

# FREE

(OR LOW COST)

DID YOU KNOW....?

## THINGS TO DO WITH YOUR BABY & CHILD on the NORTH SHORE











SUMMER/2017 – July 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](http://www.nscr.bc.ca/childcare/resource-pdf/Freethings)



### SPECIAL EVENTS – NORTH AND WEST VANCOUVER

-  **CANADA DAY CELEBRATIONS**  
July 1 – Family friendly events at various locations all day long.  
For full schedule and more information visit: <http://vancouvernorthshore.com/events/canada-day/>
-  **HOT SUMMER NIGHTS**  
Drop by and meet your local firefighters, ask the crew questions and get helpful info on fire safety.  
Check out the fire truck and equipment (Weather permitting). Check [www.cnv.org/HotSummerNights](http://www.cnv.org/HotSummerNights) for event dates.
-  **SQUAMISH YOUTH POWWOW**  
July 7 – 9, start times: July 7 at 7:00 pm, July 8 at 1:00 and 7:00 pm, and July 9 at 1:00 pm. Admission \$5  
This year Squamish Nation 30<sup>th</sup> Annual Youth Powwow will take place at Capilano Reserve Park.  
This family event is full of activities such as: Aboriginal dance competition, salmon BBQ, aboriginal arts, crafts & much more.
-  **WEST VANCOUVER FAMILY FUN FEST**  
July 15 at the West Vancouver Community Centre from 10:00 – 5:00 pm. This family event includes free admission to the Ride & Slide Playzone, public swim, live music, outdoor gymnastics circuit, inflatable slip & slide, Sportball demos, lego play, West Van summer camp activity booth, live music, food trucks and the Portobello West Market.
-  **CARIBBEAN DAYS FESTIVAL**  
July 29 - 30; Waterfront Park is home to the Caribbean Days Festival. Come and enjoy live entertainment, and international food fair and a craft market.
-  **HARMONY ARTS FESTIVAL**  
August 4 – August 13; for calendar, festival map, information about arts facilities visit: [www.harmonyarts.ca](http://www.harmonyarts.ca)  
The Harmony Arts Festival takes place in West Vancouver along the waterfront on Argyle Avenue, from 14<sup>th</sup> to 16<sup>th</sup> Street. Festival sites include John Lawson Park, Millennium Park, the Music Box and the Ferry Building Gallery. The family friendly Festival is 10-day open-air celebration of art, music and food. Come and enjoy art workshops, art exhibitions, concerts and family-oriented activities. This event is plenty of family fun for children of all ages.
-  **FUN CITY FESTIVAL**  
August 12 and August 13 from 10:00 – 7:00 pm;  
The Fun City Festival is back for a whole weekend on non-stop family fun on Lonsdale Ave., running for 8 blocks from Keith Road to the foot of Lonsdale. The popular 1,000 foot long slide returns, turning Lower Lonsdale into a pedestrian and slider zone filled with vendors, live music, DJs entertainment, local artisans and much more. For more info & tickets check: [www.cnv.org/parks-recreation-and-culture/signature-events/fun-city-festival](http://www.cnv.org/parks-recreation-and-culture/signature-events/fun-city-festival)
-  **FAMILY BOARD GAMES**  
Wednesdays from 6:30 – 8:00 pm. Rain or shine, come play board games with other families in children's garden at North Vancouver City Library; 120-14<sup>th</sup> Street, NV. All family members welcome. It is a drop-in program.
-  **SEASIDE FAMILY YOGA**  
Mondays from 6:00 – 7:00 pm. Enjoy a free outdoor yoga session with a spectacular view from the Pier in North Vancouver. All levels welcome. Bring your own mat and water bottle. No class August 7 (BC Day).
-  **RIDE & SLIDE PLAY ZONE**  
Opens on July 4<sup>th</sup>. Location: 786 22nd St., West Vancouver. The perfect venue, rain or shine, to bring your children, playgroups or birthday party this summer.



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  


## SUMMER IN THE PARKS

There's lots of opportunities for outdoor play across the North Shore this summer. All programs listed are free to drop-in and parent/caregiver participation is required for children under 6. To download the full calendar as well as a map of all park locations, visit [www.connectforkids.ca](http://www.connectforkids.ca).

### I hope family centre Maplewood (LTTOOutdoorPlay)

399 Seymour River Place. Learning together through Play heads outdoors for the summer. Join us on Tues. and Thurs. from 9:15 – 11:30 am for outdoor play and learning. Bring your own snack. Participants can receive a stamp to visit Maplewood Farm.

### NSNH PCDs Summer Playgroup

Meet us for an outdoor playgroup experience. Meet other families: enjoy waterplay, art, activities, games, storytime and much more. You are invited to a morning of fun. Hosted by the Parent Community Developers. 10am-12pm, Tues @ Inman Park and Thurs @ Viewlynn Park. For more information call 604-983-6494 (cancelled if raining)

### Parkgate PCD Summer Playgroup

The Playgroup plays outside this summer! Find our Parent Community Developers at parks in your community Tuesday mornings, 9:30 – 11:30am. Includes snacks for children and coffee and tea for their caregivers. This program runs rain or shine. Please contact the PCD's for more information: 604-983-6444 \*849.

## NVRC Playground Leaders in the Park

Join our playground leaders for some FREE fun in select North Vancouver parks! Participants drop-in and may come and go as they please. Daycare groups are welcome! For more details visit [www.nvrc.ca](http://www.nvrc.ca) or call 604-987-7529

## Wheels in the Park

The Wheels Mobile Support program visits parks across the North Shore to provide families with young children information about early childhood learning and care, parent support, health and wellness and cultural support. Storytime is included at some locations. For more information, contact [jill.nutter@nscr.bc.ca](mailto:jill.nutter@nscr.bc.ca)

## Red Fox Active Play

Red Fox's Active Play program kids the chance to be healthy, have fun, and get inspired by positive youth role models from their own communities. Program Leaders guide children through energetic group games, circus arts and other physical activities that cultivate self-confidence, social connections, and new skills. Open to children of all ages and abilities

## North Shore Parent Activity Group

Join PAG for a family picnic in the park and visit with a staff member from Science World. Participate in outdoor science experiments, get messy and receive activities to take home. July 31 @ Mahon Park and August 28th @ Heywood Park. To register for these free events contact [jill.nutter@nscr.bc.ca](mailto:jill.nutter@nscr.bc.ca) or call 604.982.3308

---

## 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 and local libraries offer the program throughout the Fall, Winter and Spring. Details in upcoming issues of Free Things.

---

## PARENT & INFANT DROP- INS (NORTH SHORE COMMUNITY HEALTH SERVICES)

### MONDAYS

Parkgate Community Centre  
3625 Banff Court, North Vancouver  
1:00 – 3:00 pm Consult. and Growth Monitoring  
1:30 – 2:30 pm Parent-Infant Talk  
**CLOSED IN THE SUMMER**

### 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  
**CLOSED IN THE SUMMER**

### 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 1<sup>st</sup> Street, North Vancouver  
1:00 – 3:00 Consult. & Growth Monitoring  
1:30 – 2:30 Parent-Infant Talk

|   |
|---|
| <p><b>On-Call Nurse: 604-983-6754</b><br/><b>Monday – Friday 8:30 – 4:30</b><br/><b>HealthLink BC (24 hours/day): 8-1-1</b><br/><b>Immunization Clinics: 604-983-6863</b></p> |
|---|

---

## NORTH SHORE NEIGHBOURHOOD HOUSE – John Braithwaite Community Centre

Location: JBCC 145 West 1st Street (Lower Lonsdale), North Vancouver Website: [www.nsnh.bc.ca](http://www.nsnh.bc.ca) or contact: 604-983-6494

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

A program for parents, grandparents, caregivers and their children (birth - 6 yrs). Enjoy free play, art, snack sensory play and circle time. Visit with a Parent Community Developer, borrow a book from our lending library. Please bring a whole fruit to share. Mondays and Wednesdays Jul 3-Aug 30 from 9:30 - 11:30am

### Pacific Post Partum Support Group

A weekly women's support group led by a trained facilitator to provide a safe place for women to connect with other women in a similar situation and receive valuable information and emotional support. For women experiencing postpartum issues. Must call 604.255.7999 to join the group. Free child-minding is provided.

## WEST VANCOUVER CHILD & FAMILY HUB

West Vancouver Community Centre,  
2121 Marine Drive, West Vancouver

To register: website: [www.westvancouverrec.ca](http://www.westvancouverrec.ca)

Tel: 604-925-7270

### 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 on the main floor.

Your baby's first is a busy one. Lots of changes for you, your family and baby. During the weekly drop-ins, nurses will follow your baby's growth and development, answer questions, offer resources and support to promote a healthy baby and family!

For more info, call the Early Years Nurse; 604-983-6700

## FAMILY SERVICES OF THE NORTH SHORE

Suite 203-111 Lonsdale Ave., North Vancouver, 604-986-9311

Breastfeeding and Postpartum Support\*

Location: CNV Library 3<sup>rd</sup> Floor; Thursdays from 10:00 – 12:00 pm until August 17. Drop-in anytime/no cost

## 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,

Tuesdays from 9:30 – 11:30 am

Program will resume in September.

**Parkgate Community Centre**, 3625 Banff Court

Fridays from 9:30 – 11:30 am

Program is closed for the Summer.

## 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

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

**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., Jul 5 – Aug 30 from 12:45 – 2:30 pm.

Free lunch and childminding available

## STRONG START – North and West Vancouver

### Will resume in September

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.

For further information contact:

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

or visit: [www.sd44.ca/schools/strongstart](http://www.sd44.ca/schools/strongstart)

**West Vancouver School District: 604-981-1000**

or check their website <http://westvancouver.schools.ca/programs/early-learning-programs>

## 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 Movie Nights in the Plaza

**Where: Civic Plaza, North Vancouver** (14th & Lonsdale Ave)

Family Movie Nights in the Plaza are back by popular demand. Come watch free family-friendly movies under the stars on the big screen in Civic Plaza. Seating is limited; bring your blanket or picnic chairs. Movies begin at sunset. 2017 movies & dates:

July 7 – Teen Movie Night - The Never Ending Story 9:30pm

July 21 - The Secret Life of Pets 9:00pm

August 4 - The Lego Movie 8:45pm

August 18 - Moana 8:20pm



## 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 min., annual fee**

\* **Senior's Information**

\* **Volunteer North Shore**

\* **Legal Information and Advocacy**

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

Parent -Tot Gym all sessions are \$1/child,

Contact: 604-983-6470

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

Saturdays 9:15 – 11:15 am

## 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 is 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](http://www.singlemomsopendoor.com)

## RECREATION PROGRAMS & SUMMER DAY CAMPS

### 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.

**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)

## 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)

**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, 9:00 -11:30 am

---

## 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)

---

## 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, 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 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

