

FREE

(OR LOW COST)

DID YOU KNOW.....?





THINGS TO DO WITH YOUR BABY & CHILD on the NORTH SHORE SPRING/2017 – April 1

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




SPECIAL EVENTS – NORTH VANCOUVER

-  April 8 – Easter Bunny Hop – John Braithwaite Community Centre from 9:30 to 11:00 am. Hop on over to JBCC for this popular Easter event! Easter egg hunt, crafts, cookies, games and meet the Easter Bunny too! Location: 145 West 1st Street, NV. Must register – call 604-983-6471; bar code # 364596 - \$2/person
-  North Vancouver School District Ready, Set, Learn. Free family events aimed at reading 3-5 year olds for school. Events begin Feb. 9 and run at various elementary schools until May 25. For the full schedule visit: www.sd44.ca
-  April 25– Thriving Children from the Inside Out – Parkgate Community Centre from 6:30 -8:00 pm. Meet at the Mary Hunter Hall for a presentation on the mental health needs of infants and toddlers. To register call 604-983-6350 – bar code 380742, childminding is available from 6:15 pm to 8:15 pm – bar code 380746 For more information contact Maria Morisseau at maria.morisseau@nscr.bc.ca
-  Drop-In Program – Surviving Parenthood – ongoing program every Monday from 5:30 – 7:00 pm Group meets at Family Services of the North Shore office, 203-1111Lonsdale Avenue No registration is required/no cost

SPECIAL EVENTS – WEST VANCOUVER

-  April 29 – Ready, Set, Learn, West Vancouver Community Centre from 9:30 – 11:30 am Participants receive complimentary early learning resources, musical entertainment (performer Marnie Grey), story time, healthy living information for preschools, along with the information about child development. For more information: www.westvancouverrec.ca or 604-981-1000
-  May 14 – Blocks, Bricks & Build Festival, Lego building competition from 10:00 – 2:00 pm For further info., www.westvancouverrec.ca/spring-summer/general-information/special-events/main/block-bricks-build-festival

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 (NORTH SHORE COMMUNITY HEALTH SERVICES)

MONDAYS

Parkgate Community Centre
3625 Banff Court, North Vancouver
1:00 – 3:00 pm Consultation and 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

WEDNESDAYS

West Vancouver Community Health Centre
(WV Community Centre)
2121 Marine Drive, West Vancouver
1:00 – 3:00 Consult. & Growth Monitoring
1:30 – 2:30 Parent-Infant Talk

WEDNESDAYS

Young Parents and Baby Drop-in
Program (Parents must be 24 years of
age or younger) JBCC
145 West 1st Street, NV: 12:45 – 2:30 pm

THURSDAYS

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

On-Call Nurse: 604-983-6754

Monday – Friday 8:30 – 4:30

HealthLink BC (24 hours/day): 8-1-1

Immunization Clinics: 604-983-6863

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

Financial contribution from


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. Please contact them directly for details. Refer to page 3 for contact info.

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

Parkgate Community Services

Parent-Child Mama Duck

Apr 3 – Jun 19; 9:00 - 10:00 am toddler and sibling; from 10:30 – 11:30 infant
Must pre-register: 604-983-6350
No classes Apr. 17 and May 22

North Shore Neighbourhood House

Location of Classes: JBCC

Tues. Apr 11 – Jun 13 from 9:30 – 10:30 am
145 West 1st Street, North Vancouver
To register call: 604-983-6494
www.jbcc.ca

North Shore Community Resources

Location: Maison Senior Living
701 Keith Road, West Vancouver
Tue., April 4 to June 6 from 1:00 – 2:00 pm
To register: patricia.asbun@nscr.bc.ca

North Shore Community Resources

Location: St. John's Anglican Church
220 West 8th Street, North Vancouver
When: Mondays 9:45 – 10:45
From Apr 3 to June 26 closed stat. holidays
No Need to Register: tel.: 604-985-7138
For Child Care providers
Drop-in Organizer: Christine Mann



FAMILY SERVICES OF THE 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, Facebook (I hope family centre)

Breastfeeding and Postpartum Support *

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

Learning Together Through Play (LTP) *

Drop-In programs:

Maplewood, I hope family centre; 399 Seymour River Pl.
Mon, Tues & Thurs 9:15 -11:30 & 1:15 - 3:30 pm

Lonsdale Quay Market 2nd Floor
Wed. 9:30 – 3:00 pm and Fri. 9:30 – 12:00 am

Takaya First Nation Family Program *

Tuesday afternoons; Registration required.
Contact name: Brenda Antone; 604-765-2827

*Regular closures, please check monthly calendar

PARKGATE COMMUNITY SERVICES

3625 Banff Court, North Vancouver
Contact: 604-983-6350 or www.myparkgate.com

Lynn timer Family Drop-In (Cost: \$2/family)

Lynn timer – Jaycee House, 1251 Lillooet Road, NV
Wed. Apr. 5 – Jun 21 from 9:15 – 11:15 am

Parkgate Playgroup

Parkgate Community Centre; \$5/family
Mon – Thu Apr 3 to Jun 22 from 9:30 – 11:30

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

Apr. 11, May 9, and June 13; no registration required
Contact: PCDs 604-983-6444 ext.: 849 for info.

Outdoor Playgroup: Apr 10 & 24, May 8 & 29, Jun 12

from 12:00 – 2:00 pm; no registration required

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

Apr. 5, May 3 & June 7 from 6:30 – 8:00 pm
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

Open Door Society for Single Mothers Drop-In

Hillside Church, 870 Lynn Valley Road, North Vancouver
Mondays 9:30 – 1:30 pm; contact Donna 604-985-1122 ext.: 28
Website: www.singlemomsopendoor.com

NORTH SHORE NEIGHBOURHOOD HOUSE - JBCC

Location: JBCC 145 West 1st Street (Lower Lonsdale), North Vancouver
Website: www.jbcc.ca or Contact: 604-983-6494

Lower Lonsdale Family Playgroup Drop-In (Closed Stat. Holidays)

Mondays from 9:30 – 11:30 am & 12:30 – 2:30 pm
Wednesdays from 9:30 – 11:30 am

Story Time with the City Librarian – Thursdays from Apr 6 – Jun 29

0-2: from 10:00 – 10:30 am & 2-5: Apr 6 – Jun 29 from 10:30 – 11:00 am

Grandparent Connections

Thursdays Apr 6 – Jun 29 from 3:30 – 5:30 pm

Pacific Post Partum Support Group – must register 604-255-7999

Fridays Apr 7 – Jun 30 & Jul 7 – Aug 25 from 12:30 – 2:30 pm

Daddy & Me Drop In - \$ 5/dad, \$1/child - Dinner is provided.

Dates: Fridays from Apr 7 – Jun 16 from 6:00 – 8:00 pm
A drop in dads only playgroup for fathers and their children (birth-6 years).
Enjoy a healthy dinner, art, stories, music, games, explore science,
sensory play & participate in our Father Goose circle time.

Successful Co-Parenting: Wednesday Apr 5 – May 10 from 6:30 – 8:30 pm
To register call: 604-257-5457 ext., 238 or anna.johnson@westcoastfamily.org

Parent & Infant Drop-In, Family Resource Centre, Thur. from 1:00 – 3:00 pm
Parent are welcome to drop-in for talks on topics related to baby and self-care during the first year.

Parenting – Help! My Kids Didn't Come With An Owner Manual!

Mondays 7:00 – 8:30 pm, Apr 24 – Jun 5 (for parent of 6-12 yrs., old)
Must pre-register by calling 604-983-6470
Bar code: 372523, childminding available

NORTH SHORE COMMUNITY RESOURCES

Capilano Mall, North Vancouver; 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 min., annual fee**
- * **Senior's Information**
- * **Volunteer North Shore**
- * **Legal Information and Advocacy**

NV RECREATION & CULTURE – www.nvrc.ca

Parent -Tot Gym all sessions are \$1/child, Contact: 604-983-6470

John Braithwaite Community Centre - \$ 1 drop-in/child

Tues. & Thur. 9:30 – 11:30 am, and Sat. 9:15 – 11:15 am

Family Open Gym 0-12 yrs. - \$1/person or \$3/family

Sundays 1:30 – 3:00 pm

WEST VANCOUVER CHILD & FAMILY HUB

WV Community Centre, 2121 Marine Drive, West Vancouver
To register: website: 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

The Building Blocks Series: Fostering Child Development in the Early Years; WV Rec. Centre – Garden Room.

3) Cognition Block: Thur. Feb. 9, 6:30 – 7:45, Reg. Code 26732

WV Memorial Library – 1950 Marine Dr. Storyhouse 2nd Floor

Family Drop-in; Monday from 12:45 – 2:15 pm
Session 3: March 27 – May 15 (no program April 17)

CIRCLE OF CARE (for Care Providers)

A free drop-in program for children and their child care providers / nannies to network and play. Snack is provided.
For more information, contact Tunde Getaneh: 604-982-3324

John Braithwaite Community Centre, 145 West 1st,

Tue. Apr 4 – Jun. 27 from 9:30 – 11:30 am
(except: Tuesdays after a long weekend)

Parkgate Community Centre, 3625 Banff Court

Fri. Apr 7 – Jun 16 from 9:30 - 11:30 am (no class Apr 14)

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. Summer Reading Club starts in June at all libraries.

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

FREE INTERNET ACCESS

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

Young Parent Program – North Shore Neighbourhood House

Location: 225 East 2nd Street (Lower Lonsdale), North Vancouver. Call: Leanne Warner at 604-258-8325

Young Parents Drop-in – JBCC Family Resource Room

Wed. Apr 5 – Jun 28 & Jul 5 – Aug 30 from 12:45 – 2:30 pm.
Free lunch and childminding available

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

Chartwell Elementary School – 1300 Chartwell Drive

Tuesdays and Thursdays from 9:00 – 11:30 am
Contact: Deanna De Vita 604-981-1297 or chss@wvschools.ca

Eagle Harbour Elementary School – 5575 Marine Drive

Mondays, Wednesdays and Fridays from 8:30 – 11:30 am
Contact: Deanna De Vita 604-981-1387
E-mail: eagleharbourstrongstart@wvschools.ca

Hollyburn Elementary School – 1329 Duchess Avenue

Mondays, Wednesdays and Fridays from 12:00 – 3:00 pm
Contact: Kelly Botz 604-981-1389, hollyburnstrongstart@wvschools.ca

North Vancouver

Boundary Elementary School

750 East 26th Street
Monday – Friday: 8:55 – 12:00 pm

Eastview Elementary School

1801 Mountain Highway
Monday – Friday: 8:45 – 11:50 am

Lynnmour Elementary School

800 Forsman Avenue
Monday – Friday: 8:45 – 11:50 am

Montroyal Elementary School

5310 Sonora Drive
Monday – Friday: 8:45 – 11:45 am

Norgate Elementary School

1295 Sowden Street
Monday – Friday: 8:50 – 11:55 am

Seymour Heights Elementary School

2640 Carnation Street
Monday – Friday: 8:55 – 12:00 pm

Westview Elementary School

641 West 17th 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

PROPERTIES FAMILY HUB – free programs

Behind Chartwell Elementary;
1300 Chartwell Drive, West Vancouver

Saplings Outdoor Parent Participation Program

2 sessions Fridays from 12:00 - 2:00 pm.
Session 1: April 7, April 21 and April 28
Session 2: May 26, June 2, June 9 and June 26
Children ages 0-8 and their parents or caregivers join us at Properties Family Hub for lunch (supplied) and a nature based outdoor program.
Registration: Heather at Saplingsreg@gmail.com

WV Memorial Library Hour

Fri: Apr 21 – Jun 2 from 10:15 – 11:15 am (no session May 19)
Attend a library story-time, get a library card, borrow and return books and DVDs, play a game and much more!
Children under 10 must be accompanied by an adult.
Visit: www.westvanlibrary.ca/events to register & for more information.

Kids Tech Play

Thu: May 4 – Jun 8 from 3:15 – 4:45 pm (for children 8-12)
Just bring your curiosity! Spend time tinkering, coding and playing with some new technology from the library.
Registration is required and opens online Wednesday April 5 at 10:00 am
www.westvanlibrary.ca/events/properties-family-hub-kids-tech-play-ages-8-12

RECREATION PROGRAMS

North Vancouver Recreation & Culture

604-987-7529 (PLAY); www.nvrc.ca Click on "Leisure Guide" link to view programs, events & services. Financial assistance available, please call to inquire.

West Vancouver Recreation Programs: 604-925-7270

www.westvancouverrec.ca

Bowen Island Community Recreation: 604-947-2216

www.bowencommunityrecreation.com

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

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

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

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

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

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

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.

Greater Vancouver Food Bank
www.foodbank.bc.ca or tel.: 604-876-3601

HELPFUL WEBSITES:

Healthy Families BC: www.healthyfamiliesbc.ca

For new immigrants: www.immigrantguide.ca

VCH Parenting Resources 0-5: www.parenting.vch.ca

Great resources for families: "Connect for Kids" website: www.connectforkids.ca

Safety websites: www.bcchildrens.ca/KidsTeensFam/ChildSafety/SafeStart/default.htm
www.preventable.ca www.parachutecanada.org www.thinkfirst.ca

SERVICES OFFERED

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

Contact: Kerry Watts, 604-982-3304

MAMA DUCK; PARENT NIGHT OUT, DROP-INS AND PARENT COMMUNITY DEVELOPERS

Parent-Child Mama Duck (P-CMD) & Parent Community Developers (PCD)

East of the Seymour River

Hosted by Parkgate Community Services

Contacts: P-CMD and PCD Programs

Cherie McLaughlin 604-983-6365

PCD, Lynnmour 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 Lower Lonsdale / Lynn Valley 604-983-6494

Parent and Aboriginal Parent Community Liaison

(Parent Activity Group Chairperson + Parent Activity Group)

Contact: Jill Nutter 604-982-3308

**FIRST YEARS COUNT: Our Children, Our
Community, Our Commitment
North Shore Community Agencies Working
Together for Children**

Financial contribution from

Canada