

What's On

Free or low cost programs for families with children 6 - 12 in Maple Ridge, Pitt Meadows & Katzie



The MCM Committee will develop and cultivate a collaborative network that identifies and promotes initiatives which support the health and well-being of children ages 6 –12 years.

The MCM Committee is a sub-committee of the Community Network and is funded through the United Way of the Lower Mainland.

MCM Committee welcomes community involvement. Call 604-916-1051 or email: Info@ridgemeanowsecd.ca to receive more information about the Middle Childhood Matters Committee and its work or to find out how you can become a member of the committee.

Check the MCM website for more information regarding the middle years!
www.ridgemeanowsecd.ca



January, February & March Programs and Events

PITT MEADOWS COMMUNITY CHOIR

Jan 11 Location: PM Heritage Church (Harris & Ford)

Meets every Wednesday evening at 7:30 pm. A variety of music is sung and performances are at care facilities and for fund raising and community events. No previous experience is necessary—bring your love of singing!

CELTIC JAM WITH NIGEL TUCKER

Jan 24 (7 to 9pm)

Location: The ACT Arts Centre & Theatre
Come join Nigel and his band of merry musicians in the spirit of Celtic muse. Bring your instruments, voice or even just your ears as no experience is necessary and only the love of music required. Free event.

LANTERN FESTIVAL

Friday, Feb 24 (4 to 8 pm)

Location: Centre Court, Haney Place Mall, Maple Ridge

This is a free and family oriented event. There will be live entertainment, a poetry contest, free lantern making workshop. Lanterns made in the workshop can then be taken to the Lantern Parade at 7:30 in Memorial Peace Park.

DUPLICITY: PAINTINGS BY CHRIS FRIESEN

Jan 17 to Mar 17 (11am - 4pm)

Location: Maple Ridge Art Gallery

Chris Friesen views the world through the lens of technology as he alternates between a traditional and contemporary focus in his work. Friesen, who is a faculty member at UFV will showcase three different aspects of his studio practice through three distinct bodies of work: In the Media Res; Pulse; and Soft Topographies. This is a free event.

Safe Online Outreach Society (SOLOS)

Looking for reputable online safety information? SOLOS has been providing information to BC schools, parents and professionals since 2002. They have the knowledge and tools to help parents and educators keep our children and youth safe online. If you have concerns about online safety for you, your children, teens, staff or clients they have the information and resources you need!

For more information go to:
<http://www.safeonlineoutreach.com/>

ANISHNAABE PLACE

Unit B 20758 Lougheed Hwy
Phone: 604 467 6911 ext 217

Aboriginal Parenting - free dinner and free child minding.

Different topics every week. Starts Tuesday, January 31st and runs every Tuesday thereafter. Time: 5 to 7pm. Location: Maple Ridge Family Place, 22359—119th Avenue.

Family Strengthening

Intensive parenting support for parents who require individual, home based coaching, parenting skills and household maintenance resources.. Call Charlene Leon at Community Services for more information.

CYTHERA TRANSITION HOUSE Children

Who Witness Abuse Program. This program is available to women and children currently not living in an abusive situation and is available through self referral. Please register by calling 604 467 9939.

THE FAMILY EDUCATION AND SUPPORT CENTRE

Anger Management for Parents and Their Children

For parents and their children ages 8 - 12. Children learn what anger is, their triggers and tools for learning to control their anger. Parent's learn about the anger cycles, goals of behaviour, how to support their child's efforts to tame their anger, and skills for keeping themselves calm while their child is angry. Cost: \$85 3 - 2hour sessions. Feb 25 - Mar 10

How to Talk so Kids will Listen

Based on the best selling book by Elaine Mazlish and Adele Faber, this course includes topics such as: helping children aged 6 - 12 how to identify and deal with their feelings, cooperation without nagging, and alternatives to punishment. Cost: \$90 8-2 hour sessions. Feb 8 - Mar 28th

Multicultural Women's Group

This group aims to build bridges between available services and marginalized women in the Maple Ridge and Pitt Meadows communities. The group is held once every two weeks for two hours. The group is led by a trained and experienced facilitator. The group, childcare and transportation are provided at no cost. Registration is required to attend.

For more information, please contact The Family Education and Support Centre at (604) 467-6055

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

WHAT'S ON FOR FREE AT THE LIBRARY

Pitt Meadows Library - 12047 Harris Rd,
(604) 465-4113 No registration required for drop-in.

Pajama Storytime Wednesday, Feb 29, 6:45pm-7:30pm
Yes, we said pyjamas! Come to the library in your coziest PJs, housecoats and slippers to hear some bedtime stories with family members too. Drop in.

Games Nights 2nd and 4th Wednesday of every month, Jan 11 to May 23, 5:30 to 8:30pm
Come join in for family games night! Drop in.

Maple Ridge Library - 130 - 22470 Dewdney Trunk Road;
(604) 467-7417 No registration required for drop-in.

Wacky Wednesday
Wednesdays, Jan 25 to May 30, 3:30 - 4:30pm
Registration required. One hour afterschool fun for ages 10 to 12.

Soap Making Workshop
Wednesday, March 28, 3:30-4:30pm
Learn how to make simple soap making projects. Make sure to sign up at the 2nd Floor Information Desk to reserve your spot! For grades 4 and up.

Family Literacy Day Fair
Friday, Jan 27 to Nov 25, 3:00 - 4:30 pm
Enjoy fun-fair games and maybe you will win a prize! All ages welcome. Drop-in.

Painting Party
Friday, March 23, 2:00 - 4:00pm
Celebrate the last day of spring with a painting party! Drop in.



PARKS AND LEISURE PROGRAMS

Maple Ridge
11925 Haney Place, Maple Ridge
(604) 467 7322

Pitt Meadows
12027 Harris Road, Pitt Meadows
(604) 465 2452

Westminster Savings Free Family Swim 2:00 am - 3:30 pm,
last Saturday of every month. Maple Ridge AND Loonie Swim,
every Sunday from 7am to 2:30pm

Pitt Meadows Toonie Tuesdays Every Tuesday all day.
Cost: \$2 admission

Whonnock Drop-in 7:00 - 9:00 pm, Mondays
A FREE teen session for those wanting to hang with their friends and be active. For 10 to 14 yrs at Whonnock Elementary.

Movie, Swim and Pizza Night
6:00 - 9:30 pm, Jan 28 Feb 25 and Mar 31
Ages 7 - 12 years at the Greg Moore Youth Centre
Cost: \$16

Please check the Leisure Guide for other activities and sports for families and children ages 6 to 12 years at www.mapleridge.ca or www.pittmeadows.ca.

The ACT

Memorial Peace Park, 11944 Haney Place, Maple Ridge
(604) 465 2470

After Hours Lobby Events @ The ACT

Come and bring the family, bring a friend, come by yourself and enjoy laughter, music, creativity and warmth at our FREE evenings of entertainment. 7:00-9:00 PM weekly in our Lobby.

SongStage with Ivan Boudreau - Feb 7, Mar 6
Writer's Guild - Jan 17, Feb 21 & Mar 20
Celtic Jam with Nigel Tucker - Jan 24, Feb 28 & Mar 27
Philosopher's Café - Jan 12, Feb 9, Mar 8
Holy Wow Poets - Jan10, Feb 14, Mar 13

Please check the Leisure Guide for other art activities for families and children ages 6 to 12 years at www.theactmapleridge.org

MAPLE RIDGE PITT MEADOWS COMMUNITY SERVICES

11907 - 228th Street, Maple Ridge
(604) 467-6911

Youth and Family Conflict Intervention

Helps family reduce the intensity of conflict, identify and address the issues, and support both the youth and parents as they explore solutions. Parents and/or youth meet weekly with program staff (more frequently if conflict is severe) up to a maximum of eight sessions. Additional sessions can be sometimes be arranged under certain circumstances. Sessions are usually scheduled afternoons and evenings. From ages 12 to 19 years.
Cost: free
Contact: 604 467 6911

Outreach Services to Children, Youth & Families

To assist families experiencing levels of stress or conflict where the development of parenting strategies, awareness of child and youth development, behavioural management and life coping skills will have an effect on reducing the stress and promoting stability within the family. Cost: free
Contact: Colette Madsen at 604 467 2273

SUBSIDIZED PROGRAMS FOR ACTIVITIES AND SPORTS

Reimbursement or subsidy for activities and sports for children and families includes:

Kidsport (<http://www.sport.bc.ca/programs/kidSportBC/Default.asp>)

Jumpstart (<http://www.canadiantired.ca/jumpstart/funding.html>)

Participation Program - reduces admission and program fees for residents that meet financial eligibility. Contact Pitt Meadows and Maple Ridge Parks and Leisure Services 604 467 7355 or 604 467 7303.

Income Tax Claims - original receipts for sports activities can now be claimed on individual income tax returns.