

# Mission Parent Resource Quarterly

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Compiled by the Mission Early Childhood Development Committee (Mission ECD)  
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Oct.- Dec. 2007

## Community Activities and Events

**Fun 'N Run:** 7650 Grand St, Leisure Centre, 604-820-5350. Free gym drop in for children and caregivers. Parent participation parachute games and activities on Tuesdays 11am-1pm in main gym

**Mission Public Library Programs:** 33247 2nd Ave. 604-826-6610. Story time 10:30-11am on Wednesdays until Oct. 31 and Thursdays Nov. 8-29. Family Story times 6:45-7:30pm **Oct. 10, Fairy tale fun; Nov. 14, Welcome to the Jungle; Dec. 12, It's Beginning to Look a Lot Like Christmas** Website: [www.fvrl.bc.ca](http://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 and their families. **Community Drop-in** for playtime and a snack, Mon., Tues., Fri. 9:30am-noon. **Car seat safety checks** 4th Monday of each month, 9:30-11:30am. **Hot Lunch** Thurs. 12-1pm, \$2/family. Please see new brochure for expanded programming details and specialty programs.

**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.

**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.

**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, bring own crafts.

**Mission Arts Council Programs:** 33529 First Ave. 604-826-0029. Call for more information.

**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. Call Marne to register for classes at 604-768-4994 Classes run Mon. - Thurs. 9:00-11:30am or 1:00-3:30pm starting in Sept. Transportation may be provided.

**Mission Parks and Recreation:** 7650 Grand St. 604-820-5350. Loonie swim \$1 per person, Sunday 10am-12 **PLAY Program** Provides 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 info, contact Parks, Rec & Culture

**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](http://www.parentsinfo.sympatico.ca)

**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.

**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. Hot lunch Fridays 11:30am-1pm \$2/person or \$5/family.

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

### Public Events in Mission :

**Mission Fire Prevention Week Open House:** Tues. Oct. 9, 6:30-9:30pm, 33330 7th Ave.

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

**Bald Eagle Festival** Nov. 17 & 18, 10am-5pm at Leq'a: mel First Nations Hall, 43101 Leq'a: mel Way, Deroche. Displays and exhibits.

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

**Candle Light Parade:** Dec. 7, 7pm Downtown.

**Santa in the Park:** Sat. Dec. 8, Fraser River Heritage Park

**Ready Set Learn/Books for Breakfast and Bedtime** at local elementary schools for preschoolers and parents/caregivers

Location	Date and Time	Little Readers program
Albert McMahon	Nov. 2, 10-11am	Fridays 8:30-9:30am
Cherry Hill	Nov. 6, 13, 20, 27, 8:30-10am	
Christine Morrison	Oct. 5, 6pm	Fridays 8:45-9:45am
Deroche	In 2008	
Dewdney	Nov 28, 6:30-7:30pm	Tuesdays 9-10am
Durieu	Nov. 15, 10:45am	Wednesdays 8:30am
E.S.R.	In 2008	
Ferndale	Nov. 26, 8:45am	
Fraserview	Nov. 5, 11:15am	
Hatzic	Oct. 29, 10am	
Hillside	In 2008	Wednesdays 9-10am
Mission Central	Oct 30, 6:30-7:30pm	
Silverdale	In 2008	Starting in April
Stave Falls	Nov. 5, 10-11am	Starts Oct22 8:45am
West Heights	Oct. 29, 10am	
Windebank	TBA	
Summit Learning	Nov. 21, 12:30-2pm	

Look for 'First Steps and Beyond' a free booklet of developmental milestones for children birth to 5, health information and Mission specific resources. **New Mission ECD Committee website** includes: Mission events, resources, internet links and other information. Find out about UHEY at [www.missionecdcom.shawbiz.ca/Home.html](http://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

**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, Oct. 3, Nov. 7, Dec. 5 10:30am-12pm. List of licensed Child Care Facilities also available.

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

**H.E.A.L. Helping Eliminate Addictive Lifestyles:** A monthly free dinner for high risk women and children. Will receive a free bag of groceries and access to clothing. Oct. 22, Nov.26, Dec.10, 5:30pm, at the All Saints Anglican Church on James St. and 2<sup>nd</sup> Ave. For information call Chris or Gail at 604 820-8455 ext.03

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

**Baby's Best Chance:** Pregnancy outreach, counseling, nutritional information, supplements and drop in lunches Mon. - Thurs. 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: New location** #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. For more information call 852-2686 extension 0. **Kids in Action** 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.

**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.

**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!

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

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

**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.

**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.

## **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.

**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 - tours available. Call Laura Hope 604-826-6194 or 604-309-5452.

**Mission Women's Support Services:** 33070 5<sup>th</sup> 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.

**Spirited Children Parenting Group:** Every Thurs. until Dec. 20, from 1-4pm at Mission Community Services, 33179 2<sup>nd</sup> Ave. Call Ester Schmeer at 604-826-3634 to register.

**Parent Education Group:** Improve understanding, ability, and confidence in caring for children. Wednesdays until Dec 19, 11:45am to 1:45pm at Mission Community Services, 33179 2<sup>nd</sup> 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.

**Mission Literacy Association:** Tutoring and Reading Buddies; call with message at 604-826-6610 or for more information.

**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.

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

**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

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

**Car Seat Screening:** Mission Child Safety Committee holds free clinics the 2<sup>nd</sup> Friday of each month, 2-4pm at Fire Hall #1, 33330 7<sup>th</sup> Ave. On Oct 25 & Nov 22 clinics will be at Health Unit 32618 Logan Ave. to check proper installation of car seats and boosters. Call 604-768-6733 for more information.

**"Know It"** 1:1 program for children whose parents have a mental illness, call Mark Littlefield for registration 604-832-0705.

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