

Free (or low-cost) Things to Do With Your Baby or Child On the North Shore Winter 2024



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

Safe 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.

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 10:30am-11:30am
Jan 14 - Mar 24

Lions Gate Community Centre
1733 Lions Gate Ln, North Vancouver

To register email
patricia.asbun@nscr.ca

CAPC Mother Goose

Tuesdays 10:30am-11:30am
January 16-March 19th

Salvation Army
105 12th St W
North Vancouver

To register email
alyssa.goodsell@nscr.ca

Intergenerational Mother Goose

Tuesdays 1:30pm-2:30pm
January 16 - March 26

Cedarview Lodge
11200 Cedar Village Close
North Vancouver

To register email
patricia.asbun@nscr.ca

Intergenerational Mother Goose

Fridays 10am-11am
January 19 - March 15

Lions Gate Community
Centre
1733 Lions Gate Ln, North
Vancouver

To register email
yasmin@capsservices.ca

Mother Goose

Wednesdays 1:30 - 2:30
Jan 10th - March 13th

St. John's Church, 220 8th St.
W, North Vancouver

To register email
alyssa.goodsell@nscr.ca

Mother Goose Caregivers

Mondays 9:45 - 10:45
January 16-March 19th

St. Andrews Church, 1044 St.
Georges Ave,
North Vancouver

To register email
julie.ngo@nscr.ca

Parent Activity Group

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

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

Circle of Care

For nannies, families, and child care providers. Come enjoy free play, a snack and circle time!

John Braithwaite Community
Center
145 W 1st Ave
Wednesdays 9:30 - 11am
Jan 10 - Jun 19

To register email julie.ngo@nscr.c

Parkgate Community Center
3625 Banff Court
Fridays 9:30 - 11am
Jan 12 - Jun 21

To register email
julie.ngo@nscr.ca

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

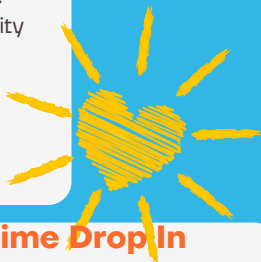
Family Playgroup Drop In

Tuesdays, Thursdays, Saturdays 10-11:30am
Jan 13th - Mar 28th, 2024

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.
Facilitated by NSNH Parent Community
Developers

For more information, please email
frahimi@nsnh.bc.ca



Sunshine Song Time Drop In

Mondays: 10-11am
(birth - 18 months)
Jan 22nd - Mar 18th, 2024 (no session on Feb 19)

NSNH Family Resource Centre located at John Braithwaite
Community Centre

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

For more information please email frahimi@nsnh.bc.ca

Strong Start

Strong Start

2 FREE West Vancouver
SS programs for early
learning with snack
provided!

SD45 Hollyburn
please email Deanna

hollyburnstrongstart@wvschools.ca

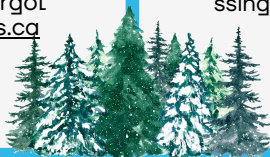
SD45 Eagle Harbour
Please email Margot
ehss@wvschools.ca

Strong Start

SD44 is proud to
offer a selection of 7
FREE early learning
Strong Start
programs across the
North Shore.

Snack is provided.

If you have any
questions, please
email
ssingh@sd44.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 9:30 am – 11:30 / 1:00 – 2:30 pm

Thrive Maplewood Re opens Jan 8

Thursdays 10:00-12:00pm

CNV Library (*3rd Floor)

Re opens Jan 4

Join us for breastfeeding & postpartum support and baby time drop-in sessions. Breastfeeding and postpartum is so much easier with support. Bring your baby, have a chat, and enjoy a snack. Our certified Birth Doula and Family Support Counsellor will be on-site to answer any questions you may have.
Contact Thrive@familyservices.bc.ca

Alexa Hudson Exchange Room & Community Cupboard



Parents can drop-off or help themselves to donations of children's gently used clothing (newborn to age 6), maternity clothing, baby equipment, diapers, books, and toiletries. Our Community Food Cupboard is stocked with dry and canned goods for families who are in need.

Family Support Counselling

Clinical counsellors and family support workers offer emotional support, information and guidance to parents with children ages 0-6 yrs old.

Thrive Maplewood

Mondays 9:30 - 11:30 am

Babynastics

Mondays & Wednesdays

1:00-2:30pm

Thrive Maplewood

Re opens Jan 8

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.

Learning Through Play (Drop-in)

Monday-Thursday
9:30-11:30

Tuesday & Thursday
1:00-2:30pm

Thrive Maplewood
Re opens Jan 8

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.

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.

Parent Child Mother Goose

Discover the power of rhyme, songs, and stories with our baby or young child. Register 3 times / year. Visit our website @ family services.bc.ca



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

January 8th - March 11th



To register email
atodhunter@parkgatesociety.ca

Baby and Me (0-18 months)

Monday 12:30pm-2:00pm

Come enjoy a light lunch, play and mother goose inspired circle time.

Free drop-in program at
Parkgate Community Centre.
3625 Banff Court, North
Vancouver

For more information email
atodhunter@parkgatesociety.ca

Dad and Tot Night

First Wednesday of the month,
starting January 10th
6:15pm-7:30pm
Begins in January

Seymour Youth Centre 2425
Mount Seymour Pkwy.

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

For more information email
atodhunter@parkgatesociety.ca

Lynn timer Outdoor Playgroup

Wednesdays 9:30-11:15

\$2 per family, please bring your own snack.
Please meet at Jaycee House, 1251 Lillooet Road, North
Vancouver

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

Wednesday includes
NVDPL Storytime

Lions Gate Community
Recreation Centre

For more information
email
yasmin@capservices.ca

Capilano Community Services Family Playgroup (0-30 months)

Thursdays
10:30am-12pm

Lions Gate Community Recreation Centre

For more information email yasmin@capservices.ca

Capilano Community Services Kids in the Kitchen

March 22, March 29

Lions Gate Community
Recreation Centre

Registered Program

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

Capilano Community Services Parent Workshops

12:00pm - 1:30 pm

Jan 19, Feb 9, March 1

To register, please contact
yasmin@capservices.ca



Please note that programs are
subject to change without notice.

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

