

FREE

(OR LOW COST)

DID YOU KNOW.....?




THINGS TO DO WITH YOUR BABY & CHILD on the NORTH SHORE SPRING 2018 – MARCH 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 and www.connectforkids.ca

SPECIAL EVENTS – NORTH AND WEST VANCOUVER

-  **MARCH 24** – Easter Bunny Brunch from 9:30 – 11:00 am
NS Neighbourhood House, Inman Room; 225 east 2nd Street, North Vancouver
Join us for a morning full of Easter activities. Breakfast, crafts, entertainment, Easter Egg Hunt along with a visit from the Easter Bunny!
Must register: contact #: 604-987-7529; barcode 381672; \$6 adult/\$3 child
-  **March 25** – Easter Bunny Hop from 9:30 – 11:30 am
JBCC, Gym; 145 West 1st Street, North Vancouver
Hop on over to JBCC for this popular Easter event! Easter egg hunts, crafts, and games.
Must register: contact #: 604-987-7529; barcode 383334; \$3/person
-  **APRIL 28** – Ready, Set, Learn event from 9:30am – 12:00 pm at the WV Community Centre
RSL is a free early learning event is for young children (ages 3-6 years) and their families. Join us this year for a concert, Music with Marne Grey, winner of West Coast Families Readers' Choice Award for best children's band three years in a row. Participants will also receive complimentary early learning resources, face painting, amazing story time with West Vancouver Memorial Library, healthy living information, along with important information from our community partners about healthy child development.



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.

FAMILY SUPPORT INSTITUTE OF BC

FSI offers free workshops, training and parent to parent support anywhere in BC - www.familysupportbc.com
Contact # 604-540-9374; toll free #: 1-800-441-5403; e-mail: fsi@fsibc.com;

24 HOUR CRISIS LINE – Indian Residential School Survivors & Family.

24 hour line is available for anyone experiencing pain or distress as a results of residential school experience.
Contact #: 1-866-925-4419 or website: www.fnha.ca

PARENT & INFANT DROP-INS (NORTH SHORE COMMUNITY 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

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

Prepared by First Years Count: Our Children, Our Community,
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Community Action Program for Children (CAPC)

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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

Mondays Apr 9 – Jun 18; from 10:00 – 11:00 am (no class May 21)

Must pre-register: 604-983-6350

North Shore Neighbourhood House

Location of Classes: JBCC Family Resource Centre, Playroom

Tuesdays from 9:30 – 10:30 am
145 West 1st Street, North Vancouver

Must register call: 604-983-6494

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

Program will run till Jun 25

Closed stat. holidays

No Need to Register: tel.: 604-985-7138

For Child Care providers

Drop-in Organizer: Christine Mann

No classes:

March 19 & 26 – Spring break

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 (LTTP) *

Drop-In programs:

Maplewood, I hope family centre; 399 Seymour River Pl.

Mon, Tues & Thurs 9:15 -11:30 & 1:15 - 3:30 pm & Sat 9:15 – 11:30 am

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: Shauna Mokolki, tel.: 604-986-9311

*Regular closures, please check monthly calendar

I hope family centre – programs and services for children 0-6

* Check monthly calendar on Facebook

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

Wednesday, Apr 4 – Jun 20 from 9:15 – 11:15 am

Parkgate Playgroup - Parkgate Community Centre; \$5/family

Mon – Thu; Apr 3 – Jun 21 from 9:30 – 11:30

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

Apr 10, May 8, Jun 12 - Free program, no registration required

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

Outdoor Playgroup: - Parkgate Community Centre

Second and fourth Monday: Apr 9 & 23, May 14 & 28 and Jun 11

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

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

Apr 4, May 2 and Jun 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: 604-984-600

PLAYGROUPS, DROP-INS AND THINGS TO DO NORTH SHORE NEIGHBOURHOOD HOUSE - JBCC

Location: JBCC 145 West 1st Street (Lower Lonsdale), NV

Website: www.nsnh.bc.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

Parent Community Developers' Playgroup

Tuesdays 12:30 – 2:00 pm from Apr 3 to Jun 26

Successful Co-Parenting: Wednesdays 6:30 – 8:30 pm from Apr 4 - May 9

Must pre-register by e-mail: anna.johnson@westcoastfamily.org

Grandparent Connections Group

Thursdays 3:30 – 5:30 pm from Apr 5 to Jun 28

Childminding and snacks provided.

Story Time with the City Librarian: Apr 5 – Jun 28

Thursdays 10:00 – 10:30 am (birth – 2 yrs) & 10:30 – 11:00 am (2 – 5 yrs)

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

Fridays 6:00 – 8:00 pm from Apr 6 to Jun 15

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.

NSMS Let's Learn Together

Fridays 9:30 – 11:30 am from May 4 to Jun 22

Must pre-register by calling 604-988-2931

Pacific Post Partum Support Group

Fridays 12:30 – 2:30 pm

Must pre-register by calling 604-255-7999

NV RECREATION & CULTURE – www.nvrc.ca

John Braithwaite Community Centre – contact #: 604-983-6470

Parent - Tot Gym* - \$2drop-in/child.

Tuesday & Thursday 9:30 – 11:30 am**

Saturday 9:15 – 11:15 am**

Sunday 1:30 – 3:00 pm**

Evening Family Drop-In Gym Time (0-6 yrs old)*

\$ 1 drop-in/child

Apr.4 to May 30Wednesdays from 6:45 – 7:45 pm**

*Children must be supervised by an adult

** check website for schedule/holiday

For other NV locations and schedule visit: www.nvrc.ca/schedules

and for current WV schedule www.westvancouverrec.ca/recschedules .

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 M – F, last day June 29; 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

Something Cool After School Club – Apr 10 – June 19

Are you in Grade 4-7 and looking for something to do with your friends after school. For more info., and registration: www.westvancouverrec.ca
Bar code: 42930

Properties Family Hub Drop In* Free program for children ages 0-6

Spring: Apr 6 – Jun 22 (no session: Apr 18); Time: from 9:30 – 11:30 am
For more info contact llkent@westvancouver.ca

Saplings Outdoor Parent* Free participation program for ages 0-5

Session 1: Apr 9, 16, 23 & 30
Session 2: May 28, Jun 4, 11 and 18; time for both sessions 12:15 – 2:15
To register contact Heather at saplingsreg@gmail.com

Saplings Outdoor Preschool Experience- Wednesdays 9:30 to 11:30 at Chatwin park free program, registration required Saplingsinfo@gmail.com

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 Christie Mann: 604-982-3316

John Braithwaite Community Centre, 145 West 1st,

Tuesdays last day - Jun 26 from 9:30 – 11:30 am
(except: Tuesdays after a long weekend)

Parkgate Community Centre, 3625 Banff Court

Fridays, last day - Jun 29 from 9:30 - 11:30 am

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.

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 Road 604-984-0286 www.nca	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.

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 3-5 yrs from 12:00 – 3:00 pm
Tuesday/Thursday infant/toddler from 12- 3
Contact: Kelly Botz 604-981-1389, hollyburnstrongstart@wvschools.ca

North Vancouver

Boundary Elementary School 604-903-3260

750 East 26th 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 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

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**



Young Parent Program

Location: North Shore Neighbourhood House
225 East 2nd Street (Lower Lonsdale), North Vancouver.
Call: Ayesha Shivji 604-258-8539

Young Parents Drop-in; Location: JBCC Family Resource Room

Wednesdays all year round except Christmas holiday
from 12:45 – 2:30 pm. Free lunch and childminding available

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

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.

Food Bank Hub - open Wed (except cheque day) 9:00 – 11:30 am
www.nsnh.bc.ca or tel.: 604-987-8138, 9:00 -11:30 am

HELPFUL WEBSITES:

Healthy Families BC: www.healthyfamiliesbc.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

For new Immigrants & Refugees:

www.immigrantguide.ca www.newtobe.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
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, Lynnmoor 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)
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
