

# What's On

Free or low cost programs for families with young children in Maple Ridge, Pitt Meadows & Katzie

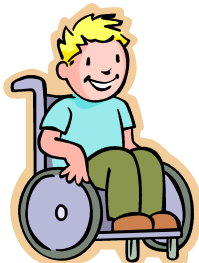


RMECDC supports and promotes community engagement in improving the health and well-being of all children from pre-natal to age 6 in the communities of Maple Ridge, Pitt Meadows and Katzie First Nation.

RMECDC is a sub-committee of the Community Network and a member of the Provincial Children First Initiative.

**RMECDC welcomes community involvement.** Call 604-916-1051 or email: [Info@ridgemeanowsecd.ca](mailto:Info@ridgemeanowsecd.ca) to receive information about the Early Childhood Development Committee and its work or to find out how you can become a member of the committee.

Check the RMECDC website for upcoming free events for families with young children!  
[www.ridgemeanowsecd.ca](http://www.ridgemeanowsecd.ca)



## January, February & March Programs and Events

### PARKS & LEISURE PROGRAMS

**Parent and Child Playtime** A drop-in playtime for families with young children

**Maple Ridge Leisure Centre:** Mon, Wed, Fri. 9:30 - 11:30 am Cost: \$1.00 per child

**Pitt Meadows Family Recreation Centre:** Mon, Wed 10 - 11:30; Cost: \$1.00 per child

**Sundays Loonie Swim - Leisure Centre** Drop-in swim time; 7 am - 2:30 pm; \$1/person

**FREE SWIM** at the Leisure Centre swimming pool 2:00 - 3:30 pm Jan 29, Feb 26, March 25

For information on these and other Parks & Leisure Services programs, call (604) 466-4339.

### PROGRAMS AT THE HIVE

Eric Langton School 12138 Edge Street, M.R.

**Mother Goose** A group experience for parents and their babies or young children. Focuses on using rhymes, songs and stories together. Gives children healthy early experiences with language and communication. Tues, Jan 10 - Feb 28, 9:30-11:00 a.m. (No program Feb 7)

OR Wed, Jan 18 - March 7, 6:00-7:30 pm Register with Westcoast Family Centres at [special.projects@westcoastfamily.org](mailto:special.projects@westcoastfamily.org)

**Healthy Babies** A drop-in program for pregnant women and women (with babies up to six months old) who need extra help and support. Includes preparing and eating lunch together. For more information, call (604) 777-8718 or email to [amanda.harbridge@fraserhealth.ca](mailto:amanda.harbridge@fraserhealth.ca)

### MORE MOTHER GOOSE

At the **Family Education & Support Centre**, Fridays, Jan 6 - March 9, 10-11 am. For children 5 and younger and their parents or caregivers. Email: [sandradee@shaw.ca](mailto:sandradee@shaw.ca) for registration and details

At the **Maple Ridge Library** (Fraser Room), Mondays, 1:00-2:30, Jan 16 - March 5 Register with Westcoast Family Centres at [special.projects@westcoastfamily.org](mailto:special.projects@westcoastfamily.org)

**COMMUNITY KITCHENS** A monthly group that meets to cook nutritious, low cost, great tasting meals to take home. Programs currently running in Maple Ridge and Pitt Meadows. For info and registration for any Community Kitchen call Candace Gordon at (604) 466-0847.

**NOBODY'S PERFECT** - free parenting group at the **Sunwood Senior Centre** (12241 224 St, 1<sup>st</sup> floor) Tues & Thurs, Jan. 24 - Feb 16, 12:00 - 2:00. Presented by Westcoast Family Centres in partnership with Fraser Health. A free light lunch and child minding are provided. Register at [special.projects@westcoastfamily.org](mailto:special.projects@westcoastfamily.org)

**When registering for Mother Goose or Nobody's Perfect** at [special.projects@westcoastfamily.org](mailto:special.projects@westcoastfamily.org), please indicate which program you would like; your name and your child's name and age; your phone number and email address.

### RIDGE MEADOWS CHILD DEVELOPMENT CENTRE

If you have questions or concerns about your infant, toddler or young child's development, call (604) 463-0881. Speech and language therapists, occupational and physiotherapists as well as family support workers can help. More information is available at [www.rmcdc.com](http://www.rmcdc.com)

### FAMILIES SUPPORTING FAMILIES

FREE self-help groups that are led by trained facilitators and provide parenting information in a non-judgmental atmosphere. Onsite child minding is available.

**For more information**, please call Jenny Earley at The Family Education & Support Centre at (604) 467-6055. Programs are free but registration is required.

**Mental Wellness for Parents** a free 8-week program for parents experiencing depression or anxiety, and who are overwhelmed with daily parenting. This program will help you take care of yourself and still care for your children. Free child minding for children 6 and younger. Starts January 17. Call Jenny or Karin at (604) 467-6055 to register or for more information.

**MOMS OF YOUNG CHILDREN** group meets at Burnett Fellowship Church (123rd and 206th in Maple Ridge) 1st and 3rd Wed of each month, 9:15 to 11:00 a.m. Starts Jan 4. It's a break time for moms so childcare is provided at \$1 per child per visit. Call Elaine at (604) 463-7760 or Jill at (604) 466-5948

**AUTISM INFORMATION & SUPPORT GROUP** meets at 22381 Callaghan Ave. Maple Ridge the last Tues of each month, 6:30 - 8:30 pm For more information, contact Tracy at (604) 467 8700 ext 119 or [tracy.hewgjill@rnacl.org](mailto:tracy.hewgjill@rnacl.org). A program of the Ridge Meadows Association for Community Living.

This newsletter can also be found on the Ridge Meadows ECD website.

# January, February & March Programs & Events for Families with Young Children

## MR/PM COMMUNITY SERVICES PROGRAMS

**FAMILY PLACE** - 22359 119th Ave. Maple Ridge  
Free programs for families with young children. Come out to play, meet other parents and learn about community resources.

**Sing and Play** 11 am - 12 pm, Mondays  
Singing games for 2 - 5 year old and their parents

**Parent & Tot** 9 - 10:30 am Mondays or Wednesdays  
For families with children newborn to 5 years

**A Playce for Us** 9 - 10:30 am or 11 am - 12:30 pm, Tuesdays. Families with children newborn to 5 years

**Great Beginnings** 11 am - 12:30 pm, Wednesdays  
For families from prenatal to 5 years

**Toddler & Me** 9 - 10:30, Thursdays.  
Families with children newborn to 36 months

**Baby & Me** 11 - 12:30, Thursdays.  
Families with babies newborn to 12 months

To register, call (604) 466-8484 or (604) 467-2273, ext. 122.

## CHILD CARE RESOURCE & REFERRAL

Free referrals to parents seeking childcare or preschool. We also offer lots of support services if you are looking after one or more children in your home. Membership is Free - give us a call to find out how. Call (604) 467-2273

## WHAT'S ON FOR FREE AT THE LIBRARY

(No registration required for drop-in.)

**PITT MEADOWS** - 12047 Harris Rd, (604) 465-4113

**Mumble Jumble Storytimes** Same program Tues & Thurs,  
Jan 17 - May 17; 11:00-11:30 am

**French Storytimes** Fridays Jan 20 - June 8; 10:15-10:45 am

**Pyjama Storytime** Wed, Feb 29 & Wed, April 4; 6:45 - 7:30 pm

**MAPLE RIDGE** - 130 - 22470 Dewdney Tr. Rd; (604) 467-7417

**Peek-a-Book Storytime** For children 0 to 18 months. Mon, Jan 9 -  
May 14; 10:15-10:45 am

**You, Me and the Li-bra-ry** Tues, Thurs & Fri, Jan 10 - May 25;  
10:15 -10:45 am

**Toilet Tales (Special Storytime)** A fun storytime for parents and  
children about toilet training. Wed, Apr 18, 10:15 -10:45 am  
Registration required for this program. Please leave your contact  
details at the 2nd floor information desk starting March 21.

**Family Literacy Day Fair!** Friday, Jan 27, 3:00 - 4:30 pm  
Have fun at the library! Enjoy fun-fair games and maybe you'll win  
a prize! Test your throwing accuracy with our bean bag toss,  
challenge your family members to a puzzle race and try your luck in  
the magnetic fish pond. All ages welcome, drop in.

## COMMUNITY PROGRAMS AT THE MAPLE RIDGE LIBRARY

**Mother Goose** for parents & their babies or young children.  
Mondays, Jan 16 - March 5, 1 - 2:30 pm. Presented by Westcoast  
Family Centres. Register: special.projects@westcoastfamily.org

**Breastfeeding Drop-In** Tuesdays 1:30 to 3:00 pm - 2nd floor  
Maple Ridge Public Library

**READY SET LEARN** A free early learning program that  
welcomes preschoolers and their families to School District # 42  
and helps them get ready for success in  
school. Children will have opportunities to try  
play-based early learning activities as well as  
crafts, songs and story time. For more information,  
visit: [www.sd42.ca/ready-set-learn](http://www.sd42.ca/ready-set-learn)



## STRONGSTART CENTRES

**Free**, early learning drop-in program for children  
aged 0- 5 years and their parents or caregivers.  
Children will have the opportunity to play and  
explore in a friendly, safe and inspiring environment alongside  
their parent or caregiver.

### Mornings 8:30 - 11:30 daily

Blue Mountain Elementary School - 12153 248 St Maple Ridge  
Davie Jones Elementary - 12030 Blakely Rd. Pitt Meadows  
Eric Langton Elementary School - 12138 Edge St Maple Ridge  
Glenwood Elementary School - 12410 Glenwood Ave

Hammond Elementary School - 11520 203 St Maple Ridge  
Harry Hooge Elementary School - 12280 230 St Maple Ridge

### Mornings 8:30 - 11:30 Monday, Wednesday & Friday

### Afternoons 11:30-2:30 Tuesday & Thursday

Highland Park Elementary - 18961 Advent Rd Pitt Meadows  
Fairview Elementary School - 12209 206 St Maple Ridge

Register with your child's birth certificate the first time you drop  
in or register on-line at: [www.sd42.ca/strongstart-centres](http://www.sd42.ca/strongstart-centres)  
For more information call (604) 463- 4200, extension 218

## FREE AT THE MAPLE RIDGE HEALTH UNIT

Please call 604-476-7000 for more information on any of the  
following programs:

**Baby Talk** a weekly drop-in facilitated by a Public Health  
Nurse. For parents of children younger than 12 months of age.  
Guest speakers and meeting other parents. 1-3 pm, Mondays  
Jan 9 – Feb 27. Call the health unit for topics & more info.

**Breastfeeding Clinic** One-to-one help is available from Public  
Health Nurses who are breastfeeding counselors

**Prenatal Breastfeeding** Class Sessions focus on breastfeeding  
basics and early success with breastfeeding

**Buddy Up for Breastfeeding** Mothers supporting mothers and  
mothers-to-be through phone or email support.

**Prenatal Classes** for those with extra needs. For women who  
are alone, young, have financial concerns or need extra support  
January 17, 18, 24, & 25<sup>th</sup> and March 20, 21, 27, & 28. Please  
contact the health unit for additional information.

**Best Beginnings** provides public health services to pregnant  
women, new mothers, babies, children to 2 years and their  
families. Register from early in your pregnancy and on.

**Perinatal Support Group** designed to meet the needs of  
women experiencing symptoms of depression and anxiety  
during pregnancy and/or after childbirth. Call a Public Health  
Nurse at (604) 476-7000 or Karin Rai at (604) 467-6055 for  
more information or to register.

Check [www.ridgemeanowsecd.ca](http://www.ridgemeanowsecd.ca) for more information