

Mission Parent Resource Quarterly

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Compiled by the Mission Early Childhood Development Committee (Mission ECD)
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April - June 2008

Community Activities and Events

Family Place Programs: 7369 James St. 604-826-3323. A centre specifically for children 0 to 6 years and their families. **Community Drop-in** for playtime and a snack, Mon., Tues., Fri. 9:30-11am and Tues. 1:30-3pm. **Hot Lunch** Thurs. 12-1:30pm, \$2/family. Please see new calendar for expanded programming details (Mon 2:30-3:30pm **Specialty Programs** and Wed. 6:30-7:30pm **Bedtime Story Hour**) **Me and My Daddy** Sundays 10am-12pm.

Family Youth and Children's Centre: 9224 Stave Lake St. 604-826-8799 or 604-556-1206 **Drop In** for all ages Tues. & Thurs. 9 -11 am, Wed. 8:30-10am or 11am-12:30pm \$1 per child. Playtime, crafts, circle time and light refreshments.

Fun 'N Run: 7650 Grand St, Leisure Centre, 604-820-5350. Free gym drop in for children and caregivers. Parent participation sessions with parachute games, play and activities on Tuesdays 11am-1pm in main gym. No registration required.

Future 4 Nations Head Start Program: Located at St. Mary's, 34110 Lougheed Hwy, 604-820-4567. Licensed preschool program for Aboriginal children. Call Marne to register for classes at 604-768-4994 Classes run Mon. - Thurs. 9:00-11:30am or 1:00-3:30pm. Transportation may be provided.

Mission Aboriginal Family Place: 604-826-1281. Located at Mission Indian Friendship Centre, 33150 1st Ave. Mon. - Thurs. 9:30am-1pm., with transportation available. Drop in only, from 1pm-3pm. For families raising Aboriginal children 0-6 years enjoy snacks, activities, (include culture/language) learning centers, circle time, free play, crafts, field trips, parent information workshops, family nights. Home visits available.

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

Mission Indian Friendship Centre Programs: 33150 1st Ave. 604- 826-1281. **Community Health Kitchen** on Thurs. at 2pm; **Cultural Night** on Wed. 5-8pm; **Women's Wellness Group** (crafts, meditation, trust games and talking circle) call for more information; **Mental, Emotional & Wellness Groups** on Fridays 9:30 to 11:30am, call to register; **Craft Night** on Thurs. 5-7pm, please bring own craft..

Mission Parks and Recreation: 7650 Grand St. 604-820-5350. Loonie swim \$1 per person, Sunday 10am-12pm. **PLAY Program** provides free and low cost recreation opportunities for individuals and families on limited income. For more info, contact Parks, Rec & Culture.

Mission Public Library Programs: 33247 2nd Ave. 604-826-6610. **Wed. April 16, 6:45pm, Shiver Me Timbers** Ahoy, matey! Thar be a treasure trove of piratey songs, stories and puppets for all scurvy dogs at the library. **Get Into the Spring of Things** May 21, 6:45pm. Bring the whole family to hear a blooming great bunch of stories, songs and puppets to suit the season. No registration required. Website: www.fvrl.bc.ca Call the library for more information.

StrongStart: 32065 Van Velzen, 604-826-5349. Family literacy program where parents / caregivers and their children learn and play together. Weekday mornings 8:30-11:30am on school opening days.

WHIN: 32065 Van Velzen, 604-826-5349. West Heights Inclusive Neighbourhood Project is a support and counseling network for children and families located at West Heights Elementary School.

Yummy Mummy's Walking Group: A rain or shine stroller walking group that meets on Wed. at 11am in the Leisure Center's parking lot to walk, meet new people and get some exercise with your little ones, 7650 Grand St.

Public Events in Mission :

Earth Day: April 22, 10am-1pm at Mission Leisure Centre with crafts, face painting, bouncy castle.

Kathy Lynn: May 3rd at Mission Secondary, 32939 7th Ave. 10am. A free public presentation from one of Canada's most prominent parenting experts, and a columnist in Today's parent magazine. Topic "Who's In Charge Anyway?" This keynote addresses the issue of maintaining a balance between hearing children and having them listen. It will help parents understand their role concerning family rules, rituals, expectations and limits. Call 604-826-6194 or 604-826-2295 for more information. No registration required.

Celebrating Moms: May 21, 10am-1pm at Mission Leisure Centre with crafts, face painting, bouncy castle

Old Car Sunday: June 15, Fraser River Heritage Park,

Celebrating Dads: June 19, 10am-1pm at Mission Leisure Centre with crafts, face painting, bouncy castle

Children's Festival: June 22, 10am-4pm. Fraser River Heritage Park

Little Readers Programs at local elementary schools for preschoolers and parents/caregivers

Location	Little Readers program
Albert McMahon	Fridays 8:30-9:30am
Cherry Hill	
Christine Morrison	Fridays 8:45-9:45am
Deroche	
Dewdney	Tuesdays 9-10am
Durieu	Wednesdays 8:30am
E.S.R.	
Fraserview	
Hatzic	
Hillside	Wednesdays 9-10am
Mission Central	
Silverdale	Starting Thursdays April 10- June 12, 9-10am
Stave Falls	
West Heights	
Windebank	Fridays 8:30am
Summit Learning	

Mission ECD Committee website includes: Mission events, resources, internet links and other information. Find out about UEY at www.missionecdcom.shawbiz.ca/Home.html

The Mission Early Childhood Development Committee and the Understanding the Early Years project 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 604-826-2295.

Mission Resources and Supports

Baby's Best Chance: Pregnancy outreach, counseling, nutritional information, supplements and drop in lunch every other Thursday starting Jan. 10. For more information, call 604-820-8455.

Big Brothers Big Sisters: 604-852-3331, 32065 Van Velzen at West Height Elementary, Thursdays.

Car Seat/Booster seat Screening: Mission Child Safety Committee holds free clinics the 2nd Friday of each month, 2-4pm at Fire Hall #1, 33330 7th Ave. On Apr. 17, May 15 and June 19 clinics will also be at Health Unit 32618 Logan Ave. to check proper installation of car seats and boosters. Call 604-768-6733 for more information.

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

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

Crisis Line: 604-820-1166 or toll-free 1-800-820-7444. "We are here to listen", provides referrals and support.

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. **Kids in Action** provides opportunities and support for children with special needs to participate in sports, recreation and leisure.

"Know It" 1:1 program for children whose parents have 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., babies welcome!

Life Skills for Young Parents: YAPPEE, Tuesdays, 5pm-7pm, at Mission Women's Resource, 33070 5th Ave. Call Linda Walker 604-826-3634 or Chris Johnson 604-820-8455.

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. Call Laura Hope 604-826-6194 or 604-309-5452

Mission Family Support Network: 32939 7th Ave in Mission Senior 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, April 2, May 7, June 4 from 10:30am-12pm. List of licensed Child Care Facilities also available.

Mission Hospice Society: 7494B Mary Street, 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 Association: Tutoring and Reading Buddies; call with message at 604-826-6610 or for more information.

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

Mission Women's Support Services: 33070 5th Ave., 604-820-8455. Counseling, advocacy information, outreach services referrals, support groups for women who have or are experiencing abuse in relationships. **Addictions support group** for pregnant or parenting Moms Wed. 1:15pm.

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

Nobody's Perfect: 6 to 8 week parenting, education and support group for young parents. Call Ester at 604-820-3634 to register.

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

Parent/Child Relationship Enhancement Helping parents with children who have behaviour and attachment difficulties For parents with children ages one and up. For more information call Carey Christianson at 604 820-4300.

Parent Education Group: Improve understanding, ability, and confidence in caring for children. Wednesdays, 12pm to 2pm at Mission Community Services, 33179 2nd Ave. call Ester Schmeer at 604-826-3634 to register.

Parent Help Line: 24-hour phone and internet service. Free access to professional counselors for immediate support, information and referrals for parents of children 0 to 19. 1-888-603-9100 or www.parentsinfo.sympatico.ca

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

Positive Parenting: Classes to improve family relationships and lend support. Call 604-826-3634 to register.

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

Spirited Children Parenting Group: Every Thurs. from 2-5pm at Mission Community Services, 33179 2nd Ave. Call Ester Schmeer at 604-826-3634 to register.

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. Includes First Nations, Métis, Inuit and Self-Identified.

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.

Canada 

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