

# Parkgate Community Services



## Parkgate Playgroup in the Park

Monday Mornings

July 8 - August 26 (No session on Aug 5)

9:30am - 11:00am

Little Cates Park

4000 Dollarton Highway N (Off of Sea Shell Lane)

Program for children 0-6 years (siblings welcome)

Program runs rain or shine  
email [atodhunter@parkgatesociety.ca](mailto:atodhunter@parkgatesociety.ca)  
for more information



## North Shore Community Resources



North Shore Community Resources  
CONNECT • EMPOWER • PARTICIPATE

### Summer Song and Story in the Park

Wednesdays

July 10 - August 14

10:30am - 11:00am

Newborns - 6 years old

Bring your own blanket

John Lawson Park, near the playground At the

foot of 17th St

West Vancouver

Contact: [Marlene.allbright@nscr.ca](mailto:Marlene.allbright@nscr.ca)



### Mother Goose in the Park



Tuesdays

July 9 - August 27

1:30pm - 2:30pm

Newborn - 18 months

John Lawson Park, near playground

Bring your own blanket

To register: [marlene.allbright@nscr.ca](mailto:marlene.allbright@nscr.ca)

# Thrive Family Programs



## Babynastics 0 - 18 mths

Mondays &

Wednesdays

1:00pm - 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.

## Pancakes & Play for Dads & Male Caregivers

Summer Outdoor

Sundays

9:30am - 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.



## 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

9:30am - 11:30am

## Breastfeeding & Postpartum Support



Thursday mornings

10:00am - 12:00pm

CNV Library (\*3rd Floor)

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](mailto:Thrive@familyservices.bc.ca)

## 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](http://family.services.bc.ca)



# Community Programs

## 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 [patricia.asbun@nscr.ca](mailto:patricia.asbun@nscr.ca) for any questions.



## North Shore Library Events

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 year! Check out each of their websites for more information!

## North Shore Community Resources

Story Time in the Park in collaboration with the NV city library

Tuesdays at St Andrew's park

10:00am - 11:00am

July 9 - August 27

For more info

email [julie.ngo@nscr.ca](mailto:julie.ngo@nscr.ca)

## North Shore Community Resources

Story Time in the Park in collaboration with the NV city library

Thursdays at Ray Perrault park Grass Area

10:00am - 11:00am

July 11 - August 22

For more info

email [julie.ngo@nscr.ca](mailto:julie.ngo@nscr.ca)

## The Early Years Public Health Program Vancouver Coastal Health (VCH)

This program for 0-5 years has an on-call phone available for general health and parental support questions. Phone: 604-983-6754

Another associated website is; [www.parenting.vch.ca](http://www.parenting.vch.ca), that provides info and resources for prenatal through postpartum and into early childhood

## Capilano Community Services Family Playgroup (0-5 years old)

Mondays & Wednesdays

10:30am-12:00pm

July 2 - August 29

For more information email [yasmin@capservices.ca](mailto:yasmin@capservices.ca)

## Capilano Community Services Family Play group (0-30 months)

Tuesdays & Thursdays

10:30am - 12:00pm

July 2- August 29

For more information email [yasmin@capservices.ca](mailto:yasmin@capservices.ca)

## North Shore Neighbourhood

House



North Shore  
Neighbourhood  
House

### Family Playgroup Drop-in

Tuesdays & Thursdays  
10:00am - 11:30am  
July 9 - August 15

NSNH Family Resource  
Centre located at John  
Braithwaite Community  
Centre, 145 West 1st St  
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](mailto:frahimi@nsnh.bc.ca)

### Summer in the Park Playgroup

Wednesdays  
10:00am - 12:00pm  
July 10 - August 14  
Semisch Park  
200 block between  
West 1st & West 2nd St

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

Facilitated by NSNH  
Parent Community  
Developers  
Note: Playgroup will be  
cancelled if it's raining

For more information,  
please email  
[frahimi@nsnh.bc.ca](mailto:frahimi@nsnh.bc.ca)



### West Vancouver Schools Drop-in Play Group

Facilitated by experienced Early Childhood Educators

Families with children ages 0 - 5 are invited to join us  
(unfortunately we are not able to accommodate  
children over 5). No registration required. Come  
dressed for the weather!

July 2, 3, 4, 9, 10, 11  
10:30am - 11:30am

1735 Inglewood Avenue (grass field on Inglewood)  
Look for the signs!

## North Shore Community

Resources



### PJ Storytime

Last Thursday of the month.  
Drop-in!

4:30pm - 5:30pm  
We will sing songs, read a  
few books, and play with  
toys.

Ages 0 - 5 years old.  
#201 - 935 Marine Drive  
For more info, contact  
[alyssa.goodsell@nscr.ca](mailto:alyssa.goodsell@nscr.ca)



### Mother Goose

Tuesdays  
10:00 am - 11:00am  
July 9 - Aug 27  
Newborn - 18 months

Heywood Park 1633  
Mackay Ave, North  
Vancouver

To register email  
[alyssa.goodsell@nscr.ca](mailto:alyssa.goodsell@nscr.ca)

### Mother Goose

Thursdays  
10:00am - 11:00am  
July 11 - August 29  
Newborn - 18 months

Lower Mosquito Creek Park  
Fell Ave & Larson Road  
(near playground)  
North Vancouver

To register email  
[alyssa.goodsell@nscr.ca](mailto:alyssa.goodsell@nscr.ca)

### Mother Goose

Mondays  
10:00am-11:00am  
July 22 - August 26  
2 - 5 years old

St. Andrew's United  
Church grassy area  
1044 St. Georges Ave  
North Vancouver

To register email  
[alyssa.goodsell@nscr.ca](mailto:alyssa.goodsell@nscr.ca)



### Mother Goose in the park

Wednesdays  
11:00am - 12:00pm  
July 10 - August 21  
Newborn - 18 months

St. Andrews United Church grassy area  
1044 St. Georges Ave, North Vancouver  
To register email [alyssa.goodsell@nscr.ca](mailto:alyssa.goodsell@nscr.ca)



### Parent Activity Group

We offer Free monthly workshops and activities to  
support you on your parenting journey! Please  
keep an eye out for upcoming Flyers throughout  
the community.

Email: [julie.ngo@nscr.ca](mailto:julie.ngo@nscr.ca) for more information or  
to register for our monthly parent workshops!

## Free Things to Do With Your Baby or Child On the North Shore Summer 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)

Canada



### Child Care resource & Referral (CCRR) Our West Vancouver Satellite Location

Consultations & referral  
regarding child care options  
and information about  
affordable childcare benefit  
(ACCB)

Phone: 604-910-7564  
Email:

[marlene.allbright@nscr.ca](mailto:marlene.allbright@nscr.ca)  
#201 - 2403 Marine Drive

### Child Care Resource & Referral (CCRR) North Vancouver

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

Phone: 604-985-7138  
E-mail: [nscr@nscr.ca](mailto:nscr@nscr.ca)  
#201 - 935 Marine Drive

### 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

### 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.

### 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.