

## North Shore neighbourhood



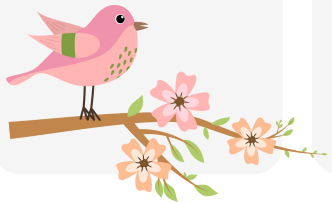
### Family Playgroup Drop-in

Tuesdays, Thursdays,  
Saturdays  
10:00am-11:30am  
April 2 - June 27

NSNH Family Resource  
Centre located at John  
Braithwaite Community  
Centre

Join our FREE  
playgroup drop-in  
program with your  
children up to 6 years  
old. Facilitated by  
NSNH Parent  
Community Developers

For more information,  
please email  
[frahimi@nsh.bc.ca](mailto:frahimi@nsh.bc.ca)



### Sunshine Song Time Drop In

Mondays  
10:00am-11:00am  
(birth - 18 months)  
April 8 - June 3  
(no session on May 20)

NSNH Family Resource  
Centre located at John  
Braithwaite Community  
Centre

Join us for a FREE  
Parent-Child Mother  
Goose inspired drop-in  
program with your infant  
or toddler. The Public  
Health Nurse visit the  
program to talk about  
infant/toddler care and  
answer your questions.

For more information  
please email  
[frahimi@nsh.bc.ca](mailto:frahimi@nsh.bc.ca)

## Strong Start

### Strong Start

2 FREE West  
Vancouver SS  
programs for early  
learning with snack  
provided!

SD45 Hollyburn  
please email Deanna

[hollyburnstrongstart@wvschools.ca](mailto:hollyburnstrongstart@wvschools.ca)

SD45 Eagle Harbour  
Please email Margot  
[ehss@wvschools.ca](mailto:ehss@wvschools.ca)

### Strong Start

SD44 is proud to  
offer a selection of  
7 FREE early  
learning Strong  
Start programs  
across the North  
Shore.

Snack is provided.

If you have any  
questions, please  
email  
[ssingh@sd44.ca](mailto:ssingh@sd44.ca)



## North Shore Community



### Mother Goose

Mother Goose  
is a free program  
for caregivers and children  
0-3 years old  
to learn new songs  
and meet other families in the  
community



### Mother Goose

Wednesdays  
1:30pm - 2:30pm  
April 3 - June 5

St. Johns Church,  
220 8th St W  
North Vancouver

To register email  
[alyssa.goodsell@nscr.ca](mailto:alyssa.goodsell@nscr.ca)

### Mother Goose

Tuesdays  
10:30am-11:30am  
April 2 - June 4

Salvation Army  
105 12th St W  
North Vancouver

To register email  
[alyssa.goodsell@nscr.ca](mailto:alyssa.goodsell@nscr.ca)

### Family Goose

Fridays  
10:00am-11:00am  
April 12 - June 14

Lions Gate Community  
Centre, 1733 Lions Gate LN,  
North Vancouver

To register email  
[yasmin@capservices.ca](mailto:yasmin@capservices.ca)

### Mother Goose Families and Caregivers

Mondays  
9:45am - 10:45am  
April 8 - June 16

St. Andrews United Church, 1044 St. Georges Ave,  
North Vancouver

To register email [julie.ngo@nscr.ca](mailto:julie.ngo@nscr.ca)



### Parent Activity Group

We offer Free monthly workshops and activities to  
support you on your parenting journey! Please  
keep an eye out for upcoming Flyers throughout  
the community.

Email [Fariba.aghdassi@nscr.ca](mailto:Fariba.aghdassi@nscr.ca) for more  
information or to register for our monthly parent  
workshops!

## Free (or low-cost) Things to Do With Your Baby or Child On the North Shore Spring 2024



Prepared by First Years Count:  
Our Children, Our Community, Our Commitment  
Funded by Public Health Agency of Canada  
Community Action Program for Children (CAPC)

Canada



### The BC HEALTHY Kids Program

Helps low-income families  
with the costs of basic dental  
care and prescription eyewear  
for their children.

To learn more, visit the  
government website at:  
[gov.bc.ca/sdpr](http://gov.bc.ca/sdpr)

### Child Care Resource & Referral (CCRR)

Consultation & referral  
regarding child care options  
and information about  
affordable childcare benefit  
program.

Phone: [604-985-7138](tel:604-985-7138)

E-mail: [nscr@nscr.ca](mailto:nscr@nscr.ca)

### VCH North Shore Pediatric Resource Team

Nursing Support Services  
(NSS) for children 0-19 years,  
with complex medical needs  
and requiring  
education/training support in  
schools and the community.

604-904-6200 ext. 4167

### 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.



### 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.

**Harvest Project:** 604-983-9488 1073 Roosevelt Crescent, NV  
Assists people who are going through any form of transition that affects  
normal living.

**HelpLine for Children:** 604-310-1234 24HR report of child abuse and  
neglect.

**Infant Development Program (IDP):** 604-986-1358 In-home consultations

**Information Children, Parent Helpline:** 778-782-3548

**Pacific Post Partum Support Society:** 604-255-7999

For Mothers with Young Children or Pregnant Women

**NS Supported Child Development:** 604-998-0131

Intended for children who require extra support to be included in  
a child care setting due to a developmental delay.

**Hollyburn Family Services: Victim Support Program:** 604-987-8211

Program provides a range of support services to women, children,  
who have been victims of relationship & family violence.

**Family Services of the North Shore:** 604-988-5281

Free or low counselling and parent support groups (English, Farsi, Mandarin)

Please note that programs are subject to change without notice.

# Parkgate Community Services



## Parkgate Drop-in

Monday–Thursday & Saturdays  
9:30am–11:15am

\$2 per family, please bring a piece of fruit to share.

email [atodhunter@parkgatesociety.ca](mailto:atodhunter@parkgatesociety.ca) for more information

## Mother Goose

Mondays  
10:00am–11:00am  
April 8 – June 17

To register email  
[atodhunter@parkgatesociety.ca](mailto:atodhunter@parkgatesociety.ca)



## Baby and Me (0-18 months)

Monday  
12:30pm–2:00pm

Come enjoy a light lunch, play and mother goose inspired circle time.

Free drop-in program at Parkgate Community Centre,  
3625 Banff Court, North Vancouver

email  
[atodhunter@parkgatesociety.ca](mailto:atodhunter@parkgatesociety.ca) for more information.



## Lynnmour Outdoor Playgroup

Wednesdays 9:30am–11:15am

\$2 per family, please bring your own snack. Please meet at Inter–River (Digger) park,  
995 Premier Street, North Vancouver

email [atodhunter@parkgatesociety.ca](mailto:atodhunter@parkgatesociety.ca) for more information.

# Thrive Family Programs



## Babynastics 0 - 18 mths

Mondays & Wednesdays  
1:00pm–2:30pm  
Thrive Maplewood

Drop-in for social connection, support and baby fun. This is a dedicated time for babies to explore their world and work on their gross motor development using equipment designed just for babies.

## Pancakes & Play for Dads & Male Caregivers

Sundays  
9:30am–11:30am  
Thrive Maplewood

Drop-in to play, learn, and connect with your children and other dads/male caregivers. Join us at our Maplewood location for free pancakes.

## Breastfeeding & Postpartum Support

Mondays  
9:30am – 11:30am / 1:00pm– 2:30pm  
Thrive Maplewood Re opens Jan 8  
Thursdays 10:00am–12:00pm  
CNV Library (\*3rd Floor)



Join us for breastfeeding & postpartum support and baby time drop-in sessions. Breastfeeding and postpartum is so much easier with support. Bring your baby, have a chat, and enjoy a snack. Our certified Birth Doula and Family Support Counsellor will be on-site to answer any questions you may have.  
Contact [Thrive@familyservices.bc.ca](mailto:Thrive@familyservices.bc.ca)

## Parent Child Mother Goose

Discover the power of rhyme, songs, and stories with our baby or young child. Register 3 times / year.



Visit our website @ [familyservices.bc.ca](http://familyservices.bc.ca)

## Learning Through Play (Drop-in)

Monday–Thursday  
9:30am–11:30am  
Tuesday & Thursday  
1:00pm–2:30pm  
Thrive Maplewood

Monday–Friday  
9:30am–11:30am  
Thrive West Vancouver

Enjoy child-led play, crafts, songs, and stories while interacting with other parents, and caregivers. Our staff offer support, resources, and referrals in a welcoming space.

## Alexa Hudson Exchange Room & Community Cupboard

Parents can drop-off or help themselves to donations of children's gently used clothing (newborn to age 6), maternity clothing, baby equipment, diapers, books, and toiletries. Our Community Food Cupboard is stocked with dry and canned goods for families who are in need.



## Family Support Counselling

Clinical counsellors and family support workers offer emotional support, information and guidance to parents with children ages 0–6 yrs old.  
Thrive Maplewood  
Mondays  
9:30am – 11:30am

# Community Programs

## CCRR Lending Library

Parents, caregivers and daycare centers can borrow a wide range of books, toys and activities for up to three weeks. Delivery and curbside pickup is available. Browse the catalogue online or sign up for free at <https://children.nscr.ca/library/>

Contact [fariba.aghdassi@nscr.ca](mailto:fariba.aghdassi@nscr.ca) for any questions.

## Circle of Care

For nannies, grandparents, aunts, uncles and child care providers. Enjoy free play and a snack with a circle time at the end!

John Braithwaite Community Center  
145 W 1st Ave  
Wednesdays  
9:30am – 11:00am  
April 3 – Jun 19  
To register email  
[julie.ngo@nscr.ca](mailto:julie.ngo@nscr.ca)



## North Shore Library Events

North Vancouver City Library, North Vancouver District Library, West Vancouver Memorial Library, and Bowen Island Library all offer a variety of free family programs throughout the year! Check out each of their websites for more information!

## Circle of Care

For nannies, grandparents, aunts, uncles and child care providers. Enjoy free play and a snack with a circle time at the end!

Parkgate Community Center  
3625 Banff Court  
Fridays  
9:30am – 11:00am  
April 5 – Jun 21  
To register  
[julie.ngo@nscr.ca](mailto:julie.ngo@nscr.ca)

## Capilano Community Services Family Playgroup (0-30 months)

Thursdays  
10:30am – 12:00pm  
April 4 – June 20

Lions Gate Community Recreation Centre

For more information email  
[yasmin@capservices.ca](mailto:yasmin@capservices.ca)

## Capilano Community Services Family Playgroup (0-5 years old)

Mondays & Wednesdays  
10:30am–12:00pm  
April 3 – June 19

Wednesday includes NVDPL Storytime  
Lions Gate Community Recreation Centre

For more information email  
[yasmin@capservices.ca](mailto:yasmin@capservices.ca)

## Capilano Community Services Play & Ask (0-30 months)

Tuesdays  
10:30am–12:00pm  
April 2 – June 18

Lions Gate Community Recreation Centre

Ask health & wellness questions to their special guest speakers!

For more information email  
[yasmin@capservices.ca](mailto:yasmin@capservices.ca)

## Capilano Community Services Move with Me (0-5 years old)

Fridays  
12:00pm – 1:30pm  
April 19 – May 10

To register, please contact  
[yasmin@capservices.ca](mailto:yasmin@capservices.ca)