

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

(OR LOW COST)

Winter 2012

DID YOU KNOW.....?

The **BC Healthy Kids Program** helps low income families with the costs of basic dental care and prescription eye wear for their children. For more information, call: 1-866-866-08200 press 4 and then 2

WINTER EVENTS

Early Years Child Care Fair: Saturday January 21, 2012, 10 am - 1 pm at John Braithwaite Community Centre

Early Years Fair: Saturday February 12, 2012, 10 am - 1 pm at West Vancouver Community Centre Atrium

WORKSHOP for families with children 0-6 years old: Financial Freedom: How to Ensure Spending is less Than Income: Thursday, February 2, 2012, 6 - 8 pm, Community Room at Lynn Valley Library. Register by calling 604-632-2667

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

TUESDAYS

Hillside Baptist Church
870 Lynn Valley Road, North Vancouver
1:00 – 2:00 pm Consultation and Growth Monitoring
2:00 – 3:00 pm Parent-Infant Talk

WEDNESDAYS

West Vancouver Community Health Centre (WV Community Centre)
2121 Marine Drive, West Vancouver
1:00 – 2:00 pm Consultation and Growth Monitoring
2:00 - 3:00 pm Parent-Infant Talk

THURSDAYS

John Braithwaite Community Centre
145 West 1st Street, North Vancouver
1:00 – 2:00 pm Consultation and Growth Monitoring
2:00 – 3:00 pm Parent-Infant Talk

WEDNESDAYS

Parkgate Community Centre
3625 Banff Court, North Vancouver
1:00 – 2:00 pm Consultation and Growth Monitoring
2:00 - 3:00 pm Parent-Infant Talk

WEDNESDAYS

Young Parents and Baby Drop-in Program (Parents must be 24 years of age or younger)
John Braithwaite Community Centre
145 West 1st Street, North Vancouver
12:30 – 2:30 pm

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

Parkgate Community Services

Parent-Child Mother Goose
& Nanny Caregiver Mother Goose
Location of Classes: Parkgate Community Centre
When: Thursday mornings
To Register: 604-983-6350

Family Services of the North Shore

When & Where:
I hope family centre-West 1st Street (pm);
Tuesdays @ I hope- Maplewood;
Wednesdays @ North Shore Infant Development Program (am)

Registration online at:
www.familyservices.bc.ca

John Braithwaite Community Centre

Location of Classes: Family Centre, John Braithwaite Community Centre
145 West 1st Street
When: Tuesdays
To Register: Megan at 604-982-8315
10 week program (Fall, Winter, Spring) for families in most need of support.

Park Royal South Community Room

For parents and their babies newborn to 12 months.
When: Wednesdays 10:00 – 11:00 am
To Register: Email: pasbun@jbcc.ca

** For Child Care Providers

Child Care Resource Program –
Location of Classes: St. John's Anglican Church
220 West 8th Street, North Vancouver
When: Fridays 9:45 – 10:45 am
No Need to Register.
Drop-in Organizer: Christine 604-985-7138

FAMILY SUPPORT SERVICES

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. Parents, children, blended and kinship family members may all benefit.

Confidential Referral Line: 604-987-1411



Prepared by First Years Count: Our Children, Our Community, Our Commitment

Funded by Public Health Agency of Canada
Community Action Program for Children (CAPC)

PLAYGROUPS, DROP-INS AND THINGS TO DO

JOHN BRAITHWAITE COMMUNITY CENTRE / NSNH
145 West 1st Street (Lower Lonsdale), North Vancouver
Website: www.jbcc.ca
Contact: 604-982-8315

Sunday Family Drop-In

Sundays 1 - 4 pm (closed on long weekends)
\$1/person or \$3/family
Activities in Art Studio, Gym, Family Centre

Lower Lonsdale Drop-In

Mondays 9:30 - 11:30 am & 12:30 - 2:30 pm (closed long weekends)
Wednesdays 9:30 - 11:30 am

Parent Education Series

Monday & Tuesday evenings. Call 604-982-8315 for details of upcoming topics.

Grandparent Connections

Thursdays 3:30 - 5:30 pm

Parent & Infant Drop In

Thursdays 1:00 - 3:00 pm (breastfeeding support available)

Story Time with the City Librarian

Thursdays 10:00 - 10:20 am (0 - 2 years)
10:30 - 11:00 am (2 - 5 years)

Daddy & Me Drop-In

Free drop-in for fathers and their children 0 - 6 years
Fridays 6 - 8 pm

Post Partum Support

Fridays 12:30 - 2:30 pm
Must pre-register by calling 604-255-7999

Parenting Young Children (Farsi):

Saturdays 10 - noon. Registration required.
Contact: Mahin at Family Services 604-988-5281 ext 340

NORTH SHORE NEIGHBOURHOOD HOUSE (NSNH)

225 East 2nd Street (Lower Lonsdale), North Vancouver
Website: www.nsnh.bc.ca

Young Parent Program

Call for details on program and to register. Child minding provided
Contact: Nina Polkinghorne at 604-258-8325

Sweet Peas - A free program, offering nutrition and shopping help, guest speakers and group kitchen participation.
Call 604-987-8138 for information.

PARKGATE COMMUNITY SERVICES

3625 Banff Court, North Vancouver
Website: www.myparkgate.com
Contact: Parkgate Front Desk: 604-983-6350

Lynn timer Family Drop-In (Cost: \$1/family)

Lynn timer - Jaycee House, 1251 Lillooet Road
North Vancouver (1 block past Purcell Way, on the left)
Wednesdays 9:15 - 11:15 am

Parkgate Playgroup

Parkgate Community Centre
Monday - Thursday 9:30 - 11:30am
Drop-in fee \$5
Contact: Parkgate Front Desk: 604-983-6350

Parents Night Out (Free)

Parkgate Community Centre
North Vancouver
First Monday of every month 6:30 pm - 8:00 pm
Free childminding available
Contact: PCDs 604-983-6444 ext. 849

FAMILY SERVICES OF THE NORTH SHORE

Suite 101 - 255 West 1st Street, North Vancouver
Please check the website for an up-to-date calendar of events:
Website: www.familyservices.bc.ca

Breastfeeding & Post Partum Groups

I hope family centre, Suite 101 - 255 West 1st Street
Thursdays 10 am - 12 pm. Drop in anytime, no cost.
Contact: Marianne 604-929-2921

Learning Together Through Play (LTTP) Drop-In

I hope family centre at 101-255 West 1st St.
Wed. & Fri.: 9:15 - 11:30 am; 1:15 - 3:30 pm
Wed.: 5:30 - 7:30 pm
Maplewood House, 399 Seymour River Pl.
Mon. & Thurs.: 9:15 - 11:30 am; 1:15 - 3:30 pm
Tues.: 1:15 - 3:30 pm
Takaya Family Centre
Tues.: 11 am; Registration required.
Contact Brenda at 604-765-2827

For an up to date calendar please check website (above)

SO-SAH-LATCH HEALTH and FAMILY CENTRE

422 West Esplanade, North Vancouver
Contact: 604-985-7826

Aboriginal Family Program

Mondays and Thursdays 10 am - noon

Aboriginal Post Natal Classes

Tuesdays 11 am - 1:30 pm

Aboriginal Head Start

Prenatal Classes

Mondays 6:30 - 8:30 pm (3 times/year for 6 sessions)

Middle Pregnancy Classes

Wednesdays 6:30 - 8:30 pm (2 times/year for 6 sessions)

Aboriginal Mother Bear Drop-in

Tuesdays and Fridays 1 - 3 pm
Contact: 604-988-0667

WEST VANCOUVER CHILD & FAMILY HUB

WV Community Centre, 2121 Marine Drive, West Vancouver
Contact Call Centre: 604-925-7270

West Van Family Place - Roots & Wings

Monday - Friday 9 am - noon,
Drop-in Fee \$3 / family (Fee can be waived if unable to pay.)
Contact: 604-925-7141

Parent & Tot Storytime at Gleneagles Community Centre

Thursdays 10:00 - 10:30 am (WV Librarian)

Immunizations for Young Children

Free every Thursday in the Garden Room. By appointment
604-983-6863

Toonie Skates for Children and Youth

Fridays 2:45 - 4:00 pm; Children under 3 are free

Family Open Gym

Gleneagles offers open gym.
Please call 604-925-7270 to confirm times.

Toonie Swim for All

Sunday 7:00 - 10:00 pm; Children under 3 are free

Open Door Society for Single Mothers Drop-In

Hillside Church, 870 Lynn Valley Road, North Vancouver
Website: <http://singlemomsopendoor.com>
Mondays 9:30 am - 1:30 pm
Contact: Donna 604-985-1122 ext 28

WHEELS Playgroup, c/o NS Community Resources

Capilano Room, Woodcroft Towers (Buzz #106)
Last Tuesday of Jan., Feb., March: 11:30 - 1:00 pm (Free)
Visit with Health Nurse.
Contact: April 604-985-7138

Treetop Tales

Lynn Valley Ecology Centre,
3663 Park Road, North Vancouver
1st and 3rd Friday 11 – 11:30 am (no storytime when Friday is a holiday). Story time for 2 and 3 year olds by donation.
Contact: 604-990-3755

North Van Recreation Commission

Playday (for children 6 months to 3 years) @ Delbrook
Community Centre, 600 West Queens Road, NV
Mondays: 9 - 11 am
\$3 / family

Toddler & Me Activities @ Mickey McDougall Gym

23rd Street and St. Georges Avenue, NV
Thursdays 4:30 – 6:30 pm
\$2 first child, \$1 each additional child
Purchase tickets at Harry Jerome Comm. Rec Centre first.

CIRCLE OF CARE (for Care Providers)

A fun drop-in program for children and their child care providers/
nannies to meet and play. Contact Tunde Getaneh at North Shore
Community Resources: 604-982-3324

John Braithwaite Community Centre, 145 West 1st, NV
Tuesdays 9:30 – 11:30 am (except Tuesdays after a long weekend)

Parkgate Community Centre
3625 Banff Court, NV
Fridays 9:30 – 11:30 am

LOCAL PARKS & PLAYGROUNDS

District of North Vancouver: 604-990-3800 www.dnv.org	City of North Vancouver: 604-983-7334 www.cnv.org	District of West Vancouver: 604-925-7200 www.westvancouver.ca
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STRONG START North Vancouver

Free drop-in for preschool children and their parents/caregivers.
Program offers a variety of activities for developing early learning skills and snack is provided. **(September – June)**

Boundary Elementary School 604-903-3260

750 East 26th Street
Mon – Fri: 8:54 am - Noon

Eastview Elementary School 604-903-3520

1801 Mountain Highway
Mon / Wed: 11:54 am – 3:00 pm
Tues / Thurs / Fri: 8:45 – 11:51 am

Lynnmour Elementary School 604-903-3590

800 Forsman Avenue
Mon – Fri: 8:45 – 11:51 am

Montroyal Elementary School 604-903-3650

5310 Sonora Drive
Mon – Fri: 8:45 am – 11:51 pm

Norgate Elementary School 604-903-3680

1295 Sowden Street
Mon - Fri: 8:50 – 11:56 am

Seymour Heights Elementary School 604-903-3760

2640 Carnation Street
Mon – Fri: 8:50 – 11:56 am

Westview Elementary School 604-903-3840

641 West 17th Street
Mon / Wed / Fri: 9:00 am – 12:06 pm
Tues / Thurs: 9:00 am – 12:06 pm; 12:36 - 3:07 pm

*** Requirements: Completed Registration Form; proof of child's age; proof of residence**

North Vancouver School District: 604-903-3777

STRONG START West Vancouver

Free drop-in for preschool children and their parents/caregivers.
Program offers a variety of activities for developing early learning skills and snack is provided. **(September – June)**

Hollyburn Elementary School

1329 Duchess Avenue
Monday – Friday Noon – 3:00 pm
Contact: Kelly Botz 604-981-1389
Email: hollyburnstrongstart@sd45.bc.ca

Eagle Harbour Elementary School

5575 Marine Drive
Monday – Friday 8:45 – 11:45 am
Contact: Sharon McGavin 604-981-1387
Email: eagleharbourstrongstart@sd45.bc.ca

For further information, contact West Vancouver School District at 604-981-1000 or check their website: <http://www.sd45.bc.ca/>

LIBRARY PROGRAMS

North Vancouver City

121 West 14th Street
604-998-3480
www.cnv.org/nvcl

West Vancouver Memorial

1950 Marine Drive
604-925-7400
www.westvanlibrary.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,
John Braithwaite Community Centre and North Shore
Community Resources.

RECREATION PROGRAMS

North Vancouver Recreation Programs: 604-987-7529 (PLAY)

Website: <http://www.northvanrec.com>

Click on Leisure guide to view programming for children and families. Community events for North Vancouver are also listed on their website.

West Vancouver Recreation Programs: 604-925-7270

Website: <http://westvancouver.ca/Residents>

Click on "Recreation" to locate leisure guide

DEVELOPMENTAL STAGES OF PHYSICAL ACTIVITY

The 0-5 years age range includes three developmental periods, each characterized by different physical activity patterns.

Infant (0 to 12 months)

- First 6 months: Reaches and grasps objects, turns the head toward a stimulus, moves arms and legs
- Second 6 months: Learns rudimentary movement skills.

Toddler (1 to 2 years):

- Around 1 year of age: Starts walking, increasing opportunity for exploration and learning.
- 2 to 3 years: develops locomotor skills such as running, jumping and hopping. Emergence of manipulative skills (skills that involve their hands- fine motor skills, like squeezing, grasping, pinching, etc.)

Preschooler (3 to 5 years):

- Further development of balance, locomotor and manipulative skills.

* Centre of Excellence for Early Childhood Development: Parenting Series, April 2011

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.
Website: 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
E-Support Service: infochld@sfu.ca

La Leche League: 604-520-4623
Breast feeding support

North Shore Community Resources (NSCR): 604-985-7138
Information on many North Shore programs & services.
Website: 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.
Website: www.nsms.ca

North Shore Women's Centre: 604-984-6009
Provides women with resources (information, referral, advocacy).
Website: 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.

HELPFUL WEBSITES:

For new immigrants: www.immigrantguide.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.safekidscanada.ca www.thinkfirst.ca



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

SERVICES OFFERED

Parent Community Liaison and Aboriginal Parent Community Liaison

Parent Community Liaisons are parents that are 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 Advisory Group.

North Shore Parent Advisory Group Hosted by North Shore Community Resources

Contacts:

Parent Community Liaison

(Parent Advisory Group co-chairperson)
Contact: Carla Main 604-985-7138 ext. 117
carlamain@hotmail.com

Aboriginal Parent Community Liaison

(Parent Advisory Group co-chairperson)
Contact: Brenda Antone 604-985-7138 ext. 116
brendaantone@hotmail.com

First Years Count, Coordinator

Contact: T.B.A.

Breastfeeding Support & Learning Together Through Play

Hosted by Family Services of the North Shore at I hope family centre (101 - 255 West 1st Street) & Maplewood
Contact: Corinna Opitz 604-988-5281 ext. 302

Parent-Child Mother Goose (P-CMG) & Parent Community Developers (PCD)

East of the Seymour River

Hosted by Parkgate Community Services

Contacts: P-CMG and PCD Programs:

Tamara Piekaar 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) -

Lower Lonsdale and Lynn Valley neighbourhoods

Hosted by North Shore Neighbourhood House

Contacts:

Lower Lonsdale Drop-In: Megan McDonnell, PCD Site Supervisor
Farah Rahimi @ JBCC 604-982-8315

PCD Lower Lonsdale Pager # 604-645-5316

PCD Lynn Valley Pager # 604-632-2667

Parent Community Developers (PCD)

Parent Community Developers have similar roles as the Parent Community Liaisons.

North Shore Neighbourhood House PCD

Lower Lonsdale: 604-645-5316

Lynn Valley: 604-632-2667

Parkgate Community Services PCD

East of the Seymour River: 604-983-6444 ext. 849

Questions about this flyer?
Contact Elaine Smith, NS Community Resources
604-985-7138
Updated January 18, 2012