



Mission Parent Resource Quarterly

Compiled by the Mission Early Childhood Development Committee
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Activities and Programs for children 0 to 6

Get Fit Have Fun 32539 Fraser Cres. at St'a'xwaya amenities room Thurs. 3-5pm, a program for aboriginal children ages 5-12 with games and snacks. Call 604-832-1261 to register.

Family Place Programs: 7369 James St. 604-826-3323. A centre specifically for children 0 to 6 years and their families, **Community Drop-ins** Mon, Tues. and Fri 9-11:30am and Thurs. 1-3pm for playtime, crafts and a snack. **Baby time drop-in** Tues. 12-1:30pm with light lunch, no older siblings permitted. **Fun Family Phonics** for 3 to 5 year olds on Wednesdays, 10-11:30am. **Clothing Closet and Food Exchange Cupboard** open during drop-ins and Mon. 1-3pm. **Toy Lending Library** open Thurs. 9-11am and during regular drop-ins. Some programs require registration so please call or e-mail cindy.corney@missioncommunityservices.com

Fun N Run: 7650 Grand St. a free parent participation indoor gym drop-in program Tuesdays 11am-1pm with balls, mats, parachute games and time to socialize. In the Leisure Centre gym.

Future 4 Nations Head Start Program: Located at St. Mary's, 34110 Lougheed Hwy, 604-820-4567. Licensed preschool program for Aboriginal children. Classes run Mon. - Thurs. 9:00-11:30am or 1:00-3:30pm during the school year.

Mission Aboriginal Family Place: 604-820-4693 Programs run 10am-12pm at various locations. On Mon. at Leq'á:mel Band office, on Tues. and Thurs. at St. Mary's, 34110 Lougheed Hwy, on Wed. at Matsqui First Nation community centre. For families raising Aboriginal children 0-6 years enjoy snacks, activities, (including culture/language) learning centers, circle time, free play, crafts, field trips, parent information workshops and family nights. Home visits are available.

Mission Arts Council Programs: 33529 First Ave. 604-826-0029. Call for information about children's programs. www.missionartscouncil.ca

Mission Friendship Centre Programs: 33150 1st Ave. 604-826-1281. **Cultural Nights** on Wednesdays 5:30-8pm.

Mission Literacy BUS (Building United Services)
Visit Mission's newest mobile resource, a big green bus with a lending library, games, crafts, community information, internet access and more. The BUS will be traveling all over town, including stops at various locations. Visit the website for current locations www.literacyinmotion.org

Mission Parks and Recreation: 7650 Grand St. 604-820-5350. Loonie swim \$1 per person, Sundays 10am-12pm. **PLAY Program** provides free and low cost recreation opportunities for individuals and families on limited income who live in Mission. For forms and more information please contact Parks, Recreation & Culture. Or visit their website at www.mission.ca

Mission Public Library Programs: 33247 2nd Ave. 604-826-6610. **Baby Time** for children birth to 24 months on Fridays 10:30 - 11:00 am. **Family Storytimes** Thurs. at 10:30 - 11 am, fun for all ages and stages! Drop in for some stories, songs, puppets and more. **Family Fun Night** Tues. April 12th, 6:45 - 7:30 pm **Mom's The Word**, Sat. May 12th, 11-11:45am for stories, songs and a puppet show celebrating Moms.

StrongStart Centres: A free family literacy program at 7 Mission elementary schools where parents / caregivers and their

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children learn and play together. All programs occur on school opening days only.

Cherry Hill 32557 Best Avenue Tues. and Thurs. 8:30-11:30am; Mon., Wed., and Fri. 12-3pm

Christine Morrison 32611 McRae Ave. Mon. Wed, and Fri. 8:30-11:30am; Tues. and Thurs. 12-3pm

Mission Central 7466 Welton Street Mon. Wed, and Fri. 8:30-11:30am; Tues. and Thurs. 12-3pm

West Heights 32065 Van Velzen Tues. and Thurs. 8:30-11:30am; Mon, Wed and Fri. 12-3pm

Deroche 10340 N. Deroche Road Wed. and Fri. 8:30-11:30am

Dewdney 37151 Hawkins Pickle Road, Dewdney Mon. 8:30-11:30am

Silverdale 29715 Donatelli Road Tues. and Thurs. 8:30-11:30am

Traveling Tree House Drop In: 604-556-1206, for ages 0-6, for playtime, crafts, circle time, songs, games or stories, **Tues. & Wed.** from 9-11am at The Mission Alliance Church across from the Abbey: 34203 Dewdney Trunk Rd., **Thursdays** from 9-11am at 9224 Stave Lake Rd. Hot lunch will be available 11:30am- 1pm, but pre-registration is required.

WHIN: 32065 Van Velzen, 604-826-5349. West Heights Inclusive Neighbourhood Project is a support for children and families located at West Heights Elementary School. **Early Literacy drop in** on Tues. and Thurs. from 1- 2pm for children 0-6.

Public Events in Mission :

Earth Day Celebration: Wed. April 20th, 10am-1pm Children's celebration, at the Mission Leisure Centre with crafts, face painting, bouncy castle.

Elk's Easter Egg Hunt: Sun. April 24 at Fraser River Heritage Park, 7494 Mary Street Call 604-826-0277 for more information

Celebrating Moms: Wed. May 25th, 10am-1pm Children's celebration at the Mission Leisure Centre with crafts, face painting, bouncy castle.

Andrea James workshop: Promoting Children's Success Through Positive Solutions Sat. May 28th, 9:30am - 12:30pm at Mission Central, 7466 Welton St. Teaching strategies to support optimal child development. Free, but registration is required. Call 604-820-4367 for more information and to register or e-mail ecdcommittee@shawbiz.ca

Envision Twilight Concert Series: Fraser River Heritage Park, 7494 Mary Street, June 1 - August 26 on Wednesday and Fridays evenings 7:00 - 8:00pm, contact: 604-826-0277

Children's Festival Sun. June 12, 11am-4pm, Fraser River Heritage Park. Medieval Faire with entertainers, crafts and exhibitions for the whole family.

Soapbox Derby: Sat June 18th, Stave Lake and 11th, 9am start.

Old Car Sunday: Sun. June 19th, Fraser River heritage Park

Celebrating Dads: Wed. June 22nd, 10am-1pm Children's celebration at the Mission Leisure Centre with crafts, face painting, bouncy castle.

Canada Day Fri. July 1st: Fraser River Heritage Park

The Mission Early Childhood Development Committee is concerned with the growth and development of all children in Mission. We welcome community partners and participants to support and shape the short and long-term interests of our community's children. Call Laura Wilson at 604-820-4367 or e-mail ecdcommittee@shawbiz.ca for more information.

Resources and Supports for Parents and Caregivers

Baby's Best Chance: 33070 5th Ave. Pregnancy outreach, counseling, nutritional information, supplements and drop in lunch every other Thursday. For more information, call 604-820-8455.

Big Brothers Big Sisters: 604-852-3331, at Fraserview Elementary, 32444 7th Ave. Tues., Wed and Thurs. during school opening days. Please call first to confirm.

Car Seat/Booster seat Screening: Mission Child Safety Committee holds free clinics the **2nd Friday of each month**, Apr. 8, May 13, June 10 from 2-4pm at Fire Hall #1, 33330 7th Ave. **On the 4th Tuesday of the month** at the Health Unit, 32618 Logan Ave. Apr. 26, May 24, June 28 from 9:30-11am They will check for proper installation of car seats. Technicians will also be available on Apr. 20, May 25, June 22 from 11am-1pm at the Leisure Centre. Call 604-768-6733 for more information.

Children Who Witness Abuse: Women's Resource Society of the Fraser Valley, 33070 5th Ave. 604-820-8455.

Children's Anxiety Group: Free sessions for 4/6 weeks with children ages 6-8. Register at 604-820-4300.

Crisis Line: toll-free 1-877-820-7444. "We are here to listen", provides referrals and support.

Family Support Networking Group: At MACL, 33345 2nd Ave. 604-826-9080 Bringing parents/family members together to share experiences and information and provide moral support to one another. Meeting Wed. April 27, May 25, June 29 at 7:30pm, refreshments provided.

Feeding Our Body and Minds 32539 Fraser Cres. at St'a'txwaya amenities room Mon. 11:30am -1:30pm. Community kitchen and parenting program for Aboriginal parents of children 0-6, with childcare and transportation provided.

Fraser Valley Child Development Centre: #4- 7337 Welton St., 604-820-9536 www.fvcdc.org In partnership with families and communities provides opportunities and services which enhance the quality of life for children with developmental needs.

Infomission.ca a Mission website that includes all that is Mission: services, volunteer opportunities, events and more. Go to www.infomission.ca and check it out.

"Know It" 1:1 program for children and families whose parent has a mental illness; call Mark Littlefield for registration 604-832-0705.

La Leche League: Breastfeeding information and support. Contact Erin 604-820-3295 or Lee 604-288-1565. Free meetings held on the second Tues. of each month at 1pm at Family Place, 7369 James St.

Mental Health Services for children 0 to 6 years. Play therapy. For more information call 604-820-4300.

Mission Child Care Resource and Referral: 7369 James St. in Family Place. Guidance for parents in finding appropriate childcare, and caregiver support. List of licensed Child Care Facilities available. Able to assist with Childcare subsidy application process. Toy, book and infant equipment lending library located in "Toy House" behind CCRR office is available for use. Call Laura Hope 604-826-6194

Mission Family Support Network: 32939 7th Ave in Mission Secondary, 604-826-7317. Free self referring counseling services and support for children, youth and their families.

Mission Health Unit: 32618 Logan Ave, 604-814-5500. Baby Time drop in, Mon and Fri. 10-11:30am. Regular immunization clinics by appointment. Breastfeeding help and new born visits. Free fluoride varnishing for children under 5. Language assessments available for children under 5, phone to make a referral or attend monthly speech drop ins. Please call for specific dates. List of licensed Child Care Facilities also available.

Mission Hospice Society: 7311 James St. Suite E, 826-2235, provides support and care for patients and families living with life-threatening illness and anyone coping with the loss of someone significant in their lives.

Mission Literacy In Motion: Providing adult tutoring and tutor training as well as Reading Buddies matches for elementary school aged children; call 604- 557-7614 for more information. www.literacyinmotion.org

Mission Transition House: Crisis services and housing for women and their children. Call 604-826-7800.

Multicultural Outreach Services: 33179 2nd Avenue. Translation and support services for new immigrants and refugees. Call Kusum at 604- 826-3634.

Options for Sexual Health: 604-814-5502, 32618 Logan Ave Tues. 5-7pm.

Parenting in the Early Years: 7369 James St. Come out for a weekly get together, conversation and fun activities. Guest speakers on a variety of topics brought in by members requests. Childcare and transportation provided free, Wed. 6-8pm. Phone Christine at 604-826-8636.

Post Partum Support Counselor/Group: Support for mothers of young children, for more information, 604-826-3634.

Sexual Abuse Intervention Program: a professional therapeutic service for children and youth under the age of 19 years who have experienced the trauma of sexual abuse. For more information call 604-820-4300.

Sexual Behaviour Intervention Program (SBIP) a professional therapeutic service for non adjudicated youth and children under the age of 19 who are exhibiting sexually inappropriate or problematic behaviour. For more information call 604-820-4300.

Sto: lo Nation Supported Child Development Program: Located at St. Mary's, 34110 Lougheed Hwy, 604-820-6097. Provides supported child development service for Aboriginal children and families living in Mission. Family centered program working with children age 0-12 who require extra support.

Supported Child Development: 33345 2nd Ave., 604-826-9080 Working with families and childcare providers to enhance and support inclusive quality childcare. For children 0 to 12 who require extra support in a childcare setting.

Women's Resource Society Of the Fraser Valley: 33070 5th Ave., 604-820-8455, www.wrsfv.ca Counseling, advocacy information, outreach services referrals, support groups for women who have or are experiencing abuse in relationships.

YAPPEE (Young Adults Parenting Positively Enthusiastically and Effectively): YAPPEE at the Women's Resource Society of the Fraser Valley 33070 5th Ave. Tuesdays 5-7pm. Free transportation and child minding. Call Linda Walker 604-826-3634 or Chris Johnson 604-820-8455.
