

Parkgate Community Services

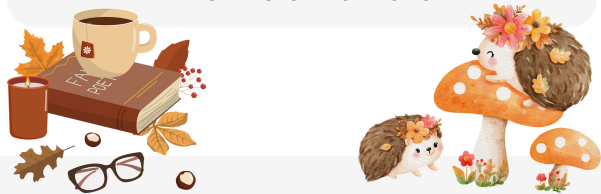


Parkgate Drop-in Playgroup

Monday–Thursdays & Saturdays
Septmber 9–December 19, 2024
9:30am – 11:15am

\$2 per family. Please bring a fruit/veg to share

email atodhunter@parkgatesociety.ca for more information



Mother Goose

A free registered 10 week program on Monday mornings at 10am starting on September 16. Please register with Alicia at: atodhunter@parkgatesociety.ca

Lynnmour drop-in Playgroup

Wednesdays, Sept 11–Oct 30
9:30am – 11:15am. \$2 per family.
Lynnmour Inter–River Playground
Wednesdays, Nov 6–Dec 11, 9:30–11:15 am
\$2 per family. Lynnmour JC House

Baby and Me (0–18 months)

Free drop-in

Mondays 12:30–2:00pm
Sept.16–Nov 25

Parkgate Community Centre



Dad's and Tots Sport Night

First Wednesday of the month
Oct 2, Nov 6 & Dec 4
6:15pm –7:30 pm
Seymour Youth Centre

For all the above contact Alicia at:
atodhunter@parkgatesociety.ca

Thrive Family Programs



Babynastics 0 – 18 mths (Drop-in)

Thrive Maplewood
Thursdays
9:30–11:30 am &
1:00–2:30 pm
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.

Babynastics Drop-in

Thrive Community Hub
at Capilano mall
Opening end of
September
Wednesdays,
1:00pm–2:30pm
Drop-in for social connection, support and baby fun. A time for babies to explore their world and work on their gross motor development.

Learning Through Play (Drop-in)

Thrive Maplewood
Monday–
Wednesday
9:30 – 11:30 am
& 1:00–2:30 pm

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.

Family Support Counselling

Mondays 9:30–11:30 am
Clinical counsellors and family support workers offer emotional support, information and guidance to parents with children ages 0–6 yrs old.
Contact Thrive Maplewood for an appointment.

Parent Child Mother Goose

Discover the power of rhyme, songs, and stories with your baby or young child.

Register 3 times/year.

Visit our website @ family.services.bc.ca



Breastfeeding & Postpartum Support

CNV Library (*3rd Floor)

Thursday mornings
10:00am – 12:00pm

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

Pancakes & Play for Dads & Male Caregivers (Drop-in)

Thrive Maplewood
Sundays
9:30 – 11:30am
Thrive Maplewood
Join us for free pancakes. Enjoy child-led play, crafts, songs, and stories while interacting with other dads/male caregivers.

Learning Through Play (Drop-in)

Thrive Community
Hub at Capilano
mall
Opening end of
September

Thursday, Friday
9:30am–11:30am
Enjoy child-led play, crafts, songs and stories while interacting with other parents, and caregivers

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. Browse the catalogue online or sign up for free at <https://children.nscr.ca/library/>
Contact
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 Circle Of Care

For childcare providers, nannies, and grandparents.
Wednesdays
9:30am–11:30am
Sept 25–Dec 11, 2024
John Braithwaite
Community Centre (JBCC)
145 West 1st Street

For info contact:
aleysha.karmali@nscr.ca

North Shore Community Resources Circle of Care

For childcare providers, nannies, and grandparents
Fridays
9:30am–11:00am
Sept 27–Dec 13
Parkgate Community
Centre
3625 Banff Court

For info contact:
Aleysha.Karmali@nscr.ca

Capilano Community Services

Family Playgroup (0–5 years old)

Mondays & Wednesdays
10:30am–12:00pm
Sept 9–Dec 18



Play & Ask (0–30 months)

Tuesdays 10:30am–12:00pm
Sept 10–Dec 17

For more information email yasmin@capservices.ca



Family Playgroup (0–30 months)

Thursdays 10:30–12:00
pm
Sept 12–Dec 19
For more info:
email
yasmin@capservices.ca

Move with Me (0–5 years)

Fridays
12:00–1:30pm
Oct 4–Oct 25
For more info:
email
yasmin@capservices.ca

North Shore Neighbourhood

House



North Shore
Neighbourhood
House

Family Playgroup Drop-in

Tuesdays, Thursdays
& Saturdays 10-11:30am
Sept. 7 to Dec. 14,
2024 (closed Saturday
Oct. 12)

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. You can participate
in play based activities,
connect with other
families, and find out
about community
resources.

Facilitated by NSNH
Parent Community
Developers

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

Sunshine Song Time Drop-in

Mondays
10:00am - 11:00am
Sept. 23 to Dec. 2, 2024
(closed Sep. 30, Oct. 14,
Nov. 11)

NSNH Family Resource
Centre located at John
Braithwaite Community
Centre, 145 West 1st
Street

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

The Public Health Nurse
visits the program to
talk about infant/toddler
care and answer your
questions.

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

North Shore Community

Resources



North Shore
Community
Resources
CONNECT · EMPOWER · PARTICIPATE



PJ Storytime

Last Thursday of the month.
Drop-in! (0-5 years)
4:30pm - 5:30pm
We will sing songs, read a
few books, and play with
toys.

#201 - 935 Marine Drive
For more info, contact
alyssa.goodsell@nscr.ca



Mother Goose

Wednesdays
(0-18 Months)
1:30pm-2:30 pm
Sept. 25-Nov 27
St. John's Church
220 8th St. W.
North Vancouver

Please go to www.nscr.ca
to register.

Mother Goose

Tuesdays
(0-18 Months)
10:30am - 11:30am
Sept. 10-Nov. 12.
Salvation Army, 105 12th St
W. North Vancouver

Please go to www.nscr.ca
to register.



Mother Goose

Mondays
(0-5 years)
9:45am-10:45am
Sept-23-Nov 25
St. Andrew's United
Church
1044 St. Georges Ave
North Vancouver
Please go to
www.nscr.ca to register.



Mother Goose

Fridays
(0-15 months)
10:00am - 11:00am
Sept. 27-Nov. 29

Lions Gate Community Centre
1733 Lions Gate LN, North Vancouver
For more info, email yasmin@capsservices.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: Aleysha.Karmali@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 Fall 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
#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
#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

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.

Please note that programs are subject to change without notice.

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

This program provides support to families and
their children aged 0-5 years. Public Health
nurses are available via the on-call
phone # 604-983-6754, to answer general
health and parenting questions.
www.parenting.vch.ca provides info and resources
for the prenatal period, through postpartum and
into early childhood.

