

## Lending Library and Resource Corner

We have books, magazines and resource materials on many subjects including:

- Parenting
- Health
- Personal development
- Relationships
- Education

Inquire about borrowing books to read at home with your children.

The resource corner offers a first step to contacts, ideas and solutions for issues important to families.

Ask Parent Community Developers about community programs, resources, and events during drop ins.



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Community Action Program for Children (CAPC)

**FAMILY RESOURCE CENTRE**  
**John Braithwaite Community Centre**  
145 West 1st Street  
North Vancouver, BC V7M 3N8  
604-982-8300 ~ [www.jbcc.ca](http://www.jbcc.ca)

**JBCC** operates in partnership with:

- City of North Vancouver
- North Vancouver Recreation Commission
- North Shore Neighbourhood House

## Family Resource Centre



## Supporting and Building Healthy Families





## Family Resource Centre

The Family Centre is on the 2nd floor of the John Braithwaite Community Centre. It includes a playroom and a large, comfortable gathering space with a fireplace and kitchen. On site you'll find:

- A lending resource library for families
- Toys, books, crafts and games
- Childminding
- Mobile Toy Lending Library
- Caring and supportive staff

### Family Resource Centres are places to:

- Form friendships and connect with neighbours.
- Gain new ideas and support from play-group facilitators and parent educators.
- Share common successes and challenges.
- Voice your opinions and make a difference.
- Connect with children through play and songs.

## Weekly Programs

### At the Family Centre

#### Monday

**LoLo Drop In** (Free)  
9:30 - 11:30am  
12:30 - 2:30 pm

#### Tuesday

**Circle of Care Drop In** (Free)  
9:30-11:30am  
**Parent-Child Mother Goose** (Free) \*  
**Sunshine Song Time** \$\*  
**Parent Education Workshops** (Free)\*

#### Wednesday

**LoLo Drop In** (Free)  
9:30 - 11:30am Sept-June  
**Young Parent Baby Drop In** (Free)  
12:30 - 2:30pm

#### Thursday

**Parent & Infant Drop In** (Free)  
1 - 3pm  
**Grandparent Connections Drop In** (Free)  
3:30 - 5:30pm Sept-June  
**Story Time Drop In** (Free)  
10 - 11am call for dates

#### Friday

**Post Partum Support** (Free)\*  
**Daddy & Me Drop In** (Free)  
6 - 8 pm Sept-June

#### Sunday

**Family Drop In** (\$1/pp or \$3/family)  
1 - 4 pm Sept-June  
closed long weekends/Mothers' Day

\* These programs require pre-registration 604-982-8315

## About our Family Programs

**LoLo Drop In:** Socialize and play, make a craft, participate in circle time and enjoy a healthy snack with neighbourhood families.

**Circle of Care Drop In:** for childcare providers and children.

**Parent-Child Mother Goose:** for families *in most need of support by referral*, to sing, snack, and socialize. Info: 604.982.8315

**Young Parent Baby Drop In:** Parents under 24 years old, lunch and child minding provided. (Vancouver Coastal Health)

**Parent & Infant Drop In:** A relaxed atmosphere providing breastfeeding support and consultation for the new parent. (Vancouver Coastal Health)

**Grandparent Connections Drop In:** A program for grandparents facilitated by an Early Childhood Educator, snacks and childminding provided.

**Daddy & Me Drop In:** Connect with other fathers and enjoy dinner, crafts, stories, and music with your children, (0-6 yrs).

**Sunday Family Drop In:** Enjoy time with your family in our three activity areas.

