



North Shore  
Neighbourhood  
House

# SUNSHINE SONG & PLAY TIME

Join our **FREE Drop In Playgroup** for families with babies from newborn to 18 months old! Enjoy playtime, connections, and an interactive Mother Goose inspired experience focusing on the pleasure and power of songs and rhymes that support language development and parent-child bonding.

**Vancouver Coastal Health Public Health Nurses** visit the program each week and provide client education, counselling and referrals for topics on **Breastfeeding, Nutrition, Dental, Sleep, Play, Immunizations, Child Behaviour, Speech/Language, Hearing, and other health care questions/concerns.**



**MONDAYS**  
**SEP 21 - NOV 16, 2026**  
(CLOSED OCT 12)  
**10:00 - 11:30AM**  
**(BIRTH-18 MONTHS)**

Family Resource Centre  
John Braithwaite Community Centre  
145 West 1st Street, North Vancouver

Funded by Public Health Agency of Canada  
Community Action for Prenatal and Child Health Program (CAPCHP)

**Canada**

 **NORTH VANCOUVER**  
**Recreation  
& Culture**