

# Mission Parent Resource Quarterly

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Compiled by the Mission Early Childhood Development Committee (Mission ECD)  
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Oct. – Dec. 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. **Hot Lunch** Fridays 12-1:30pm Afternoon programs include: Penny Saving Nutritional meals on Mon and Thursdays, Leaping Little Ones on Tuesdays and Fun Family Phonics on Wednesdays. Breakfast drop-in once a month. Programs require registration so please call or e-mail [mcssfamilypace@yahoo.ca](mailto:mcssfamilypace@yahoo.ca) for more information.

**Fun 'N Run:** 7650 Grand St, Leisure Centre, 604-820-5350. Tuesdays 2-4pm., free gym drop in for children and caregivers. Parent participation sessions with parachute games, play and activities. in main gym. Drop -in, 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. – Thurs. 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](http://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](http://www.mission.ca/Page15.aspx)

**Mission Public Library Programs:** 33247 2<sup>nd</sup> Ave. 604-826-6610. **Baby Days Story times** for children birth to 24 months Tuesdays Oct. 6- Nov. 10, 10:30-11am. **Book Break at the Bad Dog Grill** on First Ave. Fri. Oct. 2, Nov. 6, Dec. 4 from 10-10:30am **Family Storytime** Wednesdays Sept. 23- Oct 28<sup>th</sup> 10:30am-11:15am and Thursdays Nov 5 to Dec 10<sup>th</sup> 10:30-11:00am. Drop in for some stories, songs, puppets and more. Parents or caregivers are encouraged to join. **Pajamarama** Oct. 29, 6:45- 7:30pm for stories, songs and a puppet show! **Lights, Candles, Action**, Nov. 17, 6:45-7:30pm for stories, songs and puppets for the season.

**Tree House:** 604-556-1206 **New location** 34203 Dewdney Trunk at the Mission Alliance Church **Drop In** for ages 0-6, Mon. through Wed. 9-10:30am for playtime, crafts, circle time, songs, games or stories and light refreshments.

**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. **ESL drop in** Tues. and Thurs. from 1:15-2:15pm for children 0-6.

**StrongStart Centres:** Free family literacy program at 7 Mission elementary schools where parents / caregivers and their children learn and play together. All programs occur on school opening days only.

Cherry Hill 32557 Best Avenue, 604-826-9239	Mon. to Thurs. 8-11am	Fri. 12-3pm
Christine Morrison 32611 McRae Ave. 604-826-6528	Mon. to Fri. 12 - 2:45pm	
Mission Central 7466 Welton Street, 604- 826- 1414,	Mon. Wed, and Fri. 8:30- 11:30am	Tues. and Thurs. 12-3pm
West Heights 32065 Van Velzen, 604-826-5349	Tues. and Thurs. 8:30-11:30am	Mon, Wed and Fri. 12-3pm
Deroche 10340 N. Deroche Road, Deroche 604-826-2360	Fri. 8:30- 11:30am,	
Dewdney 37151 Hawkins Pickle Road, Dewdney, 604-826-2516		Mon. 8:30-11am
Silverdale 29715 Donatelli Road, 604-826-2526		Tues. and Thurs. 12-2:15pm

### Books for Breakfast/Ready Set Learn Dates

Albert McMahon	Nov. 6 at 9am
Cherry Hill	Nov. 4, 18, 25, at 9am
Christine Morrison	Oct. 16 at 8:45am
Dewdney	Oct. 20 at 9am
Durieu	Nov. 12 at 10:30am
ESR	Oct. 15 at 2:30pm
Hatzic	Oct. 27 at 6:30pm
Mission Central	Oct. 30 at 7pm Apr. 21at 10:30am
Silverdale	Nov. 6 at 6pm Apr. 8 at 6pm
Windebank	Oct. 30 at 6:30am

### Little Readers Programs

Christine Morrison	Fridays 8:45-9:30am
Durieu	Wednesdays at 8:30am
Hatzic	Fridays at 8:30am
Hillside	Fridays 8:30am
Silverdale	Thursdays Nov. 5 to Dec. 3 at 8:30 am
Windebank	Fridays at 8:30am starting Oct. 3

### Public Events in Mission :

**Halloween Hoot:** Sat. Oct. 31, 10am-1pm Children's celebration, at the Mission Leisure Centre with crafts, face painting, bouncy castle.

**Bald Eagle Festival:** Nov 21 -22. View eagles in the wild as well as presentations, nature and environment exhibits. For more information go to [www.fraservalleybaldeaglefestival.ca](http://www.fraservalleybaldeaglefestival.ca)

**National Child Day:** Fri. Nov. 20, 10am-1pm Children's celebration, 10am-1pm at the Mission Leisure Centre with crafts, face painting, bouncy castle.

**Santa in the Park** Dec. 6<sup>th</sup>, Fraser River Heritage Park. For more information call 604-826-0277

**Breakfast with Santa:** Thurs. Dec. 10, 9:30-11:30am. Registration required 604-820-5350 and admission by donation.

**Candlelight Parade:** Fri. Dec. 4 go to [www.missionchamber.bc.ca](http://www.missionchamber.bc.ca)

# 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 7<sup>th</sup> 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 **2<sup>nd</sup> Friday of each month**, Oct. 9, Nov. 13, and Dec. 11, from 2-4pm at Fire Hall #1, 33330 7<sup>th</sup> Ave. **On the 4<sup>th</sup> Tuesday of the month** Oct. 27 and Nov. 24 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 Nov. 20, 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](http://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 Oct. 27, Nov. 24 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 2<sup>nd</sup> 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 5<sup>th</sup> Ave., 604-820-8455, [www.wrsfv.ca](http://www.wrsfv.ca) 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 5<sup>th</sup> Ave., Tuesdays 5-7pm. Free transportation and child minding. Call Linda Walker 604-826-3634 or Chris Johnson 604-820-8455.

**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.

**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 604-820-4300 or 604-820-4300 or e-mail [ecdcommittee@shawbiz.ca](mailto: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.missionecd.com.shawbiz.ca/Home.html](http://www.missionecd.com.shawbiz.ca/Home.html)

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