

Parkgate Community Services



Parkgate Drop-in Playgroup

Monday-Thursdays & Saturdays

9:30am - 11:15am

Sep 8-Dec 18, 2025

Jan 5-Marc 12, 2026

Mar 30-Jun 18, 2026

email atodhunter@parkgatesociety.ca
for more information



Mother Goose

A free registered program
Mondays, 10-11 am

Sept 15-Dec 1, Jan 5-Mar 9, 2026 and
Mar 30-Jun 15, 2026

Please register with Alicia at:
atodhunter@parkgatesociety.ca

Lynnmour drop-in Playgroup

Wednesdays, 9:30am - 11:15am..
Sept 10-Dec 17, 2025, Jan 7-Mar 11,
2026

and Apr 1-Jun 17, 2026
Lynnmour JC House

Baby and Me(0-18 months)

Free drop-in

Mondays 12:30-2:00pm

Sep 15-Dec 1, 2025, Jan 5-Mar 9, 2026
and Mar 30-Jun 1, 2026

Dad's and tots Sport Night

First Wednesday of the month,
6:15-7:30 pm

October 2025 to June 2026
Seymour Youth Centre

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



Thrive Family Programs



Baby Basic 0 - 18 months (Drop-in)

Thursdays

9:30-11:30 am & 1:00-2:30
pm

Sep 2025-Jun 2026

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.

Learning Through Play (Drop-in)

Monday-Wednesday

9:30 - 11:30 am

& 1:00-2:30 pm

Sep 2025-Jun 2026

Thrive Maplewood

Enjoy child-led play, crafts,
songs, and stories.

Pancakes & Play for Dads & Male Caregivers (Drop-in)

Sundays

9:30 - 11:30am

Thrive Maplewood

Join us for free pancakes .Enjoy
child-led play, crafts, songs, and
stories while interacting with other
dads/male caregivers.

Thrive Community Hub at capilano mall Learning Through Play (Drop-in)

Thursday, Friday

9:30am-11:30am

Se 2025-Jun 2026

Enjoy child-led play, crafts, songs and stories while interacting
with other parents, and caregivers.

Baby Basic Drop-in

Wednesdays,

1:00pm-3:00 pm

Drop-in for social connection, support and baby fun. A time for
babies to explore their world and work on their gross motor
development.

For more info: Thrive@familyservices.bc.ca

Breastfeeding & Postpartum Support

Thursday mornings

10:00am - 12:00pm

Sep 2025-Jun 2026

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.

Community Programs

Child Care Resource & Referral (CCRR) North Vancouver

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

Phone: 604-985-7138

E-mail: nscr@nscr.ca

North Shore Community Resources Circle Of Care

For childcare providers,
nannies, and grandparents
(0-5 years old)

Wednesdays

9:30am-11:00am

Sept 17-Dec 10, 2025

John Braithwaite

Community Centre(JBCC)

145 West 1st Street

For info contact:

xiaotong.yang@nscr.ca

North Shore Community Resources Circle of Care

For childcare providers,
nannies, and grandparents
(0-5 years old)

Fridays

9:30am-11:00am

Sept 26-Dec 12, 2025

Parkgate Community

Centre

3625 Banff Court

For info contact:

xiaotong.yang@nscr.ca



Capilano Community Services

Family Playgroup (0-5 years old)

Sep 2025-June 2026

Please check website at www.capservices.ca
for exact program dates and times

For more info email yasmin@capservices.ca

Mondays & Wednesdays

10:30am-12:00pm

Play & Ask(0-30 months)

Tuesdays 10:30am-12:00pm

Sept 2025-June 2026

Family Playgroup(0-30 months)

Thursdays

10:30am-12:00pm

Move with me(0-5 years)

Fridays 12:00pm-1:30pm

Mother Goose(0-15 months)

Fridays 10:00am-11:00am

Registered Program



North Shore Neighbourhood House



Family Resource Centre at John
Braithwaite Community
Centre(JBCC)
145 West 1st St

For up-to-date schedules:
www.nsnh.bc.ca/family-programs/
Contact: frahimi@nsnh.bc.ca

Family Playgroup Drop-in

(0-5 years old)

Drop-in with your child
for social connection, play
and circle time with our
Parent Community
Developers

Tuesdays, Thursdays & Saturdays

10:00 am-11:30 am
Sep 9-Dec 11, 2025
Jan 8-March 19, 2026
Mar 31-Jun 25, 2026

Sunshine Song Time Drop-in

(0-18 months)

Drop-in with your
baby for social
connection, songs
and support.
Public Health Nurses
visit weekly

Mondays

10:30am - 11:30am
Sep 15-Dec 15, 2025
Jan 12-Mar 9, 2026
Apr 13-June 22, 2026



Intergenerational Mother Goose

(Newborns-10 months)

Tuesday
1:30-2:30 pm
Sept 23-December 16, 2025
Cedarview Lodge
1200 Cedar Village Close, North
Vancouver

Thursday
1:30pm-2:30pm
Sept 25-Dec 4, 2025
Chartwell Churchill House Retirement
Residence
150 W 29th St North Vancouver

To register: xiaotong.yang@nscr.ca



North Shore Community Resources



Please Note

For all NSCR
program info
for **January-June
2026**, please
check the website
at
www.nscr.ca for
dates and details

Mother Goose

Tuesdays
(0-18 months)

10:30am - 11:30am
Oct 7--Dec 9, 2025
Salvation Army, 105
12th St W. North
Vancouver

To register:
xiaotong.yang@nscr.ca

Mother Goose

Wednesdays
(0-18 months)
1:00pm-2:00 pm
Sept. 24-Dec 3, 2025
St. John's Church
220 8th St. W.
North Vancouver
To register:
xiaotong.yang@nscr.ca



Mother Goose

Mondays
(0-18 months)
9:45am-10:45am
Sept-22-Dec 1,
2025
St. Andrew's
United Church
1044 St. Georges
Ave
North Vancouver
To register:
xiaotong.yang@nscr.ca

Mother Goose

Fridays
(0-18 months)
10:00am - 11:00am
Sept.26-Nov 14, 2025
Lions Gate Community Centre
1733 Lions Gate LN, North
Vancouver
To register: Xi@capservices.ca



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
stressors.

Free Things to Do With Your Baby or Child On the North Shore September 2025-June 2026

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



CAPC Program

Our Community Action
program (CAPC)
supports the healthy
development of young
children and families.
Our program includes
free fun and educational
workshops. For more
information contact our
CAPC coordinator,
Fariba.aghdassi@nscr.ca

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.
To register for our Parent
Activity Group contact:

Aleysha.Karmali@nscr.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.

family Peer Support worker-604-607-9569

Please note that programs are subject to change without notice.