

# Free (or low-cost) things to do with your baby or child on the North Shore Winter 2023

Prepared by First Years Count: Our Children, Our Community, Our Commitment  
Funded by Public Health Agency of Canada  
Community Action Program for Children (CAPO)

## Eagle Harbour StrongStart

**Mon - Thurs**  
At Eagle Harbour  
Montessori  
9 - 11:30 AM

Email Margot at  
ehss@wvschools.ca  
to register.

## Hollyburn StrongStart

**Tues - Thurs**  
At Hollyburn School  
9:15 - 11:30 AM  
12:15 - 2:30 PM

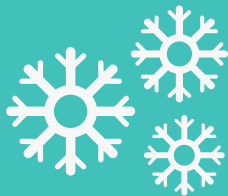
Email Deanna at  
hollyburnstrongstart  
@wvschools.ca to  
register.

## North Vancouver StrongStart

**Mon - Fri**  
9 - 11:30 AM

Offered at the  
following schools:  
Boundary  
Eastview  
Lynnmour  
Montroyal  
Norgate  
Seymour Heights  
Westview

Email Sandra at  
ssingh@sd44.ca for  
more information.



## Recurring Events

### Parkgate Playgroup

**Monday - Thursday, Saturday**

Parkgate Community Centre

9:30 - 11:15 AM | \$2 drop-in

Email atodhunter@parkgatesociety.ca for  
more information.

### THRIVE: Learning through play

**Monday - Thursday**

Maplewood Thrive Family Centre

9:30 - 11:30 AM and 1:00 - 2:30 PM

Play, learn, and connect with your children  
from birth to six years of age. Note: Monday  
afternoons are only for babies 0-18 months.  
Email thrive@familyservices.bc.ca for info.

### THRIVE: Learning through play

**Monday - Thursday**

West Van Thrive Family Centre

(West Van Community Centre)

9:30 - 11:30 AM

Play, learn, and connect with your children  
from birth to six years of age. Email  
thrive@familyservices.bc.ca for info.

### NSNH Family Playgroup

**Tuesdays, Thursday, Saturdays**

NSNH Family Resource Centre

(John Braithwaite Community Centre)

Jan 10 - Mar 30 | 10:00 - 11:30 AM

Join our FREE drop-in program with your  
children up to 6 years old. Email Farah at  
frahimi@nsnh.bc.ca for info.

### Public Library Storytimes

**Monday - Friday**

Times and locations vary

Check your local public library for their  
ongoing storytimes for different age groups!

## Mondays

### Baby Mondays

Maplewood Thrive Family Centre

Breastfeeding Support: 9:30 AM - 2:30 PM

Babynastics (0-18 mos): 1:00 - 2:30 PM

Email thrive@familyservices.bc.ca for info.

### NSCR Mother Goose for Caregivers

St. Andrew's United Church

Jan 9 - Mar 13 | 9:45 - 10:45 AM

Learn songs and stories with the children in  
your care. For nannies, grandparents, family  
childcare providers and 0-3 year-olds.  
Email natalie.townsend@nsnr.ca to register.

### Parkgate Mother Goose

Parkgate Community Centre

10:00 - 11:00 AM

Email atodhunter@parkgatesociety.ca to  
register.

### NSNH Sunshine Song Time

NSNH Family Resource Centre

(John Braithwaite Community Centre)

9:30 - 10:15 AM (birth - 9 months)

10:30 - 11:30 AM (9 - 18 months)

Pre-registration is required, email Farah at  
frahimi@nsnh.bc.ca.

### iPals Literacy Program (Mandarin translation)

Hollyburn Elementary School

Jan 9 - March 6 | 12:00 - 2:30 PM

For more information or to register, email  
ddevita@wvschools.ca.

### Parent Walking Group

Location TBD (Parkgate area)

1:00 - 2:00 PM

Email atodhunter@parkgatesociety.ca for  
more information and location.



## Tuesdays

### **NSCR Mother Goose for Parents**

Salvation Army, 105 12th St W  
Jan 17 - Mar 14 | 10:00 - 11:00 AM

We will learn songs to sing to your little ones. Join us for singing and a snack on Tuesdays. For parents and their 0-3 year-olds. Email [natalie.townsend@nscr.ca](mailto:natalie.townsend@nscr.ca) to register.

### **iPals Literacy Program (Farsi translation)**

Hollyburn Elementary School  
Jan 10 - Feb 28 | 5:00 - 7:30 PM

For more information or to register, email [ddevita@wvschools.ca](mailto:ddevita@wvschools.ca).

## Wednesdays

### **NSCR Circle of Care Playgroup**

John Braithwaite Community Centre  
Jan 11 - Mar 15 | 9:30 - 11:00 AM

For child care providers, grandparents and nannies (and the children they care for), ages 0-5. Email [natalie.townsend@nscr.ca](mailto:natalie.townsend@nscr.ca) to register.

### **Lynnmour Outdoor Playgroup**

Inter-River Playground  
9:30 - 11:15 AM | \$2 drop-in

Email [atodhunter@parkgatesociety.ca](mailto:atodhunter@parkgatesociety.ca) for more information.

### **Dad & Tot Sports Night**

Seymour Youth Centre  
6:15 - 7:30 PM\*

\*First Wednesday of the month. Email [atodhunter@parkgatesociety.ca](mailto:atodhunter@parkgatesociety.ca) for more information.

## Wednesdays, cont'd

### **THRIVE: Parent and Child Mother Goose**

West Vancouver Memorial Library  
Jan 11 - Mar 15

10:15 - 11:15 AM (Toddlers)

11:30 AM - 12:30 PM (Infants)

Email [thrive@familyservices.bc.ca](mailto:thrive@familyservices.bc.ca) for info.

## Fridays

### **Mother Goose Intergenerational**

Lion's Gate Community Centre  
Jan 6 - Mar 10 | 9:45 - 10:45 AM

For families with children aged newborn to 15 months. Seniors are welcome to join the program to celebrate the joys of music. Email [jennt@capservices.ca](mailto:jennt@capservices.ca) for info.

### **Saplings Outdoor Parent Participation Program**

Outdoors at Chartwell School  
10:00 - 11:30 AM

We foster a sense of wonder for the Natural World. Each day at Saplings is a little bit different. We allow the children's imagination to guide our exploration and discoveries.

Visit [bit.ly/3hxRwCd](http://bit.ly/3hxRwCd) for more information.

## Sundays

### **Pancakes and Play**

Maplewood Thrive Family Centre  
9:30 - 11:30 AM

For dads living on the North Shore with young children. Come to learn, play, and connect with your children and other dads or male caregivers. Email [thrive@familyservices.bc.ca](mailto:thrive@familyservices.bc.ca) for info.

## Special Info

### **Public Health Nursing**

Childhood immunizations are free and offered at Public Health offices across the North Shore, including Bowen Island. Book your child's immunization online at: [northshorepublichealth.janeapp.com](http://northshorepublichealth.janeapp.com)

Plus, feel free to call our Public Health Nurse on-call at 604-983-6754 Monday to Friday for any questions regarding breastfeeding or infant/toddler/preschool health.

## Helpful Resources

**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 Roosevelt Crescent, NV. Assists people who are going through any form of transition that affects normal living.

**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.

**Hollyburn Family Services:** Victim Support Program 604-987-8211 Program provides a range of support services to women, children, who have been victims of relationship & family violence.

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

Free or low counselling and parent support groups (English, Farsi, Mandarin)

