

# 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 604-999-9052 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 out the RMECD website for more info about early childhood in your community.

[www.ridgemeanowsecd.ca](http://www.ridgemeanowsecd.ca)



## January, February & March Programs and Events

### STRONGSTART CENTRES

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

#### 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

#### Afternoon Program - 12:30 - 3:30 daily

Fairview Elementary School

#### AM & PM Program

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

Register the first time you drop in. Your child's birth certificate is required.

For information & school addresses call:  
Maple Ridge Pitt Meadows Community Services - 604-467-2273 ext 122 or 604-467- 6911

### PARENT & CHILD PLAYTIME

A drop-in playtime in Maple Ridge & Pitt Meadows for families with young children. Cost: \$1.00 per child

**Maple Ridge** Leisure Centre Gymnasium 9:30 - 11:30 am Mon, Wed, Fri.

**Pitt Meadows** Family Recreation Centre Gymnasium Mon, Wed, 10:00 - 11:30 am; Sat, 2 - 4 pm

For information on Parks & Leisure Services children's programs, call 604-466-4339.

### COMMUNITY KITCHENS

A monthly group that meets to cook nutritional, low cost, great tasting meals to take home

Programs are currently running at 6 locations in MR, PM and Katzie.

For information and registration for any Community Kitchen call Candace Gordon at (604) 466-0847.

### HEALTH SCREENING FOR 3 YEAR OLDS

Fraser Health is providing free vision and dental screening for 3 year olds. Health teams will be travelling to various StrongStart locations. For more information call Helga Thordarson at 604-476-7048

### FAMILY PLACE - 22359 119th Ave. MR

Come and share the joys and challenges of parenting and watch your children have fun and grow in an enriched setting. Parents, grandparents and legal guardians of children under the age of six can participate in these **FREE** programs. Registration required.

**Parent & Tot** families with children birth to 6 Wed., 9 - 10:15 am OR 10:45 - 12 noon on

**Friends in Need Family Drop-In** for families with young children meets at the Food Bank, Mon., Tues. & Wed., 8:30-11:30 a.m.

For information on these and other Family Place programs, call 604- 466-8484 or 604- 467-2273, ext. 122.

**Child Care Resource & Referral** offers free referrals to parents seeking child care. Also provides free membership to Licensed Family and License-not-required child care providers. Call 604- 467-2273

### YOU MAKE THE DIFFERENCE

Free 9 week group that teaches parents how to connect with their young children and helps them learn within daily conversations and activities. For parents and children 6 months to 6 years.

Mondays beginning Jan 11, 4-6 pm OR

Thursdays beginning Jan 14, 12-2 pm

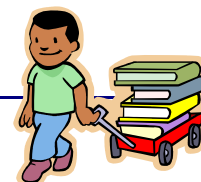
For more information, call the Family Education & Support Centre at 604- 467-6055

### READY, SET, LEARN

—a special invitation for families with pre-schoolers.

Families with 3 and 4 year olds are invited to attend Ready, Set, Learn events at various locations in School District 42. Families will receive a package including the children's book *One Watermelon Seed*, and a parent/family kit with helpful tips for supporting their pre-schooler's learning and development. Schools may also plan additional activities such as playtime, displays, information sessions and story times. Please call 604-463-4200 for information about the Ready, Set, Learn event in your area.

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



## MOTHER GOOSE

An 8-week parent/child interactive group which uses songs, stories and rhymes to promote attachment and early language development

Mondays, 1:00-2:30, Jan 11 - March 1, Maple Ridge Library

Tuesdays, 9:30-11:00 Jan 12 - March 2,  
Eric Langton Elementary School

Presented by **Westcoast Family Resources**

To register call 604-603-3316 and leave a message.

Thursdays, 10:30-12 pm - Toddlers in MR

Thursdays, 12:30-2 pm - Infants in MR

Fridays, 11:30-1 pm - Mixed ages in PM

Presented by **Cythera Transition House Society**

Funded by Public Health Agency of Canada CAPC

To register call Diana at 604-467-9939 ext 238

Priority is given to those families in most need of support (single parent, low income, multicultural, or Aboriginal)

Tuesdays, 6:30-7:30 pm for children from walking age to 5 years

Wednesdays, 9:30 -10:30 am for toddlers

Wednesdays, 11:00 am – noon for babies

Presented by **Smarties Child Centre**, 101-20450 Dewdney Tr. Rd

To register, email: colene@smartieskids.com

## FAMILIES SUPPORTING FAMILIES

A place where parents and caregivers can meet to discuss the issues and challenges of raising children in today's busy world. These self-help groups are led by trained facilitators and provide parenting info in a nonjudgmental atmosphere.

### Parenting Young Children

For parents of children under 6 years. Thurs, 9:30 - 11:00 am

### Young Parents Group

For parents up to the age of 25. Tues, 12:30 - 2:30

### Single Moms Group

Mondays, 12:00 - 2:00 p.m.

If you are interested in joining a group or want more information, please call Jenny Earley at The Family Education & Support Centre at 604-467-6055. These groups have a play focused child minding program which runs alongside so that children can play while parents meet. Programs are free but registration is required.

## PARENTS WHO HAVE CHILDREN WITH AUTISM

Parent Group meets at Ridge Meadow Association for Community Living's new Living and Life Skills Centre, 22381 Callaghan Ave., Maple Ridge the last Tuesday evening of each month. For more information, contact Tracy Hewgill at (604) 467-8700

## MOPS (MOTHERS OF PRESCHOOLERS)

Talking, life skills and friendship for moms with young children. Childcare and refreshments provided.

The first and third Wednesday of each month at Maple Ridge Christian Reformed Church. Call Carla Banbury at 604-463-9185 for more information.

## WHAT'S ON FOR FREE AT THE LIBRARY

### Pitt Meadows Library

12047 Harris Road; (604) 465-4113

**Preschool Storytimes** Enjoy a variety of stories, rhymes, songs and puppets at our weekly story times. Drop In, 11:00 - 11:30 a.m. Tuesdays & Thursdays, January 26 to April 29. Same program on both days. (No program March 11.)

**French Storytimes** Great stories, songs and fingerplays presented by Louise Vincent, retired French teacher. Drop in, no registration required. Fridays, Jan 29 to June 11, 10:15 -10:45 am. (No program March 5, 12, April 30, May 7)

**All Aboard for Kindergarten!** Choo choo! All aboard the Kindergarten Express! Join us for a very special program with crafts and activities just for Kindergarteners and their parents. Friday, Mar 12th, 11 -11:45.

### Maple Ridge Library

130 - 22470 Dewdney Trunk Road; (604) 467-7417

**Peek-a-Book Storytime** Make reading fun by starting early with baby story times. Bring your baby for one-on-one stories, puppets and more! Mondays, Jan 11 to May 17, 10:15-10:45 am For babies 0 to 18 months

**You, Me and the Li-bra-ry** Stories songs and fingerplays for children of all ages and their caregivers.

Tues, Thurs and Fridays, Jan 12 to May 17, 10:15 -10:45 am

**Nighttime Tales** Evening story time and puppet magic for the whole family. Feb 9, March 9, April 20. 6:45 - 7:15 pm

## THE HIVE NEIGHBOURHOOD CENTRE

Located at Eric Langton Elementary School - 12138 Edge St. MR

Family Education & Support Centre programs at the Hive:

- Self-facilitated parent support group; Thursdays, 1-3 pm
  - Eric Langton Coffee Group, Wednesdays, 8:30-10 am
  - Immigrant Settlement Services 2nd & 4th Thursdays, 9-11
  - Money Skills Program Mondays, 9-11 am Feb 1,8,15,22
- Call 604-467-6055 for more information

MRPM Community Services Programs:

- Family Place - Baby & Me for parents with babies 0-12 months. Mondays, 10:30-12 noon, Room 1064
- Childcare Resource & Referral (CCRR) assists parents in filling out subsidy forms; makes referrals to community agencies. 3rd Thursday of each month, 8:30-11 Room 1063
- Aboriginal Storytelling begins Jan 13 at the Preschool Around the Corner, Wednesdays 5:30-7:30
- Preschool Around the Corner will hold Open House for Sept registrations, Feb 23, 4-7 pm

Westcoast Family Resources Programs:

- Nobody's Perfect - 8 week supportive & educational parenting group. 5 free books given to parents. Free snack & child minding. Tues., 12-2: Jan 12-March 2 OR March 23 - May 11
- Mother Goose (see above for details)

For more information, call 604-603-3316 and leave a message