

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

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 or follow us on social media to learn more!
www.nscr.ca

Mother Goose

Mother Goose is a free program for caregivers and children 0-4 years old. We will learn songs to sing that you can sing with your little ones!

Come and join us for singing, a snack, and a chance to meet other families in your community!

Man in the Moon is offered for male caregivers and our intergenerational Mother Goose brings families and seniors within the community together!



Man in the Moon

Sundays 10:15am-11:15am
September 10- November 26

Lions Gate Community Centre
1733 Lions Gate Ln, North Vancouver

To register email
patricia.asbun@nscr.ca

Mother Goose

Wednesdays 1:30-2:30pm
September 20- November 29

St Johns' Church
220 8th St W, North Vancouver

To register email
patricia.asbun@nscr.ca

Intergenerational Mother Goose

Tuesdays 1:30pm-2:30pm
DATES TBD

Cedarview Lodge
11200 Cedar Village Close
North Vancouver

To register email
patricia.asbun@nscr.ca

CAPC Mother Goose

Tuesdays 10:30am-11:30am
September 12- November 14th

Salvation Army
105 12th St W
North Vancouver

To register email
ashleigh.davies@nscr.ca

Intergenerational Mother Goose

Fridays 10am-11am
Sept 29- Dec 1

Lions Gate Community
Centre
1733 Lions Gate Ln, North
Vancouver

To register email
Yasmin@capsservices.ca

Parent Activity Group

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

September 15th: Bonding Through Books workshop

October 10th: Creating a Will for Parents workshop

November 15th: Cooking with your Child workshop

December 13th: From Surviving to Thriving: Understanding Big Emotions and Behaviours workshop

Email Ashleigh.Davies@nscr.ca for more information or to register for our monthly parent workshops!

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 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

Parenting Support workshop

Saturday Nov. 4, 10am-12pm

Facilitated by Johanna Simmons

NSNH Family Resource Centre located at John Braithwaite
Community Centre

Parenting in the 21st Century

There are many concerns and challenges with raising children today and this workshop will attempt to answer some of these. We will look at: effective ways of connecting with your child, understanding and responding to your child's needs, what's required to be present with your child, dealing with the realities of life that lead to increased stress as a parent such as health issues, family matters and relationships, and financial strains to name a few. Please bring any questions you may have for the Q & A portion of the workshop.

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



Family Playgroup Drop In

Tuesdays, Thursdays, Saturdays 10-11:30am

Sep. 9 to Dec. 16, 2023

(closed Saturday Sep. 30, Nov. 4, Nov. 11)

Facilitated by NSNH Parent Community
Developers

NSNH Family Resource Centre located at
John Braithwaite Community Centre

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

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

Sunshine Song Time

Mondays: 9:30-10:30am (birth to 12 months)

Sep. 18 to Nov. 27, 2023 (no session on statutory holidays)

NSNH Family Resource Centre located at John Braithwaite
Community Centre

Join us for a FREE Parent-Child Mother Goose inspired program with your infant. The Public Health Nurse visits the program to talk about infant care and answer your questions.

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



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.

For more information visit the Family Services North Shore website!
familyservices.bc.ca/find-support/thrive-family-programs

Breastfeeding & Postpartum Support

Mondays – Thrive Maplewood

9:30-11:30 am / 1:00 – 2:30pm Starting Sept 11, 2023



Thursdays – CNV Library, 3rd Floor

10:00 – 12:00 pm Starting September 28, 2023

Drop-in offers group, 1-1 breastfeeding support, emotional support and consultation by a certified Birth Doula and Family Support Counsellor.

Topics include: latching, benefits of breastfeeding, low milk supply, oversupply, breast engorgement, sleep, growth spurts, and postpartum depression.

Contact Thrive@familyservices.bc.ca

Alexa Hudson Exchange Room & Community Cupboard



Pick up resources and take or drop off donations of clean toys, canned goods, diapers, toiletries, books, clothing (birth to age six), and maternity clothes at our Maplewood location.

Family Support Counselling

Clinical counsellors and family support workers offer emotional support, information and guidance to parents at our Maplewood and West Vancouver locations.

Pancakes & Play for Dads

Sundays 9:30-11:30am

Thrive Maplewood

Drop-in to play, learn, and connect with your children and other dads/male caregivers. Join us at our Maplewood location for free pancakes.

Learning Through Play (Drop-in)

Monday-Thursday
9:30-11:30

Tuesday-Thursday
1:00-2:30pm
Thrive Maplewood

Monday-Friday
9:30-11:30am
Thrive West Vancouver

Enjoy child-led play, crafts, songs, and stories while interacting with other parents, and caregivers. Our staff offer support, resources, and referrals in a welcoming space.

Mother Goose

West Vancouver Memorial Library

Sept 20 – Nov 22

CNV Library

Oct 3 – Dec 5

Please visit our website @
familyservices.bc.ca to register

Babynastics

Mondays 1:00-2:30pm

Thrive Maplewood

Drop-in for social connection, support and baby fun. This is a dedicated time for babies to explore their world and work on their gross motor development using equipment designed just for babies.



Parkgate Community Services



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

Parkgate Drop-in

M/onday-Thursday & Saturdays 9:30-11:15

\$2 per family, please bring a piece of fruit to share.

email atodhunter@parkgatesociety.ca
for more information

Mother Goose

Mondays

September 18th-November 20th

To register email
atodhunter@parkgatesociety.ca



Baby and Me (0-18 months)

Monday 1:00pm-2:00pm

Free drop-in program

Begins September 18th at
Cates Park, please meet
by beach concession.

Will move indoors to
Parkgate Community
Centre for end of October.

Dad and Tot Night

First Wednesday of the
month

6:15pm-7:30pm

Begins in October

Seymour Youth Centre
2425 Mount Seymour
Pkwy.

Free drop-in program, a
light dinner will be
provided.



Lynnmour Outdoor Playgroup

Wednesdays 9:30-11:15

\$2 per family, please bring your own snack.
Please meet at Inter River (Digger) Park Playground

email atodhunter@parkgatesociety.ca
for more information.



Community Programs

There are many organizations throughout the North Shore that host programs for families! Below is a mix of programs offered by several agencies or organizations within the North Shore.

North Shore Library Programs

North Vancouver City Library, North Vancouver District Library, West Vancouver Memorial Library, and Bowen Island Library all offer a variety of free family programs throughout the fall!

Check out each of their websites for more information!



Capilano Community Services Family Playgroup (0-5 age)

Mondays/Wednesdays
10:30am-12pm

Lions Gate Community Recreation Centre

Wednesdays include
NVDPL Storytime

For more information email
yasmin@capservices.ca

Capilano Community Services Family Playgroup (0-18 months)

Thursdays
10:30am-12pm

Lions Gate Community Recreation Centre

For more information email yasmin@capservices.ca

Capilano Community Services Move With Me: Parent-Child Wellness Program (0-5 years)

Fridays 12:00-1:30pm
Sept 29- Nov 17th

Lions Gate Community Recreation Centre

Join your child on a playful journey! Discover yoga poses and enjoying a guided experienced led by an expert instructor. Join other families in a joyful exploration of movement and bonding through the art of yoga!

For more information email yasmin@capservices.ca

Capilano Community Services Play & Ask (0-30 months)

Tuesdays
10:30am-12pm

Lions Gate Community Recreation Centre

Ask health & wellness questions to their special guest speakers!

For more information email yasmin@capservices.ca

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

West Vancouver Community Centre Toonie Skating Day

Toonie (\$2) Skate takes place every Wednesday for all ages and every Friday early afternoon for children and youth (adults pay regular rate).

Skating rink opens September 5th for the season.

