

Mission Parent Resource Quarterly

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Compiled by the Mission Early Childhood Development Committee (Mission ECD)
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July- Sept. 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. **Book Picnics** Wednesdays, 10:30am - 11:00am from July 11 - August 15, 2007 **Great Smartini** July 7, 1:30-2:30pm, **Doodle Bugs** July 10, 2-2:45pm, **Eww, Yuck! A Grossology Program** July 19, 2-2:45pm **Cinemazoo** July 26, 1:30-2:30pm, **Dr. Bee** Aug 7, 10:30-11:30am, **Parade of the Stuffed Animals** Aug 16, 10:30-11:15am, **Musician Chris Hamilton** Aug 21, 2:30pm 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 and their families. **Community Drop-in** for playtime and a snack, Mon., Wed. and Thurs. 9:30am-noon, **Car seat safety checks** 4th Monday of each month, 9:30-11:30am. **Hot Lunch in the Park** Tues. 12-1pm, \$2/family. Specialty programs such as Family Fun Nights, Dad and Me, for breakfast and playtime with fathers and their children. Please see new brochure for expanded programming details and specialty programs.

StrongStart: 32065 Van Velzen, 604-826-5349. Family literacy program where parents and caregivers and their children learn and play together. Starting in Sept. weekday mornings 8:30-11:30am on school opening days. Bussing available at 8:40am from Mission Central Elementary.

Mission Indian Friendship Centre Programs: 33150 1st Ave. 604-826-1281. **Community Health Kitchen** on Wed. at 2pm; **Cultural Night** on Wed. 5-8pm; **Women's Wellness Group** (crafts, meditation, trust games and talking circle) Mon & Thurs 6-8pm; **Mental, Emotional & Wellness Groups** on Fridays 9:30 to 11:30am; **Parent Empowerment** Tues. and Wed. 1-3pm, call to register; **Family Law Clinic** on some Tuesdays 6-8pm, call to book an appointment for clinic, 604-826-1281.

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-12pm Please see Leisure Guide for listings of programs where registration is required.

PLAY Program (Providing Leisure All Year) 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, 7650 Grand St., 604-820-5350.

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

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, snacks, activities, (include culture/language) learning centers, circle time, free play, crafts, field trips, parent information workshops, family nights and community kitchens. Mon. - Thurs. 10am-1pm. Home visits available Mon. afternoons.

Family Tree House: 9224 Stave Lake St. 604-826-8799 or 604-556-1206 **Drop In** for all ages Tues. Wed & Thurs. 9:30 -11:30 am, \$1 per child. Playtime, crafts, circle time and light refreshments during the summer. Call for Sept. programs. Adventure Zone summer camps for 5-12 year olds also available.

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

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 Arts Council Programs: 33529 First Ave. 604-826-029. Call for more information.

Public Events in Mission :

Envision Concert Series Music at Fraser River heritage Park every Wed. and Fri. at 7pm starting in June. For more info www.heritagepark-mission.ca/twilightconcerts.html

Canada Day Celebration: July 1, 8:30am-10pm at Fraser River Heritage Park .Fun for the whole family. Pancake breakfast, live entertainment, waterslide, children's craft area, petting zoo and fireworks.

Summer Fun: July 27, 10am-1pm. Free children's event at Mission Leisure Centre 7650 Grand St. outside at the water park (weather permitting) Crafts, face painting, bouncy castle, games. Call Laura for more information 604-826-2295

End of Summer Fun: Aug 24, 10am-1pm. Free children's event at Mission Leisure Centre 7650 Grand St. outside at the water park (weather permitting) Crafts, face painting, bouncy castle, games. Call Laura for more information 604-826-2295

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 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

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, July 4, Aug. 1, Sept. 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. Sept 10, 5:30pm, at the All Saints Anglican Church on James St. and 2nd Ave. For information call Chris or Gail at 604 820-8455 ext.03

Life Skills for Young Parents: YAPPEE, restarting in Sept. Tuesdays, 5pm-7pm, at Mission Women's Resource, 33070 5th 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 starting week of Sept. 10th 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 7337 Welton St., 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. 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. Circle of Friends is an after-school grief support for elementary students held Tuesdays at 3 pm during school months.

Mission Literacy Association: Tutoring and Reading Buddies; call with message for Marlisa at 604-826-6610 for more information. MLA Office open Wed. 10am-12pm 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!

Multicultural Outreach Services: 33179 2nd Avenue. Translation and support services. Call Jassy or Tina at 604- 826-3634. Nobody's Perfect classes available starting Sept. 10, 6-8pm and another session starting late Oct.

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.

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.

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 604-302-9450.

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: Starting every Thurs. Aug. 2- Sept. 13, from 6:15-8:15pm at Happy Days Family Centre, 9224 Stave Lake St and every Thurs. Sept. 20- Dec. 27, 2-5pm at Mission Community Services, 33179 2nd Ave. Call Ester Schmeer at 604-826-3634 to register.

Parent Education Group: Improve understanding, ability, and confidence in caring for children. Starting Weds. until Dec. 19, 2:30pm to 4:30pm at Mission Community Services, 33179 2nd Ave. call Ester Schmeer at 604-826-3634 to register.

Children's Anxiety Group: For children 6-8 years old on Wednesdays and Thursdays from 1:30 pm to 3:00 pm from July 4-19/07. Call Laura Glasspell at 604-820-4300.

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

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.

Mental Health Services for children 0 to 6 years. Play therapy. 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.

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

Car Seat Screening: Mission Child Safety Committee holds free clinics the 2nd Friday of each month July 13, Aug 10, Sept 14, 2-4pm at Fire Hall #1, 33330 7th Ave., and 4th Mon. of month at Family Place 7369 James St. and at the Leisure Centre July 24--11:30am-1:30pm, July 27, 10am-1pm, Aug 14, 11:30am-1:30pm, Aug 24 10am-1pm and Sept. 17, 10am-1pm to check proper installation of car seats and boosters. Call 604-768-6733 for more information.

Canada

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