

What's On

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



Ridge Meadows
Early Childhood
Development
Committee

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 to receive more 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



April, May & June Programs and Events

STRONGSTART CENTRES

FREE early learning drop-in program gives children 0- 5 years and their parents or caregivers opportunities to play and explore in a friendly, safe and inspiring environment.

Morning Programs - 8:30 - 11:30 daily

Blue Mountain Elementary School
Davie Jones Elementary School
Eric Langton Elementary School
Glenwood Elementary School
Hammond Elementary School
Harry Hooge Elementary School

Morning & Afternoon Programs

8:30 - 11:30 Monday, Wednesday & Friday
11:30 - 2:30 Tuesday & Thursday
Highland Park Elementary School
Fairview Elementary

Register the first time you drop in. Your child's birth certificate is required. For information & school addresses: MRPM Community Services - 604-467-2273 ext 122 or 604-467-6911

COMMUNITY KITCHENS A monthly group that meets to cook nutritious, low cost, great tasting meals to take home. For information and registration for any Community Kitchen call Candace Gordon at (604) 466-0847.

FAMILIES SUPPORTING FAMILIES

These **FREE** self-help groups are led by trained facilitators and provide parenting info in a non-judgmental atmosphere.

Parenting Young Children Thurs, 9-10:30 am
Parents of children ages 0-6 meet regularly to support and learn from each other. Childminding is provided.

Young Parents Group Tues., 11:30 - 1:30 pm
A great opportunity for parents who are 26 years and under to discuss their experience of parenting, and get some support. Childminding and refreshments provided. No referral needed.

The Breakfast Club Wed., 9:30-11:00 am
For parents having additional challenges or working with a Social or Outreach Worker

If you are interested in joining a group or want more information, please call Jenny at the Family Education & Support Centre at 604-467-6055. Programs are free but registration is required.

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

Loonie Swim - Maple Ridge Leisure Centre

Drop in swim time; Sundays 7 am - 2:30 pm; \$1.00

FREE SWIM at the Leisure Centre swimming pool
2:00 - 3:30 pm April 30, May 28, June 25

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

RIDGE MEADOWS CHILD DEVELOPMENT CENTRE

If you have any 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

FREE AT THE MAPLE RIDGE HEALTH UNIT

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

Baby Talk Mon, 1-3 pm; Speakers 1:30-2:30
Please call the Health Unit for a list of the speakers.

Daily Breastfeeding Clinics

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

Buddy Up for Breastfeeding

This program connects new mothers to another mother in the community for breastfeeding support. For more information or to volunteer, please call the Health Unit

Dental Varnish Program

Free fluoride program for children 0 - 4 years

Kindergarten Booster Fair

June 15, 9 am - 5 pm
Drop in for vaccinations for your 4 to 6 year old child. Door prizes, face painting and other activities!

Perinatal Anxiety/Depression Cognitive

Behaviour Therapy Group: For more information call Karen Rai at the Family Education & Support Centre (604) 467-6055

April, May, June Programs & Events for Families with Young Children

RIDGE MEADOWS AUTISM INFORMATION & SUPPORT GROUP

For parents or caregivers of children with autism. Meets the last Tuesday evening of most months. For more information please contact Tracy Hewgill at (604) 467-8700

IT'S ALL ABOUT CONNECTIONS presents 2 **FREE** Workshops for parents of children with a disability:

CIRCLE OF FRIENDS - practical ways to support and enhance friendship opportunities for children who experience the challenges related to having a disability April 16, 9:00-11:30 am

BROTHERS & SISTERS - focuses on some of the common issues that may arise for brothers and sisters in a family where a child has a disability April 16, 12:45 - 1:00 pm

Both workshops will take place at Ridge Meadows Association for Community Living, 11641 224 St.

To register, call Tracy Hewgill at (604) 467-8700 ext 119 (tracy.hewgill@rmacl.org) or Carol Middleton at (604)461-0881 ext. 319 (carol@rmcdc.com)

PROGRAMS AT THE HIVE

Eric Langton Elementary School - 12138 Edge Street, Maple Ridge

It's all about Connections support and information group for parents of young children with extra support needs. Meets one weekday morning each month. Child minding may be available. For times and location, contact Carol Middleton at (604) 463-0881 or Tracy Hewgill at (604) 467-8700.

Nobody's Perfect - free parent group. Dates and times to be announced. Free snacks and child minding. Call Westcoast Family Resources at 604-603-3316 for more information.

Mother Goose - free group for parents and their babies or young children. Rhymes, songs and stories give children healthy early experiences with language and communication. Tues Apr 5 - May 24 9:30-11. Call 604-603-3316 to register. Presented by Westcoast Family Resources

FAMILY PLACE - 22359 119th Ave. Maple Ridge
Parents, grandparents and legal guardians of children under the age of six, residing in the communities of Maple Ridge or Pitt Meadows can participate in the following **FREE** programs (for info or to register, call (604) 466-8484 or (604) 467-2273, ext. 122)

Toddler Rhyme Time Mondays, 9:15 - 10:15 am. Children 0 - 36 months and their parents.

Sing and Play Mondays, 10:45 - 11:45 am. Singing games for 2 to 5 year olds and their parents.

A Playce for Us Tuesdays, 9 - 10:30 am OR 11 - 12:30

Parent & Tot Wed, 9 - 10:30 am OR 11 - 12:30. For families with children 0 to 5 years.

Toddler & Me Thurs, 9 - 10:30. Families with babies 0 - 36 months

Baby & Me Thurs. 11 - 12:30 Families with babies 0 to 12 months.

Moms R Us Fridays, 10 am - 12 pm. Social time with coffee and snacks for moms. Call (604) 466-8484 and ask for Tatyana

READY SET LEARN

FREE 'Get Ready for Kindergarten' program for parents/caregivers and their preschoolers aged 3 & 4. Children receive a free kit which includes lots of items for developing school readiness. Register with noralea_pilgrim@sd42.ca

Fairview StrongStart Centre- April 14 at 5:30 pm

Laityview Elementary - April 7 at 6 pm

PALS - Parents as Literacy Supporters

FREE literacy program for parents/caregivers and their kindergarteners or preschoolers aged 3 & 4. Children receive a **FREE BOOK** with each session. Register with schools at the phone numbers listed.

Albion - April 29 at 1:00 pm

Alexander Robinson - April 18 at 6 pm

Edith McDermott - April 29 at 12:30: (604) 460-9993

Glenwood - April 13 at 12:00 pm: (604) 463-6512

Hammond - April 18 at 6 pm: (604) 460-1136

Highland Park - May 21 at 12:30 pm (604) 465-6737

Kanaka Creek - June 17 at 3 pm: 604) 467-9050

Pitt Meadows - April 5 at 12:30 pm (604) 465-5828

Yennadon - April 6 at 3 pm RSVP: (604) 463-8871

WHAT'S ON FOR FREE AT THE LIBRARIES

PITT MEADOWS LIBRARY

12047 Harris Rd, (604) 465-4113

No registration required for drop-in.

All Aboard for Kindergarten Special

Choo! Choo! Join us and a special guest for a marathon read-aloud of some of the 100 best books for kindergarten. Drop in and leave when you have to. April 21, 11:00-12:00 pm and 2:30-3:00 pm



MAPLE RIDGE LIBRARY - 130 - 22470 Dewdney Trunk Road; (604) 467-7417 No registration required for drop-in

Peek-a-Book Storytime

10:15-10:45 am, Mondays until May 6 (library is closed April 25)
For children 0 to 18 months.

You, Me and the Li-bra-ry (Puppets, books, rhymes and songs!)

10:15 -10:45 am, Tues, Thurs and Fri until May 27 (library is closed April 22)

CALL THE LIBRARIES FOR MORE DETAILS

Mother Goose at the Library - free group for parents and babies or young children. Rhymes, songs and stories give children healthy early experiences with language and communication. Tues, April 5- May 14 9:30 am - 11:00 am. Presented by Westcoast Family Resource Society. Call 604-603-3316 to register.