (7529)

## WEST VANCOUVER CHILD & FAMILY HUB

WV Community Centre, 2121 Marine Drive, West Vancouver  
To register: website: [www.westvancouverrec.ca](http://www.westvancouverrec.ca)

### West Vancouver Family Place / 604-925-7141

WV Community Centre: 2121 Marine Dr. WV  
Program runs from March 31 – June 25; from 9:00 – noon.

Family drop-in fee \$5/family. Snacks are provided,

### Postpartum Supportive Treatment Group (WVCC)

Thur. 9:45 – 11:00 am; by referral only: call 604-983-6754

### Immunizations for Young Children

Free every Thursday in the Garden Room.

By appointment 604-983-6863

### VCH's Parent Infant Drop-Ins at the WVCC

Wed. 1:00 – 3:00 pm in the Garden Room

For more info, call the Early Years Nurse; 604-983-6754

### Saplings Outdoor Preschool Experience

Wednesdays 9:30 to 11:30 at Chatwin park **free** program,  
registration required [Saplingsinfo@gmail.com](mailto:Saplingsinfo@gmail.com)

### Saplings Outdoor Program at Properties Family Hub:

(Douglas Woodward Park)

Session two dates: January 08 – March 12

Drop in program for children ages 0-5 and their parents or  
caregivers. Join us at Properties Family Hub for a nature  
based outdoor program. Please bring a snack.

Funded program: Saplings Outdoor Program

Registration: <http://www.saplingsoutdoorprogram.ca>

## CIRCLE OF CARE (for Care Providers)

For more information contact:

[www.nscr.bc.ca](http://www.nscr.bc.ca) or call 604-985-7138

A free drop-in program for children and their child care  
Providers/nannies to network and play. Snack is provided.

**John Braithwaite Community Centre**, 145 West 1st,

Tuesdays, Jan.08 – Dec.17 from 9:30 – 11:30 am

(Except: Tuesdays after a long weekend).

**Parkgate Community Centre**, 3625 Banff Court

Fridays, Jan 4 – June 21 from 9:30 - 11:30 am

Except Pro-D days.