

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.

Zahia Lazib

Family Resource Centre Coordinator

604-983-6494

zlazib@nsnh.bc.ca



The North Shore Neighbourhood House is a not-for-profit registered charity serving the North Shore community since 1939.

We believe working together to meet the grassroots needs of our neighbours, especially our most vulnerable residents, is essential to building a safe, healthy and strong community.

For more information on our programs and services for all ages, visit www.nsnh.bc.ca

**North Shore Neighbourhood House
FAMILY RESOURCE CENTRE
at John Braithwaite Community Centre**

145 West 1st Street

North Vancouver, BC V7M 3N8

604-983-6470 ~ www.nsnh.bc.ca

Financial contribution from

Canada

Family Resource Centre



Supporting and Building Healthy Families

Building Strong Families



North Shore
Neighbourhood
House



NORTH VANCOUVER
Recreation
& Culture



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, manipulatives, blocks, art and sensory activities
- Caring and supportive staff

Family Resource Centres are places to:

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

Weekly Programs

Monday

LoLo Family Playgroup Drop In (Free)
 9:30 - 11:30am
 12:30 - 2:30pm Sept-June

Tuesday

Circle of Care Drop In (Free)
 9:30 - 11:30am
Parent-Child Mother Goose (Free)*

Sunshine Song Time (10 sessions) (\$48) *

Parent Community Developers' Playgroup Drop In (Free)
 12:30 - 2:00pm Sept-June

Wednesday

LoLo Family Playgroup Drop In (Free)
 9:30 - 11:30am
 12:30 - 2:00pm Sept-June

Thursday

Story Time Drop In (Free)
 10:00 - 11:00am call for dates

Parent & Infant Drop In (Free)
 1:00 - 3:00pm

Friday

Let's Learn Together (Free)*

Post Partum Support (Free)*

Daddy & Me Drop In (\$5/dad, \$1/child)
 6:015- 7:45pm Sept-June

*These programs require pre-registration 604-983-6494

Programs are subject to change without notice.

About our Family Programs

LoLo Family Playgroup Drop In: Socialize and play, experience sensory and art activities, participate in circle time, enjoy a healthy snack with your neighbourhood families and consult with one of our guests such as Registered child and Family Therapy (Simmons Counselling), Family Support Counsellor (FSNS), Public health Nurse Community & Family Health, Dental Hygienist (VCH), Child Care Resource and Referral (CCRR) Consultant (NSCR), and Infant Development Program Consultant, IDP (NSDRC).

Circle of Care Drop In: For childcare providers and children in their care.

Parent-Child Mother Goose: For parents and their young children under 24 months to sing, snack, and socialize. Info: 604-983-6494

Parent Community Developers' Playgroup Drop In: An afternoon program for families with children up to 6 years old to participate in play based activities, circle time, and connect with other parents or caregivers.

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

Daddy & Me Drop In: Connect with other fathers at our "Father Goose" inspired program. Enjoy dinner, art, stories, and music with your children (0-6 yrs).

