Thrive Family Programs

Thrive West Vancouver
Thrive Tales
0-6 years

Tuesdays and Thursdays

9:30-11:30 am
West Vancouver Community Centre
2121 Marine Drive

This is a fun and engaging program of free play story and song time.
for more info: phone # 604-986-9311
Website: www.familyservices.bc.ca

Vancouver Coastal Health(VCH)

Early Years Public Health Nurses provideprenatal support, health assessments, immunizations, outreach, and education to help parents support their children's growth and development.
Nurses host a Drop In Breastfeeding Support Clinic at the West Vancouver Community Centre, Tuesdays 10-12pm.
Public Health Nurse on Call M-F: 604-983-6754, www.vch.ca

Helpful Information

24 Hour Crisis Line: 604-872-3311

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.

Family Peer Support worker-604-607-9569

North Shore Community Resources

Infant Massage Program
0-8 months

Wednesdays

10:30-12:00
September 23-October 21

Community Room at West Vancouver School District Early Childhood Education Centre, 1040 22nd St. West Vancouver

Bond with your baby through touch. Learn nurturing infant massage techniques to help your baby relax, sleep better, and thrive.
Registration required at www.nscr.ca
Please note: If full, program will be offered again.

Contact : marlene.allbright@nscr.ca

PLAY

Playful Friday
0-5 years
Drop-in

Fridays

9:30-11:00 am
October 2-December 11

Hollyburn Elementary School in the Strong Start Room, 1329 Duchess Ave, West Vancouver.

For parents and caregivers with their children. Join us for a morning of fun play, songs and stories.
For more info: maja.kocova@nscr.ca

Songs, Stories and Connections
0-12 months

Thursdays
1:00-2:00 pm
Oct 15-Dec 10
Community Room at West Vancouver School District Early Childhood Education Centre, 1040 22nd St West Vancouver

Learn songs & stories to share with your baby, explore parenting topics and connect with other parents.
Registration required at www.nscr.ca

Contact : marlene.allbright@nscr.ca

Free Things to Do With Your Baby or Child in West Vancouver September 2026-June 2027

Funded by Public Health Agency of Canada
Community Action for Prenatal and Child Health Program for Children (CAPCHP)

Canada

North Shore Community Resources
CONNECT • EMPOWER • PARTICIPATE

CAPCHP Program

Our Community Action for Prental and Child Health program (CAPCHP) supports the health of pregnant people, infants and young children (0-6) and families through free fun and educational workshops.. For more information contact our CAPCHP coordinator, Fariba.aghdassi@nscr.ca

CAPCHP Program 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.

To register for our Parent Activity Group contact:

Aleysha.Karmali@nscr.ca

Child Care Resource & Referral(CCRR)

West Vancouver Satellite Location

Consultation & referral regarding child care options and information about affordable child care benefits (ACCB).
Phone: 604-910-7564
Address: 1040 22nd St
Email:
marlene.allbright@nscr.ca
maja.kocova@nscr.ca

Child Care Resource & Referral (CCRR)

North Vancouver

Consultation & referral regarding child care options and information about affordable childcare benefits (ACCB).

Phone: 604-985-7138
E-mail: nscr@nscr.ca
Address: #201 - 935 Marine Driv