

Mission Parent Resource Quarterly

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Compiled by the Mission Early Childhood Development Committee (Mission ECD)
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July – Sept. 2009

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-ins** Mon., Tues., Fri. 9:30-11:30am for playtime, crafts and a snack. **Bedtime Story Hour** and **Me and My Daddy** programs also available please call or e-mail mcSSFAMILYPLACE@YAHOO.CA for more information.

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 restarting in Sept. 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. Classes run Mon. – Thurs. 9:00-11:30am or 1:00-3:30pm during the school year. Transportation may be provided.

Mission Aboriginal Family Place: 604-820-4693 at St. Mary's, 34110 Lougheed Hwy, Mon. – Wed. and Fri. 9am-12pm., with transportation available. 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 Night** on Wed. 5-7:30pm

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 who live in Mission. For forms and more information please contact Parks, Recreation & Culture. Or visit their website at www.mission.ca/Page15.aspx

Mission Public Library Programs: 33247 2nd Ave. 604-826-6610. **Baby Days Story times** for children birth to 24 months Tuesdays June 16, July 21, Aug 18, 10:30-11am. **Book Break at the Bad Dog Grill** on First Ave. July 3, Aug. 7, **Book Picnics** for all ages, Thurs. July 6, 19, 23, 30, Aug. 6, and 13 from 10:30-11am. **Tricky Ricky** and his amazing comedic magic act, Tues. July 7, 3:30-4:30pm **Parade of Stuffed Animals** pre-register from June 22-July 18th for this Tues. July 28th, 10:30-11:15am event. **Bacon and Friends** Enjoy the ventriloquist and his cast of critters, Thurs. Aug. 20, 2-3pm. **Mr. I the Musician** Thurs. Aug. 20, 2-3pm with singing, dancing and instruments.

Mother Nature's Gifts Program: Thursdays 10am-1pm for all of July and Aug. at Mission Central Elementary, 7466 Welton St.. A community garden project for preschoolers and their families. Aboriginal cultural traditions will be shared through storytelling, crafts and music. Come help us care for and celebrate the garden.

Parachute in the Park: 7650 Grand St. at the Leisure Centre water park. Join Miss Diana in parachute games, songs and fun from 10-11am on Tuesdays from July 7th- Aug. 11th.

Tree House: New park locations for the summer. **Drop In** for all ages 0-6, Mon- Fri. 9-10:30am for playtime, crafts, circle time and light refreshments. **Week of June 29** at Waterpark, **weeks of July 6 and Aug. 4** at Kinsmen West, (at Hurd and 7th), **weeks of July 13 and Aug. 10** at Griner Park (on Cherry at Cedar), **weeks of July 20 and Aug. 17** at Cedar Estate Park (at Egglestone and Henderson) and **weeks of July 27 and Aug 24** at Centennial Park.. Rain location is 32880 9th Ave.

Story Time in the Park 7650 Grand St. at the Leisure Centre water park. Join Elspeth and guests for stories, songs and fun from 2-2:45pm on Wednesdays from July to Sept.

West Heights Play and Learn: A free family literacy program at West Heights Elementary 32065 Van Velzen, where parents / caregivers and their children learn and play together. Program runs from June 6th to Aug. 13th, Mondays and Wednesdays from 9am-12pm and Tuesdays and Thursdays from 5-7pm

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. A **Social Support Network for Parents:** Wednesdays from July 8th- Aug. 12, 10:30am-12:30pm for opportunities to discuss a variety of topics about parenting. **ESL drop in** restarting in Sept. on Tues. and Thurs. from 1:15-2:15pm for children 0-6.

Yummy Mummy's Walking Group: A rain or shine stroller walking group that meets on Thurs. 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 :

Canada Day: Wed. July 1, Fraser River Heritage Park, starting at 9:30am with a Citizenship Ceremony, Activities starting at 11am including bike trials, a logging show, Matsqui fly ball dog challenges, entertainers, a petting zoo, hayrides a children's fun zone and fireworks. Bring a picnic and spend the whole day with the family. Visit www.mission.ca/canada for more information.

Twilight Concert Series: Every Wednesday and Fri. night at 7pm at Fraser River Heritage Park until Aug. 28. Music from various music groups and genres all summer long. Visit www.heritagepark-mission.ca for more information.

Summer Fun: Fri. July 24, 10am-1pm Children's celebration, 10am-1pm at the Mission Leisure Centre with crafts, face painting, bouncy castle. Outside weather permitting.

End of Summer Blast: Fri. Aug. 21, 10am-1pm Children's celebration, 10am-1pm at the Mission Leisure Centre with crafts, face painting, bouncy castle. Outside weather permitting.

Celebration of Community and Illuminaria Lantern Festival Sat. Sept. 19: Fraser River Heritage Park, 7494 Mary Street, 9:30am-to dark. Enjoy activities, exhibits, food, music, and entertainment. Call 604-826-9080 for more information.

Jump Into Fall, Thurs. Sept. 24, 10am-1pm Children's celebration, 10am-1pm at the Mission Leisure Centre with crafts, face painting, bouncy castle.

Mission Resources and Supports

Baby's Best Chance: 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**, July 10, Aug. 14, and Sept. 11, from 2-4pm at Fire Hall #1, 33330 7th Ave. **On the 4th Tuesday of the month** July 28, Aug. 25 and Sept. 22 at the Health Unit, 32618 Logan Ave. from 9:30-11am They will check for proper installation of car seats. Clinics will also be held at the Leisure Centre on July 24, Aug. 21 and Sept. 24, 11am-1:30pm. 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. 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.

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

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 for parents and caregivers. Call Laura Hope 604-826-6194 or 604-302-2395

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 from 10:30-12pm. Please call for specific dates. Car seat safety checks on July 28, Aug. 25 and Sept. 22 from 9:30am-11:30pm at the Health Unit. 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 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.

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 Jassy or Kusum at 604- 826-3634.

Nobody's Perfect: 6 to 8 week parenting, education and support group for young parents in English or Punjabi. Call 604-826-3634 to register for fall session.

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

Parents Connect: 33179 2nd Avenue. Come out for a weekly get together, conversation and fun activities. Guest speakers will cover a range of topics including parenting resources, getting to know your community, self care and much more. Childcare and transportation provided free, Fri., 10am-12pm. Phone Christine at 604-826-3634.

Positive Parenting: Classes to improve family relationships and lend support. Call Bob Gaskell at 604-826-3634 to register for the fall.

Post Partum Support Counselor/Group: Support for mothers of young children. Call 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

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. 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.

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

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.

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

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