

Parkgate Community Services



Parkgate Drop-in Playgroup

Monday-Thursdays & Saturdays

9:30am - 11:15am
Sep 14-Dec 17, 2026
Jan 4-March 11, 2027
Mar 30-Jun 17, 2027
\$ 3 per family
email atodhunter@parkgatesociety.ca
for more information



Mother Goose

Mondays

10-11 am
Sept 21-Nov 30, Jan 4-Mar 8, 2027 and
April 5-Jun 14, 2027
A free registered program
Please register with Alicia at:
atodhunter@parkgatesociety.ca

Lynnmour drop-in Playgroup

Wednesdays

9:30am - 11:15am..
Sept 16-Dec 16, 2026, Jan 6-Mar 10,
2027
and March 31-Jun 16, 2027
\$ 3 per family

Baby and Me(0-18 months)

Mondays

12:30-2:00pm
Sept 21-Dec 7, 2026, Jan 4-Mar 8, 2027
and April 5-June 7, 2027
Free drop-in

Dad's and tots Sport Night

First Wednesday of the month,
6:15-7:30 pm
October 2026 to June 2027

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 &
1:00-3:00 pm
Sep 2026-Jun 2027
Thrive Maplewood
Drop-in for social
connection, support and
baby fun.

Artful Afternoons

Monday-Wednesday
1:00-3:00 pm
Thrive maplewood
Spend time making art with
your little ones. A casual time
to connect with your child
and chat with our staff.

Learning Through Play (Drop-in)

Monday-Wednesday
9:30 - 11:30 am
Sep 2026-Jun 2027
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)

Monday - Thursday
9:15am-11:30am
1:00pm-3:00pm
Sep 2026-Jun 2027
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 2026-Jun 2027
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

Sept 2026-June 2027

**Please note that programs are subject to change
without notice.**

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

Mother Goose 0 - 15 months

Fridays
10:00am-11:00am
Lions Gate Community
Centre
1733 Lions Gate LN, North
Vancouver

To register:
xi@capsservices.ca

Songs, Stories & Connections in Farsi 0 - 5 years

Wednesdays
1:00pm-2:00pm
Lions Gate Community
Centre
1733 Lions Gate LN, North
Vancouver
This is in partnership with
NSCR

To register:
ghazal.ghaziani@nscr.ca

Capilano Community Services

Lions Gate Community Recreation Centre
For program registration or more info, please
email xi@capsservices.ca

Family Playgroup (Drop-in)

Mondays & Wednesdays (0 - 5 years) &
Thursdays (0 - 30 months)
10:30am-12:00pm

Play & Ask (Drop-in)

Tuesdays (0 - 30 months) 10:30am-12:00pm

Kids In The Kitchen Fridays (3 - 6 years) 10:30am-12:00pm

Move with Me

Fridays (1 - 5 years) 10:30am-11:30am



Vancouver Coastal Health (VCH)

Early Years Public Health Nurses provide prenatal support, health
assessments, immunizations, outreach, and education to help
parents support their children's growth and development. Nurses
host a Drop In Breastfeeding Support Clinic at the West
Vancouver Community Centre, Tuesdays 10-12pm.
Public Health Nurse on Call M-F: 604-983-6754, www.vch.ca

North Shore Neighbourhood House



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

For January-June 2027 program
dates and up-to-date information,
please visit our website at
www.nsnh.bc.ca/family-programs/
or email frahimi@nsnh.bc.ca

Family Playgroup 0 - 5 years (Drop-in)

Sep 15-Dec 10, 2026

Tuesdays & Thursdays

10:00 am-11:30 am &
12:30 pm - 2:00pm

Saturdays

10:00 am - 12:00pm
Drop-in with your child
for social connection, play
and circle time with our
Parent Community
Developers



Nobody's Perfect



FREE registered parenting program offered to
support parents with children under 6 years old.
Please check our website for dates and
registration.

Songs, Stories and Connections in Farsi 0-5 years

FREE registered Farsi-led program with Farsi and
English songs.
Mondays

12:30pm - 1:30pm
Sept 14-Oct 26, 2026

This program is a partnership with North Shore
Community Resources

For more info: frahimi@nsnh.bc.ca



North Shore Community Resources



Please Note

For all NSCR
January-June 2027
program dates and
details please check
the website at
www.nscr.ca

Mother Goose

(0-18 months)
Tuesdays

10:30am - 11:30am
Sep 15-Nov 17, 2026
Salvation Army, 105
12th St W. North
Vancouver
To register:
aleysha.karmali@nscr.ca

Hands That Care, Hearts That Play (0 - 5 years) (Drop-in)

Wednesdays

9:30am-11:00am
Sept 23-Dec 9, 2026
John Braithwaite Community
Centre(JBCC)
145 West 1st Street

For info contact:
aleysha.karmali@nscr.ca

Mother Goose (0-18 months)

Thursdays

10:30am-11:30 am
Sept. 24-Nov 26, 2026
St. John's Church
220 8th St. W.
North Vancouver

To register:
xiaotong.yang@nscr.ca

Intergenerational Mother Goose 0 - 10 months

Tuesdays

0-10 months
1:30-2:30 pm
Sept 22-Nov 24, 2026
Cedarview Lodge
1200 Cedar Village Close, North
Vancouver

Thursdays

1:30pm-2:30pm
Oct 1-Dec 3, 2026
Chartwell Churchill House
Retirement Residence
150 W 29th St North Vancouver
To register:
patricia.asbun@nscr.ca



Free Things to Do With Your Baby or Child On the North Shore September 2026-June 2027

Funded by Public Health Agency of Canada



CAPCHP Program CAPCHP Program Parent Activity Group

Our Community Action
for Prenatal and Child
program (CAPCHP)
supports the health of
pregnant people ,
infants and young
children (0-6) and
familie through free fun
and educational
workshops. For more
information contact our
CAPHP coordinator,
Fariba.aghdassi@nscr.ca

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