

FREE

THINGS TO DO WITH YOUR BABY & CHILD on the NORTH SHORE

(OR LOW COST)

Winter/Spring 2015 - Jan. 12

DID YOU KNOW....?

The BC Healthy Kids Program helps low income families with the costs of basic dental care and prescription eye wear for their children. For more information, call: 1-866-866-0800 press 4 and then 2



HANDY INFORMATION AND SPECIAL EVENTS:

Guide to Vaccination

The public Health Agency (PHAC) is happy to inform you that the well-known parent resource entitled A Parent's Guide to Immunization has been updated and is now ready for distribution. The Guide is an effective tool to promote and educate parents of children aged 0-2, about the benefits of immunization.

Free copies of A Parent's Guide to Vaccination will be available in English and French through 1-800-O- Canada (1-800-622-6232) and on Canada.ca/health – www.phac-aspc.gc.ca/im/iyc-vve/pgi-gpv/index-eng.php

Websites and links to the Guide are updated accordingly, but if you need more information regarding the updated Guide, please Contact Martine Debuc by e-mail: martine.debuc@phac-aspc.gc.ca or by phone (613) 851-0281.

Special Events & Low Cost Programs:

- ⌘ January 17 – John Braithwaite Community Centre Early Year's Fair from 10:00 – 1:00 pm. Tons of information on childcare, daycares, preschools and resources from all over North Vancouver www.nscr.bc.ca
- ⌘ Parent Tot Gym and Parent & Tot Drop-ins, Family Fun Days, Parent-Tot Art Drop-ins at North Vancouver Recreation Centres. Please see website for North Vancouver and Culture www.nvrc.ca for more information.

Free Community Meals:

St. Andrew's United Church provides free community lunch from 12:00 – 1:00pm every Thursday (except August) and free community dinner from 6:00 – 7:00 pm every Friday (except August) in the Friendship Room; 1044 St. George's Ave. NV. Free Friday Dinners schedule: January 16, February 20, March 27, April 17, May 22, June 19, July 17, September 18, October 23, November 20 and December 11. For more information call: 604-985-0408 or www.st-andrews-united.ca

North Vancouver Food Banks:

North Shore Neighbourhood House – 225 East 2nd Street, North Vancouver operates each Wednesday of the month from 10:30 to 1:00 PM.
Harvest Project – 1073 Roosevelt Cres., North Vancouver – for more information see www.harvestprojects.org

PARENT & INFANT DROP-INS (NORTH SHORE COMMUNITY HEALTH SERVICES)

MONDAYS

Parkgate Community Centre
3625 Banff Court, North Vancouver
1:00 – 3:00 pm Consultation and Growth Monitoring and Parent-Infant Talk

TUESDAYS

Hillside Baptist Church
870 Lynn Valley Road, North Vancouver
1:00 – 3:00 Consult. & Growth Monitoring and Parent-Infant Talk

WEDNESDAYS

West Vancouver Community Health Centre (WV Community Centre)
2121 Marine Drive, West Vancouver
1:00 – 3:00 Consultation & Growth Monitoring and Parent-Infant Talk

WEDNESDAYS

Young Parents and Baby Drop-in Program (Parents must be 24 years of age or younger) JBCC
145 West 1st Street, North Vancouver
12:45 – 2:30 pm

THURSDAYS

John Braithwaite Community Centre
145 West 1st Street, North Vancouver
1:00 – 3:00 Consult. & Growth Monitoring and Parent-Infant Talk

<p>On-Call Nurse: 604-983-6700 HealthLink BC (24 hours/day): 8-1-1 Immunization Clinics: 604-983-6863</p>
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Prepared by First Years Count: Our Children, Our Community,
Our Commitment Funded by Public Health Agency of Canada
Community Action Program for Children (CAPC)

PARENT - CHILD MOTHER GOOSE

Mother Goose is a free, registered 10 week program. It is an experience that focuses on the pleasure and power of using rhyme, songs and stories together. (Ages birth to 3 yrs.) Several agencies offer the program. Please contact them individually to register.

Local libraries also offer Parent – Child Mother Goose. Please contact them directly for details. Refer to page 3 for contact info.

Family Services of the North Shore

To register call: 604-986-9311 or

www.familyservices.bc.ca

Location 1: WV Memorial Library

Mondays – Jan. 5 – March 2

Toddlers:9:15-10:15;Infants: 10:30-11:30

Location 2: I Hope Family Centre,

Maplewood and CNV library;

Tuesdays - Jan.6 - March 3

Toddlers:9:15-10:15;Infants: 10:30-11:30

Location 3: Queens Mary Elementary

Thursdays – Jan. 8 – March 5

Toddlers:9:05-10:05;Infants: 10:20-11:20

North Shore Neighbourhood

House Location of Classes:

Location: Family Centre, JBCC

Tues. 10:00 – 11:00 am - Playroom

145 West 1st Street, North Vancouver

Check the website www.jbcc.ca or call

604-982-8315 for more info.

Parkgate Community Services

Parent-Child Mama Duck

Location: Parkgate Community Centre.

When: Mondays 10:00 – 11:00 am

To register: 604-983-6350

** For Child Care Providers Child Care Resource Program

Location of Classes: St. John's

Anglican Church

220 West 8th Street, North Vancouver

When: Mondays 9:45 – 10:45

First class Jan. 12 – March 30

No Need to Register.

Drop-in Organizer: Christine

Tel.: 604-985-7138

YOUNG PARENTS

NORTH SHORE NEIGHBOURHOOD HOUSE (NSNH)

Location: 225 East 2nd Street (Lower Lonsdale), North Vancouver

Website: www.nsnh.bc.ca

Young Parent Program

Call for details on program and to register:

Child minding provided.

Contact: Leanne Warner at 604-258-8325

NORTH SHORE NEIGHBOURHOOD HOUSE

John Braithwaite Community Centre

Location: 145 West 1st Street (Lower Lonsdale), North Vancouver

Website: www.jbcc.ca or contact: 604-982-8315

Sunday Family Fun Day Drop-In

Sundays 9:30 – 11:00 am; from Jan. 11 to March 29

\$ 1/person or \$ 3/family

Lower Lonsdale Family Playgroup Drop-In (closed Stat. Holidays)

Mondays 9:30 – 11:30 & 12:30 – 2:30; Wednesdays 9:30 – 11:30

Parenting - Help! My Kid Didn't Come with An Owner's Manual!

Mondays 7:00 – 9:00 pm; Jan. 12 – Feb. 23 free

Must pre-register by calling 604-982-8300 (for 6-12 yrs old)

Parent Education Series

Tuesdays 6:30 – 8:00 pm (Jan. 20, Feb. 17 and March 24)

Must pre-register by calling 604-982-8300

Story Time with the City Librarian

Thur. 10:00 – 10:30 (Birth-2yrs.) & 10:30 - 11:00 (2-5 yrs.)

Jan. 8 to March 26

Grandparent Connections

Thursdays 3:30 – 5:30 pm from Jan. 8 to March 26

Pacific Post-Partum Support Group

Fridays 12:30 – 2:30 pm;

Must pre-register by calling 604-255-7999

Daddy & Me Drop In

A program for fathers and their children (Birth - 6 years)

Fridays 6:00 – 8:00 pm from Jan. 9 to March 27

Drop-in: \$ 5/dad, \$ 1/child

PLAY GROUPS, DROP- INS AND THINGS TO DO

FAMILY SERVICES OF THE NORTH SHORE

Suite 101 -255 West 1st Street, North Vancouver

Please check the website for an up-to-date calendar of events:

Website: www.familyservices.bc.ca, Facebook or 604-986-9311

Breastfeeding & Postpartum Support

Location: I Hope Family Centre

Suite: 101 – 255 West 1st Street, until April 23, 2015

CNV Library 3rd Floor starting April 30, 2015

Thursdays 10 am – 12 pm. Drop in anytime/no cost

Learning Together Through Play (LTP) Drop-In

I Hope Family Centre at 101 – 255 West 1st Street

Wed. & Fri. 9:15 - 11:30 am; 1:15 - 3:30 pm

Until April 24, 2015. Call for information 604-986-9311

Maplewood House, 399 Seymour River Pl.

Mon. Tues. & Thurs.: 9:15 – 11:30 am; 1:15 – 3:30 pm

Sat. 9:15 – 11:30 am

Takaya Aboriginal Family Program

Tues. 11:30 – 3:30 am; Registration required.

Contact Brenda at 604-765-2827

CIRCLE OF CARE (for Care Providers)

A free drop-in program for children and their child care

Providers / nannies to network and play. Snack is provided.

For more information contact Tunde Getaneh at

North Shore Community Resources: 604-982-3324

John Braithwaite Community Centre, 145 West 1st,

Tuesdays 9:30 – 11:30 am from Jan.13 to June 30

(except: Tuesdays after a long weekend: Feb. 10,

April 7 and May 19.

Parkgate Community Centre, 3625 Banff Court

NORTH VAN RECREATION & CULTURE – Parent Tot Gym

Check website, classes subject to change: www.northvanrec.com

John Braithwaite Recreation Centre \$ 1/child

Tues. & Thur. from 9:30 – 11:30 am; Sat. 9:15 – 11:15 am

Parkgate Community Centre \$1/child

Fri. 3:30 - 5:15 pm, Sat. 10:30 - 12:00 pm

Ron Andrews Recreation Centre \$ 1/child

Tues. 11:20 – 12:30; Wed. 1:00 – 2:15 & Fri. 11:20 – 12:30 pm

See website for others.

WEST VANCOUVER CHILD & FAMILY HUB

WV Community Centre, 2121 Marine Drive, West Vancouver
To register: website: www.westvancouverrec.ca

NEW PROGRAM:

Properties Family Hub

Location: Chartwell Elementary School

To learn about programs, services and how to register:
visit: www.sd45.bc.ca

Free Parenting Workshops

From Oct. 2 to Feb. 17 from 7:00 – 8:30 pm
Contact Centre for more information: 604-925-7270

Story-House Family Drop-In (Story-house 2nd Floor)

WV Memorial Library, 1950 Marine Drive
Tue. Jan. 6 – Mar. 1/15 from 12:15 – 2:15pm

Immunizations for Young Children

Free every Thursday in the Garden Room.
By appointment 604-983-6863

Family Open Gym

Gleneagles & WV Community Centre offer open gym.
Please call 604-925-7270 to confirm times

Toonie Swim for All

Sunday 7:00 pm – 10:00 pm; Children under 3 are free

PARKGATE COMMUNITY SERVICES

3625 Banff Court, North Vancouver
Contact: 604-983-6350 or www.myparkgate.com

Lynnmour Family Drop-In (Cost: \$2/family)

Lynnmour – Jaycee House, 1251 Lillooet Road, NV
Wednesdays from 9:15 – 11:15 am

Parkgate Playgroup Parkgate Community Centre
Monday – Thursday 9:30 – 11:30 drop-in/5 per family
Contact: Parkgate Front Desk: 604-983-6350

Dad's Night Out (Free) – First Wednesday of each month
Seymour Youth Centre – 949 Lytton St. from 6:30 – 8:00 pm

Parent Community Developer's Evening Playgroup (Free)

Parkgate Comm. Centre Every 2nd & 4th Tuesday of each
month 6:00 – 7:30 pm
Contact: PCDs 604-983-6444 ext.: 849

LIBRARY PROGRAMS

North Shore libraries offer various programs and story
times for babies, children and families. Contact your local
library for up-to-date details.

FREE INTERNET ACCESS

Available at all Public Libraries and John Braithwaite
Community Centre and NS Community Resources.

North Vancouver City 121 West 14th Street 604-998-3480 www.cnv.org/nvcl	West Vancouver Memorial 1950 Marine Drive 604-925-7400 www.westvanlibrary.ca	
Lynn Valley 1277 Lynn Valley Rd. 604-984-0286 www.nvdpl.ca	Parkgate 3675 Banff Court 604-929-3737 www.nvdpl.cawww .nvdpl.ca	Capilano 3045 Highland Blvd. 604-987-4471 www.nvdpl.ca

STRONG START West Vancouver

Free drop-in for preschool children and their parents/caregivers
(September – June).
Program offers a variety of activities for developing early learning
skills and snacks is provided.

Hollyburn Elementary School

1329 Dutches Avenue
Monday/Wednesday/Friday 12:00 – 3:00 pm
Contact: Kelly Botz 604-981-1389
Email: hollyburnstrongstart@sd45.bc.ca

Eagle Harbour Elementary School 5575 Marine Dr.

Monday – Friday 8:30 - 11:30 am
Contact: Deanna Hilder 604-981-1387
Email: eagleharbourstrongstart@sd45.bc.ca
For further information, contact West Vancouver School District at
604-981-1000 or www.sd45@bc.ca

STRONG START North Vancouver

Free drop-in for preschool children and their parents/caregivers
(September – June).
Program offers a variety of activities for developing early learning
skills and snacks is provided.

Boundary Elementary School	604-903-3260
750 East 26 th Street Monday – Friday: 9:00 – Noon	
Eastview Elementary School	604-903-3520
1801 Mountain Highway Monday – Friday: 8:45 – 11:45 am	
Lynnmour Elementary School	604-903-3590
800 Forsman Avenue Monday – Friday: 8:45 – 11:45 am	
Montroyal Elementary School	604-903-3650
5310 Sonora Drive Monday – Friday: 8:45 – 11:45 am	
Norgate Elementary School	604-903-3680
1295 Sowden Street Monday – Friday: 8:50 – 11:56	
Seymour Heights Elementary School	604-903-3760
2640 Carnation Street Monday – Friday: 8:55 – Noon	
Westview Elementary School	604-903-3840
641 West 17 th Street Monday – Friday: 9:00 – Noon	

***Requirements: Completed Registration Form; proof of child's age,
and proof of residence.**

North Vancouver School District: 604-903-3777

North Shore Women's Centre-Single Mother's Support Group

Discussion, activities, and opportunities to connect with other
Moms.
Every Saturday morning, free 1 year program, child care provided
Registration required: 604-984-6009. Program runs till June 22nd

Open Door Society for Single Mothers Drop-In

Hillside Church, 870 Lynn Valley Road, North Vancouver
Mondays 9:30 – 1:30 pm; contact Donna 604-985-1122 ext.: 28
Website: www.singlemomsopendoor.com

RECREATION PROGRAMS

North Vancouver Recreation Programs: 604-987-7529 (PLAY)

Website: <http://www.northvanrec.com>

Click on Leisure guide to view programming and events.

West Vancouver Recreation Programs: 604-925-7270

Website: <http://westvancouver.ca/Residents>

Click on "Recreation" to locate leisure guide

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.

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

Counselling support for individuals and families.
Website: www.familyservices.bc.ca

Harvest Project (food and clothing): 604-983-9488
1073 Roosevelt Crescent, North Vancouver
Assists people who are going through any form of transition that affects normal living, be that work, school, addictions, homelessness, or mental and physical illness.

HelpLine for Children: 604-310-1234
Phone line for the report of child abuse and neglect, 24 hours

Infant Development Program (IDP): 604-986-1358
In-home consultations (birth to 3 years old)

Information Children, Parent Helpline: 778-782-3548
Parenting Help Line open 10am – 2pm;
infochild@sfu.ca

Pacific Post Partum Support Society
For Mothers with Young Children or Pregnant Women
Telephone Support: 604-255-7999 and
Weekly Support Groups; www.postpartum.org

La Leche League: 604-520-4623
Breast feeding support

North Shore Community Resources (NSCR): 604-985-7138
Information on many North Shore programs & services.
Website: www.nscr.bc.ca

Child Care Resource & Referral (CCRR):
604-985-7138 Consultation & referral regarding
child care options; information about Child Care Subsidy

Legal Information & Advocacy: 604-985-7138

North Shore Multicultural Society (NSMS): 604-988-2931
Helps newcomer families with a range of settlement information, referrals and offers parenting workshops and programs.
Website: www.nsms.ca

North Shore Women's Centre: 604-984-6009
Provides women with resources (information, referral, & advocacy). Offers Single Mom's Support Group beginning each September. Website: www.northshorewomen.ca

Parent Support Services (Vancouver): 604-669-1616

Salvation Army: 604-988-7225
105 West 12th Street, North Vancouver
Provides emergency social services to individuals and families. Assistance with food, clothing, and furnishings. Also serves victims of emergencies/disasters such as house fires or floods.

Greater Vancouver Food Bank
www.foodbank.bc.ca or tel.: 604-876-3601

HELPFUL WEBSITES:

For new immigrants: www.immigrantguide.ca

Great resources for families: "Connect for Kids" website: www.connectforkids.ca

Safety websites: www.bcchildrens.ca/KidsTeensFam/ChildSafety/SafeStart/default.htm
www.preventable.ca www.safekidscanada.ca

www.thinkfirst.ca

SERVICES OFFERED

Parent Community Liaison and Parent Community Developers

A Parent Community Liaison and a Parent Community Developer is a parent that is in the community to work with other parents. They help parents to access important community resources, to build skills and knowledge in the community and to help provide a voice. They also facilitate the North Shore Parent Activity Group.

First Years Count, Coordinator

Contact: Diane Atkinson, 604-982-3304

MAMA DUCK; PARENT NIGHT OUT, DROP-INS AND PARENT COMMUNITY DEVELOPERS

Parent-Child Mama Duck (P-CMD) & Parent Community Developers (PCD)

East of the Seymour River

Hosted by Parkgate Community Services

Contacts:

P-CMD and PCD Programs:

Sara Sutherland 604-983-6365

PCD, Lynnmour and Maplewood, 604-983-6444 ext. 849

Lower-Lonsdale Drop-In at John Braithwaite Community Centre (JBCC) & Parent Community Developers (PCD) -

Lower Lonsdale and Lynn Valley neighbourhoods

Hosted by North Shore Neighbourhood House

Contacts:

Lower Lonsdale Drop-In: Julie Anderson, Family Resource Centre Coordinator, 604-982-8315

CAPC Site Supervisor: Farah Rahimi 604-982-8315

PCD Lower Lonsdale / Lynn Valley 604-987-8138 ext. 209

Parent and Aboriginal Parent Community Liaison

(Parent Activity Group Chairperson + Parent Activity Group)

Contact: Brenda Antone 604-765-2827

FIRST YEARS COUNT: Our Children, Our Community, Our Commitment
North Shore Community Agencies Working Together for Children

