

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

(OR LOW COST)

Fall 2011

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: 1-866-866-08200 press 4 and then 2

FALL EVENTS

National Family Week: October 3 - 9, 2011 Theme: Turning Family Values into Action

Pumpkin Fest: October 15th and 16th at West Vancouver Community Centre

National Child Day: November 20th. Celebrate Children's Rights!

Festival of Lights: December 3rd at Shipbuilder's Square

For a list of events taking place in the community, check out:
<http://vancouvernorthshore.com/whattodo/calendarevent.htm>

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

TUESDAYS

Hillside Baptist Church
870 Lynn Valley Road, North Vancouver
1:00 – 2:00 pm Consultation and Growth Monitoring
2:00 – 3:00 pm Parent-Infant Talk

WEDNESDAYS

West Vancouver Community Health Centre (WV Community Centre)
2121 Marine Drive, West Vancouver
1:00 – 2:00 pm Consultation and Growth Monitoring
2:00 - 3:00 pm Parent-Infant Talk

THURSDAYS

John Braithwaite Community Centre
145 West 1st Street, North Vancouver
1:00 – 2:00 pm Consultation and Growth Monitoring
2:00 – 3:00 pm Parent-Infant Talk

WEDNESDAYS

Parkgate Community Centre
3625 Banff Court, North Vancouver
1:00 – 2:00 pm Consultation and Growth Monitoring
2:00 - 3:00 pm Parent-Infant Talk

WEDNESDAYS

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

On-Call Nurse: 604-983-6700

HealthLink BC (24 hours/day): 8-1-1

Immunization Clinics: 604-983-6863

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 for **Fall season**.

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

Parkgate Community Services

Parent-Child Mother Goose
& Nanny Caregiver Mother Goose
Location of Classes: Parkgate Community Centre
When: Thursday mornings
To Register: 604-983-6350

Family Services of the North Shore

When & Where:
Mondays @ West Van Library (am);
I hope family centre-West 1st Street (pm);
Tuesdays @ I hope- Maplewood;
Wednesdays @ North Shore Infant Development Program (am)

Registration online at:

www.familyservices.bc.ca

John Braithwaite Community Centre

Location of Classes: Family Centre, John Braithwaite Community Centre
145 West 1st Street
When: Tuesdays
To Register: Megan at 604-982-8315
10 week program (Fall, Winter, Spring) for families in most need of support.

Park Royal South Community Room

For parents and their babies newborn to 12 months.
When: Wednesdays 10:00 – 11:00 am
To Register: 604-904-7876

** For Child Care Providers

Child Care Resource Program –
Location of Classes: St. John's Anglican Church
220 West 8th Street, North Vancouver
When: Fridays 9:45 – 10:45 am
No Need to Register.
Drop-in Organizer: Christine 604-985-7138

FAMILY SUPPORT SERVICES

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. Parents, children, blended and kinship family members may all benefit.

Confidential Referral Line: 604-987-1411



Prepared by First Years Count: Our Children, Our Community, Our Commitment

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

PLAYGROUPS, DROP-INS AND THINGS TO DO

JOHN BRAITHWAITE COMMUNITY CENTRE / NSNH

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

Website: www.jbcc.ca

Contact: 604-982-8315

Sunday Family Drop-In

Sundays 1 - 4 pm (closed on long weekends)

\$1/person or \$3/family

Activities in Art Studio, Gym, Family Centre

Lower Lonsdale Drop-In

Mondays 9:30 - 11:30 am & 12:30 - 2:30 pm (closed long weekends)

Wednesdays 9:30 - 11:30 am

Parent Education Series

Monday & Tuesday evenings. Call 604-982-8315 for details of upcoming topics.

Grandparent Connections

Thursdays 3:30 - 5:30 pm

Parent & Infant Drop In

Thursdays 1:00 - 3:00 pm (breastfeeding support available)

Story Time with the City Librarian

Thursdays 10:00 - 10:20 am (0 - 2 years)

10:30 - 11:00 am (2 - 5 years)

Daddy & Me Drop-In

Free drop-in for fathers and their children 0 - 6 years

Fridays 6 - 8 pm

Post Partum Support

Fridays 12:30 - 2:30 pm

Must pre-register by calling 604-255-7999

Man on the Moon

Saturday 10 - 11 am

Must pre-register by calling 604-982-8300

NORTH SHORE NEIGHBOURHOOD HOUSE (NSNH)

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: Nina Polkinghorne at 604-258-8325

Sweet Peas - A free program, offering nutrition and shopping help, guest speakers and group kitchen participation.

Call 604-987-8138 for information.

PARKGATE COMMUNITY SERVICES

3625 Banff Court, North Vancouver

Website: www.myparkgate.com

Contact: Parkgate Front Desk: 604-983-6350

Lynn timer Family Drop-In (Cost: \$1/family)

Lynn timer - Jaycee House, 1251 Lillooet Road

North Vancouver (1 block past Purcell Way, on the left)

Wednesdays 9:15 - 11:15 am

Parkgate Playgroup

Parkgate Community Centre

Monday - Thursday 9:30 - 11:30am

Drop-in fee \$5

Contact: Parkgate Front Desk: 604-983-6350

Parents Night Out (Free)

Parkgate Community Centre

North Vancouver

First Monday of every month 6:30 pm - 8:00 pm

Free childminding available

Contact: PCDs 604-983-6444 ext. 849

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

Breastfeeding & Post Partum Groups

I hope family centre, Suite 101 - 255 West 1st Street

Thursdays 10 am - 12 pm. Drop in anytime, no cost.

Contact: Marianne 604-929-2921

Learning Together Through Play (LTTP) Drop-In

I hope family centre at 101-255 West 1st St. and Maplewood

House, 399 Seymour River Pl.

For an up to date calendar please check website (above)

Parenting Young Children (Farsi):

Will be offered in the Fall. Registration required.

Contact: Mahin 604-988-5281 ext 340

SO-SAH-LATCH HEALTH and FAMILY CENTRE

422 West Esplanade, North Vancouver

Contact: 604-985-7826

Aboriginal Family Program

Mondays and Thursdays 10 am - noon

Aboriginal Post Natal Classes

Tuesdays 11 am - 1:30 pm

Aboriginal Head Start

Prenatal Classes

Mondays 6:30 - 8:30 pm (3 times/year for 6 sessions)

Middle Pregnancy Classes

Wednesdays 6:30 - 8:30 pm (2 times/year for 6 sessions)

Aboriginal Mother Bear Drop-in

Tuesdays and Fridays 1 - 3 pm

Contact: 604-988-0667

WEST VANCOUVER CHILD & FAMILY HUB

WV Community Centre, 2121 Marine Drive, West Vancouver

Contact Call Centre: 604-925-7270

West Van Family Place - Roots & Wings

Monday - Friday 9 am - noon,

Drop-in Fee \$3 (Fee can be waived if unable to pay.)

Contact: 604-925-7141

Parent & Tot Storytime at Gleneagles Community Centre

Thursdays 10:00 - 10:30 am (WV Librarian)

Immunizations for Young Children

Free every Thursday in the Garden Room. By appointment

604-983-6863

Toonie Skates for Children and Youth

Fridays 2:45 - 4:00 pm; Children under 3 are free

Family Open Gym

WV Community Centre and Gleneagles both offer open gym.

Please call 604-925-7270 to confirm times.

Toonie Swim for All

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

Open Door Society for Single Mothers Drop-In

Hillside Church, 870 Lynn Valley Road, North Vancouver

Website: <http://singlemomsopendoor.com>

Mondays 9:30 am - 1:30 pm

Contact: Donna 604-985-1122 ext 28

Treetop Tales

Lynn Valley Ecology Centre,

3663 Park Road, North Vancouver

1st and 3rd Friday 11 - 11:30 am (no storytime when Friday is a holiday). Story time for 2 and 3 year olds by donation.

Contact: 604-990-3755

Toddler & Me Activities

North Van Recreation Commission – Memorial Gym
23rd Street and St. Georges Avenue
Thursdays 4:30 – 6:30 pm
\$2 first child, \$1 each additional child
Purchase tickets at Harry Jerome Comm. Rec Centre first.

WHEELS Playgroup, c/o NS Community Resources

Capilano Room, Woodcroft Towers (Buzz #106)
Last Tuesday of Sept., Oct., Nov.: 11:30 – 1:00 pm (Free)
Visit with Health Nurse.
Contact: April 604-985-7138

CIRCLE OF CARE (for Care Providers)

A fun drop-in program for children and their child care providers/
nannies to meet and play. Contact Tunde Getaneh at North Shore
Community Resources: 604-982-3324

John Braithwaite Community Centre, 145 West 1st, NV
Tuesdays 9:30 – 11:30 am (except Tuesdays after a long
weekend)

Holly House, Hollyburn Elementary School,
1329 Duchess Avenue, WV
Wednesdays 9:30 – 11:30 am

Parkgate Community Centre
3625 Banff Court, NV
Fridays 9:30 – 11:30 am

LOCAL PARKS & PLAYGROUNDS

District of North Vancouver: 604-990-3800 www.dnv.org	City of North Vancouver: 604-983-7334 www.cnv.org	District of West Vancouver: 604-925-7200 www.westvancouver.ca
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STRONG START North Vancouver

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

Boundary Elementary School 604-903-3260

750 East 26th Street
Mon – Fri: 8:54 am - Noon

Eastview Elementary School 604-903-3520

1801 Mountain Highway
Mon / Wed: 11:54 am – 3:00 pm
Tues / Thurs / Fri: 8:45 – 11:51 am

Lynnmour Elementary School 604-903-3590

800 Forsman Avenue
Mon – Fri: 8:45 – 11:51 am

Montroyal Elementary School 604-903-3650

5310 Sonora Drive
Mon – Fri: 8:45 am – 11:51 pm

Norgate Elementary School 604-903-3680

1295 Sowden Street
Mon - Fri: 8:50 – 11:56 am

Seymour Heights Elementary School 604-903-3760

2640 Carnation Street
Mon – Fri: 8:50 – 11:56 am

Westview Elementary School 604-903-3840

641 West 17th Street
Mon / Wed / Fri: 9:00 am – 12:06 pm
Tues / Thurs: 9:00 am – 12:06 pm; 12:36 - 3:07 pm

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

**For further information, contact North Vancouver School
District at 604-903-3777**

STRONG START West Vancouver

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

Hollyburn Elementary School

1329 Duchess Avenue
Monday – Friday Noon – 3:00 pm
Contact: Kelly Botz 604-981-1389
Email: hollyburnstrongstart@sd45.bc.ca

Eagle Harbour Elementary School

5575 Marine Drive
Monday – Friday 8:45 – 11:45 am
Contact: Sharon McGavin 604-981-1387
Email: eagleharbourstrongstart@sd45.bc.ca

For further information, contact West Vancouver School District
at 604-981-1000 or check their website: <http://www.sd45.bc.ca/>

LIBRARY PROGRAMS

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
604-929-3727
www.nvdpl.ca

Capilano

3045 Highland Blvd.
604-987-4471
www.nvdpl.ca

FREE INTERNET ACCESS available at all Public Libraries,
John Braithwaite Community Centre and North Shore
Community Resources.

RECREATION PROGRAMS

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

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

Click on Leisure guide to view programming for children and
families. Community events for North Vancouver are also listed
on their website.

West Vancouver Recreation Programs: 604-925-7270

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

Click on "Recreation" to locate leisure guide

DEVELOPMENTAL STAGES OF PHYSICAL ACTIVITY

The 0-5 years age range includes three developmental
periods, each characterized by different physical activity
patterns.

Infant (0 to 12 months)

- First 6 months: Reaches and grasps objects, turns the head
toward a stimulus, moves arms and legs
- Second 6 months: Learns rudimentary movement skills.

Toddler (1 to 2 years):

- Around 1 year of age: Starts walking, increasing opportunity
for exploration and learning.
- 2 to 3 years: develops locomotor skills such as running,
jumping and hopping. Emergence of manipulative skills
(skills that involve their hands- fine motor skills, like
squeezing, grasping, pinching, etc.)

Preschooler (3 to 5 years):

- Further development of balance, locomotor and manipulative
skills.

* Centre of Excellence for Early Childhood Development: Parenting Series, April
2011

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
E-Support Service: infochld@sfu.ca

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).
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.

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



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

SERVICES OFFERED

Parent Community Liaison and Aboriginal Parent Community Liaison

Parent Community Liaisons are parents that are 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 Advisory Group.

North Shore Parent Advisory Group Hosted by North Shore Community Resources

Contacts:
Parent Community Liaison
(Parent Advisory Group co-chairperson)
Contact: Carla Main 604-985-7138 ext. 117
carlamain@hotmail.com

Aboriginal Parent Community Liaison
(Parent Advisory Group co-chairperson)
Contact: Brenda Antone 604-985-7138 ext. 116
brendaantone@hotmail.com

First Years Count, Coordinator
Contact: Maria Morisseau 604-982-3304
mariamorisseau@canada.com

Breastfeeding Support & Learning Together Through Play
Hosted by Family Services of the North Shore at I hope family centre (101 - 255 West 1st Street) & Maplewood
Contact: Corinna Opitz 604-988-5281 ext. 302

Parent-Child Mother Goose (P-CMG) & Parent Community Developers (PCD)
East of the Seymour River
Hosted by Parkgate Community Services
Contacts: P-CMG and PCD Programs:
Tamara Piekaar 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: Megan McDonnell, PCD Site Supervisor
Farah Rahimi @ JBCC 604-982-8315
PCD Lower Lonsdale Pager # 604-645-5316
PCD Lynn Valley Pager # 604-632-2667

Parent Community Developers (PCD)
Parent Community Developers have similar roles as the Parent Community Liaisons.
North Shore Neighbourhood House PCD
Lower Lonsdale: 604-645-5316
Lynn Valley: 604-632-2667
Parkgate Community Services PCD
East of the Seymour River: 604-983-6444 ext. 849

Questions about this flyer?
Contact Maria Morisseau, Coordinator, First Years Count
604-982-3304
Updated September 19, 2011