



Free (or Low-cost) Things to Do With Your Baby or Child On the North Shore Summer 2023



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

The BC HEALTHY Kids Program

Helps low-income families with the costs of basic dental care and prescription eyewear for their children.

To learn more, visit the government website at: gov.bc.ca/sdpr



Family Support Services

Confidential referral line 604-987-1411, 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.



Child Care Resource & Referral (CCRR)

Consultation & referral regarding child care options and information about affordable childcare benefit program.

Phone: 604-985-7138

E-mail: nscr@nscr.ca



VCH North Shore Pediatric Resource Team

Nursing Support Services (NSS) for children 0–19 years, with complex medical needs and requiring education/training support in schools and the community.

604-904-6200 ext. 4167

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 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)



Please note that programs are subject to change without notice.

NSCR Child & Parent Programs

As a leader in child care and early childhood development, our programs and services enhance child care and the quality of family life by providing support and education to the early childhood community.

Visit the website to learn more!
www.nscr.ca

Mother Goose

Mother Goose is a free program for caregivers and children 0-4 years-old.

It is an experience that focuses on the pleasure and power of using rhyme, songs and stories to connect with one another.



Sunny Storytimes with NSCR @ the Lions Gate Community Centre Plaza

Wednesdays July 5, 19 & Aug 2, 16 @ 10:30 – 11AM

Join us for storytimes that support & develop early literacy through singing, talking, reading, and playing. All storytimes are drop-in! Open for all ages.

Drop in! No registration required.
For information call: 604-987-4471

Storytime in the Park with NVCL & CAPC

Join the North Vancouver City Library and our CAPC program for storytimes in the park!

Tuesdays 10-11am @ Loutlet Park July 11th-August 29th

Thursdays 10-11am @ St. Andrew's Park July 13th-August 31st

Parent Activity Group

Free monthly workshops and activities to support you on your parenting journey!

Email Ashleigh.Davies@nscr.ca for more information.



Contact natalie.townsend@nscr.ca for more information.

Mosquito Park Mother Goose

Tuesday 11-12 pm
July-August

mosquito creek at 16th and
Fell Ave

Contact
natalie.townsend@nscr.ca
to register

Parent & Child Mother Goose

Wednesday 11-12pm
July-August

St. Andrew's church green
lawn

Contact
natalie.townsend@nscr.ca
to register

Sunny Storytimes with NSCR @ Parkgate Park

Fridays July 7, 21 & Aug 4,
18 @ 10:30 – 11AM

Join us for storytimes that support & develop early literacy through singing, talking, reading, and playing. All storytimes are drop-in!

Open for all ages.
Drop in! No registration
required.

For information call: 604-
929-3727

Sunny Storytimes with NSCR @ Viewlynn Park

Tuesdays July 4, 18 & Aug
8, 22 @ 10:30 – 11AM

Join us for storytimes that support & develop early literacy through singing, talking, reading, and playing. All storytimes are drop-in!

Open for all ages.
Drop in! No registration
required.

For information call: 604-
929-3727

CCRR Lending Library

Parents, caregivers and daycare centers can borrow a wide range of books, toys and activities for up to three weeks. Delivery and curbside pickup is available. Browse the catalogue online or sign up for free at <https://children.nscr.ca/library/>

Contact fariba.aghdassi@nscr.ca for any questions.

North Shore Neighbourhood House

North Shore Neighbourhood House strives to build a safe, healthy and strong community, welcoming all ages, abilities and cultures – one where everyone has access to support, everyone is included, and where everyone matters. Visit their website to learn more!
www.nsnh.bc.ca



Summer in the Park Family Playgroup

Join our FREE outdoor drop-in program with your children up to 6 years old.

Wednesdays 10am-12PM from Jul. 12 to Aug. 16

Facilitated by NSNH Parent Community Developers
Semisch Park, 200 block between West 1st & West 2nd Street

Note: Playgroups will be cancelled if it's raining. For more information, please contact Farah at frahimi@nsnh.bc.ca

Sunshine Song Time

Join us for a FREE Parent-Child Mother Goose inspired program with your infant or toddler.

Mondays: 9:30-10:30am (birth to 9 months), 10:45-11:45am (9-18 months) from Apr. 17 to Jun. 12, 2023

NSNH Family Resource Centre located at John Braithwaite Community Centre

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



Family Playgroup Drop In

Join our FREE drop-in program with your children up to 6 years old.

Tuesdays, Thursdays, Saturdays 10-11:30am from Apr. 1 to Jun. 29, 2023

Tuesdays and Thursdays 10-11:30am from Jul. 11 to Aug. 17, 2023

Facilitated by NSNH Parent Community Developers
NSNH Family Resource Centre located at John Braithwaite Community Centre

For more information, please contact Farah at frahimi@nsnh.bc.ca

Thrive Family Programs

Our Thrive Family Centres offer free programs where you can play, learn, and connect with your children from birth to six years of age. Enjoy child-led play, crafts, songs, and stories while interacting with other parents, grandparents, and caregivers. Our experienced staff provide support, resources, and referrals to give you the help you need to ensure your child has a healthy start in life.

Please note that the West Vancouver location is closed for the summer. Programs for the summer are only available at the Thrive Family Centre Maplewood at 399 Seymour River Pl, North Vancouver

Thrive Maplewood Summer Outdoor Play

Join us for lots of fun outdoor activities including water play tables and bubbles floating through the trees. For parents/caregivers and their 0-6 year old children.

Light lunch provided.

Monday – Thursday 9:30 am – 12:00 pm

Contact Thrive@familyservices.bc.ca

Thrive Family Centre Maplewood Babynastics

For babies 0-18 months. This is a dedicated time for you and your baby to meet other parents and caregivers who would like to socialize, have fun, and work on gross motor development all at the same time.

Light snack provided.

Mondays 1:00 – 2:30 pm

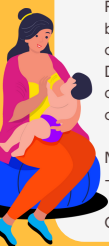
Contact
Thrive@familyservices.bc.ca

Thrive Maplewood Baby Basics & Breastfeeding Support

For Infants and their caregivers. 1 to 1 breastfeeding support and consultation by a certified Birth Doula who is available to answer questions, share resources, and offer emotional support.

Mondays 9:30 am – 12:00 pm / 1:00 – 2:30 pm

Contact Thrive@familyservices.bc.ca



Thrive Community Food Cupboard

You and your family are welcome to take what you need and are able to use. We accept donations of canned fruit, healthy snacks, non-dairy shelf-stable milks, tea and coffee.

Please call us at 604-986-9311 if you would like to make an appointment outside of Thrive Drop-In Hours to visit the Community Food Cupboard.

Thrive Maplewood Clothing and Toy Exchange

You and your family are welcome to take what you need and are able to use. We accept donations of clean toys, diapers, toiletries, books, and clothing for children from birth to age sixteen, as well as maternity clothes. Please note that we are currently accepting donations, of rain gear and winter outdoor clothing for both adults and children to ensure we all have what we need to play outside year-round.

Please call us at 604-986-9311 if you would like to make an appointment outside of Thrive Drop-In hours to use the clothing and toy exchange.

Thrive One-to-One Parent Support

Parenting support is available on a one-to-one basis. Please contact us at 604-986-9311 to make an appointment with one of our parenting support counsellors who are available on Mondays and Thursdays.



We offer unique low-cost and no-cost programs that bring people of all ages together. Everyone is welcome to join us – to participate in programs, chat with our staff, volunteer, enjoy a community meal, or just be with friends and neighbours.

Visit their website to learn more!
www.parkgatesociety.ca

Free Summer Playgroup in the Park

Please join the Parkgate Parent Community Developers at the park during the summer. This program is for children ages 0-6 and their parents or caregivers (siblings welcome). A light snack is provided for the children!

This program runs at the parks rain or shine! Location alternates between Inter River (Digger) Park and Little Cates park. More details for each location are below.

Inter River (Digger) Park

Located in the Lynnmour neighbourhood (trail on the left, halfway down Premier Street)

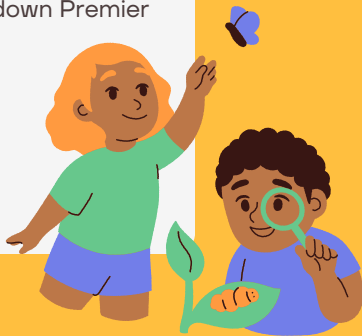
Dates:

July 10th

July 24th

August 14

August 28th



Little Cates Park

Located at 4000 Dollarton Highway (off Seashell Lane)

Dates are:

July 17

July 31

August 21



Library Events

Within the North Shore we have many beautiful libraries with plenty of fantastic events for families and young children!

For more information on what is available at your local library, visit their websites for more details!

<https://westvanlibrary.ca/>
<https://nvdpl.ca/>

Tech for tots

Bring your little ones (3 – 5 years old) to this play session with screen-free technology designed for little humans!

Saturdays in June at 11:15am

North Vancouver City Library
120 14th Street West
North Vancouver, BC



Language Builders

A family event that allows you to play with LEGO® and practice English!

Fridays in July
10:30 a.m.–12 p.m.

West Vancouver Memorial
Library
1950 Marine Dr Welsh Hall
West Vancouver, BC



Beat the Heat! Drop-in Play + Storytime

For children birth to five, join for interactive free play and a quick Storytime at 2:30 in the Storyhouse at West Vancouver library!

Tuesdays 1:30–3:00

West Vancouver Memorial
Library
1950 Marine Dr Welsh Hall
West Vancouver, BC

Storytime in Farsi

Join us for a fun Storytime in Farsi! We will sing some songs and rhymes and read some books in Farsi. This storytime is designed for preschool and primary-aged children, but all children are welcome.

Wednesdays 11:00–11:30am in
July

North Vancouver City Library
120 14th Street West
North Vancouver, BC

Tales for Two

A half hour of high-action rhymes, songs, fingerplays, and short stories designed to keep your toddler engaged and happy. They will build important pre-reading skills and learn that books are fun!

Tuesday's 10:30–11:00

West Vancouver
Memorial Library
1950 Marine Dr Welsh
Hall
West Vancouver, BC

Baby time! Birth to 24 months

For families and their babies to engage in songs, rhythms, and fingerplays!

Thursdays 10:15 a.m.–10:45 a.m.

West Vancouver Memorial
Library
1950 Marine Dr Welsh Hall
West Vancouver, BC

Family Storytime

A chance for families to hear stories, sing songs, and learn new fingerplays and rhymes. Whenever possible, librarians will let you know how to modify an activity for babies, toddlers, and preschoolers.

Saturday's 10:30–11:00

West Vancouver
Memorial Library
1950 Marine Dr Welsh
Hall
West Vancouver, BC



Stories in the Park

In collaboration with the North Van City library and West Van Memorial library, join NSCR staff and librarians in the park for stories and activities.

Contact
Ashleigh.Davies@nscr.ca
for more information

Loutet Park
Tuesdays 10–11am
St Andrew's Park
Thursdays 10–11am

Toddler Storytime

Come join our stories, fingerplays, and songs. Our toddler storytime program is based on simple concepts, repetition and movement and is designed for kids ages 2 to 3 and their caregivers.

Wednesdays in June at
10:00am

North Vancouver City
Library
120 14th Street West
North Vancouver, BC

Baby Storytime

Come have fun with your baby with stories, rhymes, tickles and bounces! This early literacy program is designed for babies up to 24 months old, and their caregivers.

Fridays 10:40am
June 2nd–July 28th

North Vancouver City Library
120 14th Street West
North Vancouver, BC





Outdoor Activities

North Shore is filled with an abundance of parks for you and your little ones to enjoy! Below is a list of parks that are suitable for toddlers, parks featuring water play structures, and parks that are inclusive and accessible to all!

Ecology Centre

Curious about nature? A fun and interactive nature museum in the midst of Lynn Canyon park. Open 10-4 on weekdays and 12-4 on weekends.

Admission by donation:
Suggested donation \$2

The Lynn Canyon Ecology Centre is located in Lynn Canyon Park at the end of Peters Road in North Vancouver.



Treetop Tales

Read in the trees with stories in the forest at Lynn Canyon Park, suitable for ages 2 and up.

First and third Fridays of the month from 11:00-11:30am. By donation.

Lynn Canyon Park
3663 Park Road
North Vancouver, BC



Toddler Friendly Parks

Looking for a toddler safe playground? These are playgrounds with equipment that are fun and safe for children under 3!

Ambleside Park Playground

Barbour Park Playground

Blueridge Park Playground

Bridgeman Park

Delbrook Park Playground

Digger Park Playground

Draycott Park Playground

Dudley Place Playground

Eldon Park Playground and Splash Park

Fairmont Park Playground

Garibaldi Park Playground

Grousewoods Park Playground

Heywood Park Playground

Horseshoe Bay Park Playground

John Lawson Park Playground

Mahon Playground & Spray Park

Maplewood Farm Playground

McNair Place Park Playground

Moodyville Playground & Skate Park

Mosquito Creek Park Playground

Panorama Park Playground

Shipyards Playground

St. Andrews Playground

Viewlynn Park Playground and Splash Park

Whytecliff Park Playground



Water Parks

These are playgrounds that feature splash pads and water features, perfect for sunny summer days!

Eldon Park Playground and Splash Park

John Lawson Park Playground

Kilmer Park

Mahon Playground & Spray Park

Myrtle Park

Shipyards
Viewlynn Park Playground and Splash Park

Family Friendly Trails

List of parks with trails that are perfect for outdoor family outings!

Capilano River Regional Park

Hay Park

Hunter Park

Hyannis Trail and Baden Powell Loop

Fisherman's Trail via Homestead/Twin Bridges loop

Lynn Canyon

Mahon Park

Mosquito Creek Trail

Whey-ah-Wichen (Cates) park



Loutet Park Storytime

Fresh Air Learning will be leading free Storytime's at 10 am Saturdays at Loutet Park beside the Loutet Farm Farmer's Market starting June 10th!

Please note no story time on July 15th & 22nd

Summer Events

There are many wonderful events within the North Shore taking place this summer!

Find out more about local events through North Shore, West Vancouver, and North Vancouver city websites!

www.vancouvernorthshore.com
westvancouver.ca
www.cnv.org

Skwxwú7mesh Nation 100th Amalgamation Day Festival

It's an all-ages event that will be held at Ambleside Beach in West Vancouver on July 23rd! There will be family activities, food trucks, artisan market, traditional performances, and a kid's zone.

for more information visit the Squamish Nation website!
www.squamish.net/amalgamation-day

Indigenous day events

June 21st is National Indigenous Peoples Day in Canada! Come celebrate at Ambleside Park 3:30–8 p.m !

There will be traditional storytellings, canoes, salmon BBQ, Indigenous workshops, and live performances!

Activities suitable for children will shine a light on languages, cultures, and the immeasurable contributions of First Nations, Inuit, and Métis peoples.

Skwxwú7mesh Nation 1 Ambleside Canoe Races

A part of the Skwxwú7mesh Days Festival, come and see the canoe races!

July 1-2

Ambleside Beach



Sensory Sundays at MONOVA

The first Sunday of every month is sensory friendly Sunday at Museum of North Vancouver. On these Sundays lights and sound are lowered to better accommodate children with sensory needs.

As part of your visit you will have the use of a Discovery Pack. These packs contain some things that may help your visit:

- Noise-cancelling headphones
- Map of the museum space
- Sensory fidget toys
- Some fun activities to use during your visit!

Free for children 5 and under and adults are \$14. All entry is free to families who identify as Indigenous.



Harmony Arts Festival

This festival is a celebration of music, performance, cinema and art that showcases the best of North Shore, regional, and national performing, visual and culinary arts.

August 4-13th

The festival takes place in West Vancouver along the waterfront on Argyle Avenue, from 14th to 16th Street.



North Shore Pride Festival

August 4th Pride at the Pier at Vancouver's shipyards

free and open to all!

for more information check out <http://www.vancouvernorthshore.com/>

