

Parkgate Community Services



Parkgate Drop-in Playgroup

Monday–Thursdays & Saturdays
January 6–March 13, 2025
9:30am – 11:15am

\$2 per family. Please bring a fruit/veg to share

email atodhunter@parkgatesociety.ca for more information



Mother Goose

A free registered 10 week program on Monday mornings at 10am starting on January 6, 2025. Please register with Alicia at: atodhunter@parkgatesociety.ca

Lynnmour drop-in Playgroup

Wednesdays, January 8–March 12, 2025
9:30am – 11:15am. \$2 per family.
Lynnmour JC House

Baby and Me(0-18 months)

Free drop-in
Mondays 12:30–2:00pm
January 13–March 10, 2025



Dad's and tots Sport Night

First Wednesday of the month
Jan 8, Feb 5, & March 5, 2025
6:15pm – 7:30 pm
Seymour Youth Centre

For all the above contact Alicia at:
atodhunter@parkgatesociety.ca

Thrive Family Programs



Babynastics 0 – 18 mths (Drop-in) Thrive Maplewood

Thursdays
9:30–11:30 am &
1:00–2:30 pm
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 (Drop-in) Thrive Maplewood

Sundays
9:30 – 11:30am
Join us for free pancakes. Enjoy child-led play, crafts, songs, and stories while interacting with other dads/male caregivers.



Breastfeeding & Postpartum Support

Thursday mornings
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

Learning Through Play (Drop-in) Thrive Maplewood

Monday–
Wednesday
9:30 – 11:30 am
& 1:00–2:30 pm
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.

Family Support Counselling

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

Thrive Community Hub at capilano mall

Learning Through Play (Drop-in)

Thursdays, Fridays
9:30am–11:30am
Enjoy child-led play, crafts, songs and stories while interacting with other parents, and caregivers.

Babynastics Drop- in

At Capilano Mall
Wednesdays,
1:00–3:00pm
Drop-in for social connection, support and baby fun. A time for babies to explore their world and work on their gross motor development.

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. Browse the catalogue online or sign up for free at <https://children.nscr.ca/library/> Contact patricia.asbun@nscr.ca for any questions.

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!

CAPC Program

Our Community Action Program(CAPC) supports the healthy development of young children and families facing challenges. Our program includes free fun and educational activities such as parent workshops, family drop-in programs and parent led groups. To register or for more information contact our CAPC coordinator, Fariba at fariba.aghdassi@nscr.ca or our parent community liason, Aleysha at Aleysha.Karmali@nscr.ca

North Shore Community Resources CAPC Program 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:
Aleysha.Karmali@nscr.ca for more information or to register for our monthly parent workshops!

Capilano Community Services

Family Playgroup (0-5 years old)

Mondays & Wednesdays
10:30am–12:00pm
January 6–March 26, 2025

Play & Ask(0-30 months)
Tuesdays 10:30am–12:00pm
January 7–March 25, 2025
For more information email yasmin@capservices.ca.

Family Playgroup (0-30 months)

Thursdays 10:30–12:00 pm
January 9–March 27, 2025
For more info:
email
yasmin@capservices.ca



Mother Goose

Fridays
(0-15 months)
10:00am – 11:00am
January 24–Feb 21, 2025
Lions Gate Community Centre
1733 Lions Gate LN, North
vancouver
For more info, email
yasmin@capservices.ca

North Shore Neighbourhood

House



Family Playgroup Drop-in

Tuesdays, Thursdays & Saturdays 10-11:30am
January 11-march 29, 2025

NSNH Family Resource Centre located at John Braithwaite Community Centre, 145 West 1st St. Join our FREE playgroup drop-in program with your children up to 6 years old. You can participate in play based activities, connect with other families, and find out about community resources.

Facilitated by NSNH Parent Community Developers

For more information, please email frahimi@nsnh.bc.ca

Sunshine Song Time Drop-in

Mondays 10:00am - 11:00am (birth to 18 months)
January 13-march 10, 2025 (no session on February 17)

NSNH Family Resource Centre located at John Braithwaite Community Centre, 145 West 1st Street

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

For more information, please email frahimi@nsnh.bc.ca

Intergenerational Mother Goose Program

Thursdays
Newborns to 12 months
1:30-2:30 pm
January 16-March 13, 2025
Free, snack provided
Chartwell Churchill House Retirement Residence
150 West 29th St,
North Vancouver
Contact patricia
patricia.asbun@nscr.ca



North Shore Community Resources



North Shore Community Resources

Circle Of Care

For childcare providers, nannies, and grandparents
0-5 years old
Wednesdays
9:30am-11:00am
January 15-March 26, 2025
John Braithwaite Community Centre (JBCC)
145 West 1st Street
For info contact:
aleysha.karmali@nscr.ca

Mother Goose

Tuesdays (0-18 Months)
10:30am - 11:30am
January 14-March 18, 2025
Salvation Army, 105 12th St W. North Vancouver
A snack will be available
Please go to www.nscr.ca to register.

Mother Goose

Mondays (2-5 Years)
9:45-10:45
January 14-March 19, 2025
St. Andrew's United Church
1044 St. Georges Ave

Please go to www.nscr.ca to register

Parent Child Mother Goose

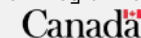
Discover the power of rhyme, songs, and stories with your baby or young child. Register 3 times / year.

Visit our website @ family.services.bc.ca



Free Things to Do With Your Baby or Child On the North Shore Winter 2025

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



Child Care resource & Referral (CCRR) Our West Vancouver Satellite location

Consultations & referral regarding child care options and information about affordable childcare benefit program (ACCB)

Phone: 604-910-7564

Email:

marlene.allbright@nscr.ca
#201 - 2403 Marine Drive

Child Care Resource & Referral (CCRR) North Vancouver

Consultation & referral regarding child care options and information about affordable childcare benefit program (ACCB)

Phone: 604-985-7138

E-mail: nscr@nscr.ca
#201 - 935 Marine Drive

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
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.



Please note that programs are subject to change without notice.

West Vancouver School District 45

Strong Start Programs

2 FREE West Vancouver Strong Start programs for early learning
Hollyburn Strong Start
1329 Duchess Ave
Tuesday-Thursday
9:15-11:30 and 12:15-2:30
Jan 6-March 2025.
For more info email Deanna
hollyburnstrongstart@wvschools.ca

Eagle Harbour
5575 Marine Drive, WV.
Monday-Thursday
9:00-11:30
Jan 6-March 2025.

For more info, email Margot
ehss@wvschools.ca

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

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.

Please note that programs are subject to change without notice.

Baby Play Group

West Vancouver School is inviting babies 0-12 months to participate in a new baby-parent/caregiver playgroup
Mondays
Jan 13-June 16, 2025
1:00-2:30 pm Hollyburn Elementary
Strong Start classroom
1329 Duchess Avenue

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.

Thrive Family Programs



Learning Through Play (Drop-in)



Thrive West Vancouver

Monday-Friday

9:30-11:30 am



West Vancouver Community Centre

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.



hello winter

Parent Child Mother Goose

Discover the power of rhyme, songs, and stories with your baby or young child.

Register 3 times/year.

Visit our website @ family.services.bc.ca

West Vancouver Memorial Library & Bowen Island 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!

Free Things to Do With Your Baby or Child in West Vancouver Winter 2025

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



North Shore Community Resources

Child Care Resource & Referral (CCRR)

West Vancouver Satellite Location

Consultation & referral regarding child care options and information about affordable child care benefits (ACCB).

Phone: 604-910-7564
Email: marlene.allbright@nscr.ca
#201-2403 Marine Drive

Child Care Resource & Referral (CCRR)

North Vancouver Location

Consultation & referral regarding child care options and information about affordable childcare benefits (ACCB).

Phone: 604-985-7138
E-mail: nscr@nscr.ca
#201 - 935 Marine Drive

Circle of Care

West Vancouver Fridays

9:30-11:00 am
January 10-March 14, 2025
1329 Duchess Ave,
in the Strong Start Room



Songs, Stories, and Connections

West Vancouver

Mother Goose inspired program for parents, caregivers, and their children.

Fridays
1:00-2:00 pm
January 17-March 14, 2025
Gleneagles Community Centre
6262 Marine Drive, WV

