



Community Activities and Events

Mission Public Library Programs 33247 2nd Ave. 604-826-6610. **Story hour** every Thurs Mar. 30 - May 18, 10:30 to 11:00 am, **Family Storytimes:** Dinosaur Stomp: 6:45-7:30pm on Tues May 2. Website: www.fvrl.bc.ca Call the library at 604-826-6610 for more information.

Family Place Programs: 7369 James St. 604-826-3323. A centre specifically for children 0 to 6 years. **Community Drop-in** on Thurs. and Fri. at 9-10:30am or 11am-12:30pm for playtime and a snack. **Healthy Tot Drop-in** Mon. 9:30-11:00am, songs, stories, play and art. Public health nurse is available for questions. **Hot Lunch** Tues. 12-1pm, \$2 per family. **Stay and Play** for caregivers and children, every second, third and fourth Tues. 8:45- 10:30am \$1 per child. **Also available at Family Place** is clothing exchange, a toy and resource library and rental space. Call Jen Ness for information, 604-826-3634. Please see new brochure available in May for expanded programming details.

WHIN: 32065 Van Velzen, 604-826-5349. West Heights Inclusive Neighbourhood Project is a support and counseling network for children and families with an emphasis on delivery to Aboriginal and Indo-Canadians. Programs will be tailored to meet the needs of each family or individual, providing learning opportunities, parenting support, in-school mentorship, individual and/or family counseling, volunteer opportunities, family literacy and ESL support. **Preschool Literacy Program** on Fridays at 12:45pm with stories, crafts and playtime. **ESL for parents** with childminding provided. Tues. and Thurs. 1:15-2:15pm. Please call for more information.

Family Tree House Drop In for all ages: 9224 Stave Lake St. 604-826-8799 or 604-556-1206 Tues. and Thurs. 9-11 am, Wed. 8:30-10am and 11:00am-12:30pm, \$1 per child. Playtime, crafts, circle time and light refreshments. **Hot Lunch:** Fridays 12:30-1:30pm, \$3 per person/ \$5 per family. Come for a nutritious lunch and a story.

Future 4 Nations Head start Program: Located at St. Mary's, 34110 Lougheed Hwy, 604-820-4567. Licensed preschool program for Aboriginal children includes 6 components: education, parent and family involvement, nutrition, Culture and Language, Social Support and Health Promotion. Register for fall classes at 604-302-9397 Fall classes run Mon. - Thurs. 9:00-11:30am or 1:00-3:30pm. Transportation may be provided.

Head Start West Program: Located at Leq' a: mel First Nation, 43101 Leq' a: mel Way. For families raising Aboriginal children 0-6 years. Program runs Thurs. and Fri. 10am-1pm. Free transportation, snack and lunches. Free activities include culture/ language learning centers, circle time, free play, crafts, field trips, parent information workshops, family nights and community kitchens. After school program Mon. and Thurs 2-4pm. Home visiting at parent's request. Call coordinator at 604-826-1281 for more information

Mission Parks and Recreation: 7650 Grand St. 604-820-5350. Loonie swim \$1 per person, Sunday 10am-12pm Please see Leisure Guide for listings of programs where registration is required. **PLAY Program** (Providing Leisure All Year) Designed to provide free and low cost recreation opportunities for individuals and families on limited income. Must be a resident of Mission with an income below Statistics Canada's "Low Income" level. After qualifying, each family member will receive 48 admissions to facilities and 50% reduction in program fees for 4 programs /year, max. \$25 per program. For more

information, contact Parks, Recreation & Culture, 7650 Grand St., 604-820-5350.

Mission Aboriginal Family Place: 604-826-1281. Located at Mission Indian Friendship Centre, 33150 1st Ave. For families raising Aboriginal children 0-6 years. Free transportation, snack and lunches. Free activities include culture/language learning centers, circle time, free play, crafts, field trips, parent information workshops, family nights and community kitchens. Tues. and Wed. programs from 10am-1pm. Drop-in sessions Mon., Tues, and Wed. from 1:45-3:45pm.

Mission Indian Friendship Centre Programs: 33150 1st Ave. 604- 826-1281. Traditional Kitchen 1st Tues. of every month 10am-2pm; **Cultural Night** on Wednesdays 6-8pm; **Women's Wellness Group** (crafts, meditation, trust games and talking circle) Thursdays 6-8pm; **Family Law Clinic** on Wednesdays 6-8pm, call to book an appointment for clinic, 604-826-1281.

Mission Arts Council Programs: 33529 First Ave. 604-826-0090. Call for more information.

Twins/ Multiples Group: Monthly gatherings for caregivers and young twins on the first Tues of each month, 9-10:30am. Call 604-826-2295 for more information.

Public Events in Mission :

FASD Forum: April 7, 2006 at Heritage Park S.S. from 8:30am-3:30pm, includes lunch. Free event includes panel discussion and speakers. Register at fraserhouse@yahoo.com or 604-814-5500

Easter Egg Hunt sponsored by the Elk's, Sunday April 16 at 11am at Heritage Park, 7494 Mary St. For more information call 604-826-0277

Children's ARTeSCAPES Show: April 19th - 30th at Mission Arts Centre, 33529 First Avenue. Call: 604-826-0029 for more information

"Gotta Be Kiddin" Trade Show: April 21-23 in Abbotsford at the Tradex. A family festival providing entertainment, education and activities. Admission fee.

Ready, Set, Learn/ Books for Breakfast: Events to help preschoolers and parents get ready for school, hosted at each elementary school throughout the year. Call your local school for more information.

Albert McMahon: May 15, 29, June 5,12 at 8:30-10 am

Christine Morrison: May 4, 6, 7 at 6-7 pm

Dewdney: April 4, 11, 25 at 9-10 am

Durieu: May 10 at 6-7pm

Ferndale : Apr. 12 at 5:30-7 pm

Silverdale: Apr. 6, 13, 20 at 2:30-3:30 pm

West Heights: Apr. 12 at 9:30-11:30 am

Hillside Little Reader's: Wednesday's 9-9:45am

Look for 'First Steps and Beyond' a free booklet of developmental milestones for children birth to 5, health information and Mission specific resources. Booklet available at the Library, Health Unit, Family Place, Leisure Centre and other locations around town.

New Mission ECD Committee website includes: Mission events, resources (Parent Resource Quarterly and Developmental Guide), internet links and information about who we are and what we are doing. Find out about UEY at www.missionecd.com.shawbiz.ca/Home.html

Mission Resources and Supports

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 prenatal classes. Dental services for children include fluoride varnishing for children 4 and under/elementary school-age children appointments can be made to visit UBC dental clinic by bus, throughout the university term. Speech and language assessments available for children under 5, phone to make a referral monthly drop ins 2nd Wed. of month, 10:30am-12pm. List of licensed Child Care Facilities available.

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

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.

Life Skills Facilitator: 1:1 support for young parents, Linda Walker 604-826-3634.

Baby's Best Chance: Pregnancy outreach, counseling, nutritional information, supplements and drop in lunches. For more information, call 604-820-8455.

Positive Parenting: Classes to improve family relationships and lend support. Mon. 6:30pm-8:30pm at Family Youth and Children's Centre, 9224 Stave Lake St. and Wed. 9:30am-11:30am at Family Place 7369 James St. Free child minding. Call 604-826-3634 to register.

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

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

Fraser Valley Child Development Centre: 33070 5th Ave. 604-820-9536 www.fvcdc.org Provides assessments and services for those who have or are at risk of having delays in one or more areas. **Kids in Action** program provides opportunities and support for children with special needs to participate in sports, recreation and leisure.

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. Circle of Friends is an after-school grief support for elementary students held Tuesdays at 3 p.m.

Mission Literacy Association: Tutoring and Reading Buddies; call Shelley Clarkson at 604-826-6610 for more information. MLA Office open Wed. 10am-2pm at Mission Secondary School, 32939 7th Ave.

La Leche League: Breastfeeding information and support. Contact Erin 604-820-3295 or Lee 604-288-1565. Free meetings held on the third Thursday of each month at 7pm at Family Place, 7369 James St., babies welcome!

Car Seat Screening: Mission Child Safety Committee holds free clinics the 2nd Friday of each month, 2-4pm at Fire Hall #1, 33330 7th Ave., to check proper installation of seats. Call the Health Unit at 604-814-5500 for more information.

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

Parenting Group: 10 week program with ongoing admittance starting Tues. April 11 to June 20 at Mission Community, 33179 2nd Ave. call Ester Schmeer at 604-826-3634 to register.

Individual Options Program Mission's 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.

Mission Child Care Resource and Referral: 7369 James St. in Family Place. Guidance for parents in finding appropriate childcare, and support for people providing childcare. List of licensed Child Care Facilities available. Able to assist with Childcare subsidy application process. Toy, book and infant equipment lending library. Call Laura Hope 604-826-6194 or 604-302-9450.

Nobody's Perfect: An 8-week parenting program for parents of young children, in English and Punjabi. Transportation provided. Call Linda Walker at 604-826-3634 or Janet Foster at 604-814-5500.

Multicultural Outreach Services 33179 2nd Avenue Nobody's Perfect 8 week parenting program in Punjabi for parents of young children 0-5, Indo-Canadian outreach services at WHIN project every Friday and Outreach Services at Women's Resource Society. Call Jassy at 604- 826-3634.

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.

Spirited Children Parenting Group: program with ongoing admittance starting Thurs. 1-4pm on 6 April. Weekly to June 22 at Mission Community Services, 33179 2nd Ave. call Ester Schmeer at 604-826-3634 to register.

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

Children's Anxiety Group: Free 4 week session for 6-8 and 9-12 year olds at West Heights Elementary. Mon 3:30-5pm, register with Laura Glasspell at 604-820-4300 or e-mail at lglasspell@hotmail.com

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

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

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

Sto:lo Nation Supported Child Development

Program: Located at Mission Indian Friendship Centre, 33150 1st Avenue, 604-826-1281. 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. Aboriginal children include First Nations, Métis, Inuit and Self-Identified.

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 are endeavoring to have the community reach out to children and their caregivers, to enrich children's early development and lives. 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.

Canada

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