

Family Resource Programs

Spring: April to June, 2019



Mount Pleasant
Neighbourhood House

Mount Pleasant Neighbourhood House	
<p>Monday 5:30–7:30 p.m. April 1, May 6, June 3 FREE</p>	<p>Aboriginal Family Dinner Organized talks (parenting) or informal gatherings to create arts and crafts. To register contact Tracy Mclean: 604.879.8208 ext 209</p>
<p>Monday 12:30–2:30 p.m. May 13 & 27, June 10, 17 & 24 FREE</p>	<p>Aboriginal Families “Balancing our Wellbeing” Limited seats. Childminding available and lunch provided. This is a series of indigenous based mini-workshops instructed by different knowledge keepers. To register contact Tracy Mclean: 604.879.8208 ext 209</p>
<p>Friday 1:00-3:00pm By donation May 3 to June 21</p>	<p>Just Play! Family Drop-In For families with children 0-5yrs old Join us for a fun, hands-on play-based program where children and parents will enjoy activities and a reading and singing Circle Time at the end. On Fridays starting May 3rd.</p>
<p>Saturday (Second/Fourth Saturday of the Month) 11 a.m.–1 p.m. By donation</p>	<p>“Oruguitas Latinas” Family Drop-In (Latin American families) Program for Spanish speaking families with children 0-5 years. Come, play and interact with other families in Spanish. Leave a message for Lina at 604.879.8208 ext 202</p>
<p>Saturday 11–12:30p.m. June 8–July 13</p>	<p>Dads at Play! Drop-In Program A program for dads with children 0-5 years A play-based program featuring parenting gatherings and Circle Story Time</p>

Other Family Events	
<p>Monday 6:30–8:30 p.m. (First/Third Monday of the Month) No session on May 20 FREE</p>	<p>Parent Support Services (PSS) Parent Support Circle for parents, grandparents, Caregivers. Vancouver Spanish Evening Circle For more details and registration call Daniela at 604.669.1616</p>
<p>Tuesday May 14 5:30–7:30p.m.</p>	<p>Parenting Matters: Stress and Anxiety and Families Interesting information on how food affect us, the importance of meal planning, and stress management skills.</p>
<p>Thursday 6:15–8:15 p.m. FREE Next session: April 18</p>	<p>Parent Support Services (PSS) Grandparents Circle Open to all grandparents raising grandchildren. To register please call 604.669.1616</p>
<p>Friday 10:30–12:30 p.m. FREE</p>	<p>YWCA Single Moms Support Group Meet other single mothers to share knowledge and resources. To register call 604.895.5849</p>
<p>Friday and Saturday at Olympic Village locations By donation</p>	<p>Sing & Grow Baby Time Drop-In Parents with babies 0–12months Friday 9:30-11a.m. Creekside Community Centre, 1 Athletes Way West Village Family Drop-In Parents with children 0-5 years) Saturday, 10 a.m.-12p.m. West Village Children’s Centre, 131 West 2nd Avenue</p>

Programs subject to change. For more information contact Carmen:
ccontreras@mpnh.org or call 604.879.8208 ext 202

In collaboration with:

