



Family Resource Programs

Fall: September to December



Mount Pleasant
Neighbourhood House

Program / Description	Dates	Where
Nobody's Perfect For families with young children (0-5yrs), to discuss real-life parenting, self-management, ages & stages, temperament and other topics	Fall: Thurs. Sept 17- Oct 29 5:00-6:30pm Winter: Feb.	Online Zoom - 7 sessions
Circle of Security (Spanish) For families with young children 0-6yrs & up. A program that will help parents to understand children's emotions & behaviours	Tuesdays Oct 20 - Dec 1st 10:00-11:30am	Online Zoom - 7 sessions
Balance & Well-being For Indigenous families. Come and join us to discuss family issues. For registration contact Nicole: nicole.iey@vahs.life	Tuesdays 11:00 am - 12:30pm	Online Zoom
Latin American Families Drop In [Oruguitas Latinas] Socialization & play based activities, plus a snack. Circle Time (Spanish) - Contact Lina: larias@mpnh.org	Saturdays twice a month 10:30am -12:00pm	At MPNH Date to be determined
Dads at Play Family Drop In Socialization & play based activities, snack & discussion Contact Angelo: angelo.e.moroni@gmail.com	Saturdays 10:00-11:30am	At MPNH Date to be determined
My Tween and Me (Spanish) for families with children 7 to 12yrs. Ideas & discussion	Tuesdays Nov 3-Dec 15 5:30-7:30	Online Zoom
SFU Creating with Nature - Empowering the Village (Parenting Matters)	Saturday Oct 24 10:30 am -12:30	At MPNH Parklet
VCH ADHD and Families (Parenting Matters) Information & Discussion	Wed. Oct. 28 5:00-7:00pm (Spanish) Nov. (English)	Online Zoom
Anxiety and Families (Parenting Matters) Information, Stigma & practical tools	Thurs. Nov 5/12 5-6:30pm	Online Zoom - 2 sessions

Program subject to change. For more information/registration contact

Carmen at: ccontreras@mpnh.org

In collaboration with:



Mount Pleasant Neighbourhood House

800 East Broadway, Vancouver
Unceded Coast Salish Territory