

# Mission Parent Resource Quarterly

[www.missionecdcom.shawbiz.ca/Home.html](http://www.missionecdcom.shawbiz.ca/Home.html)



Compiled by the Mission Early Childhood Development Committee (Mission ECD)  
ecdcommittee@shawbiz.ca 604-820-4367, 7364 Horne St. Mission V2V 3Y7

April- June 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. **Cooking with Your Neighbour** Tuesdays 6:30pm, **Hot Lunch** once a month, call for dates. **Daddy and Me** playgroup 2<sup>nd</sup> and 4<sup>th</sup> Saturdays of the month, 9-11am. Registration required for all programs except drop-ins. Baby sign language coming soon, ask for details.

**Family Youth and Children's Centre:** 9224 Stave Lake St. 604-826-8799 or 604-556-1206 **Drop In** for all ages 0-6, Mon- Fri. 9-10:30am, \$2 per child. Playtime, crafts, circle time and light refreshments. Call 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 on **Tuesdays 2-4pm** 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. Call Marne to register for classes at 604-768-4994 Classes run Mon. - Thurs. 9:00-11:30am or 1:00-3:30pm during the school year. Transportation may be provided.

**Little Readers Programs** Look for these fun get together at your local elementary schools for preschoolers and parents/caregivers that hosts crafts, circle times and reading times starting soon. Call your local school for more details.

**Mission Aboriginal Family Place:** 604-820-4693 at St. Mary's, 34110 Lougheed Hwy, Mon. - Thurs. 9:30am-1:30pm., with transportation available. 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.

**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. 4:30-7:30pm; **Traditional Kitchens** Tues. 1-4pm.

**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 April 21- May 26, 10:30-10:50am. **Book Break at the Bad Dog Grill** May 1, June 5, at 10am for coffee and a story. **Family Storytimes** for all ages, Thurs. Mar. 26 to May 14. 10:30-11am. **April Fools**, April 14, 6:45-7:30pm. Tickle your funny bone with this evening of side-splitting stories, songs and a puppet show. **Pajamarama!** May 28, 6:45- 7:30pm. Put on your favorite pajamas and fuzzy slippers for a super-duper bedtime story time complete with stories, songs and a puppet show!

**StrongStart Centres:** A free family literacy program now at 6 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. 8:30-11:30am	Fri. 12-3pm
Mission Central 7466 Welton Street, 604- 826- 1414,	Mon. Wed. and Fri. 8:30-11:30am	Tues. and Thurs. 12-2:15pm
West Heights 32065 Van Velzen, 604-826-5349	Tues., Thurs. 8:30-11:30am	Mon, Wed and Fri. 12-2:15pm
Silverdale 29715 Donatelli Road, 604-826-2526		Tues. and Thurs. 12-3pm, starting end of April
Deroche 10340 N. Deroche Road, Deroche 604-826-2360	Fri. 8:30-11:30am, starting end of April	
Dewdney 37151 Hawkins Pickle Road, Dewdney, 604-826-2516		Mon. 12-3pm, starting end of April

**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. An ESL drop in 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 :

**Easter Egg Hunt** sponsored by the Elks, Sun. Apr. 12, 12-2pm, 7494 Mary St. at Fraser River Heritage Park. Call 604-826-3112 for more information.

**Earth Day Celebration** Wed. Apr. 22, 10am-1pm Children's celebration, 10am-1pm at the Mission Leisure Centre with crafts, face painting, bouncy castle.

**Celebrating Moms:** Wed. May 20, 10am-1pm Children's celebration, 10am-1pm at the Mission Leisure Centre with crafts, face painting, bouncy castle.

**Children's Festival: Get Out- Get Art-Get Active** Sun. June 14, 11-4pm at Fraser River Heritage Park, food, crafts, booths, dancing for the whole family.

**Celebrating Dads:** Tues. June 30, 10am-1pm Children's celebration, 10am-1pm at the Mission Leisure Centre with crafts, face painting, bouncy castle.

### Books for Breakfast/Ready Set Learn Dates

Christine Morrison	April 30 at 6pm
Dewdney	Apr. 22 at 6:30pm
Durieu	April 8 at 10:45am
Hillside	Apr. 21 at 10:30am
Silverdale	Apr. 8 at 6pm
Windebank	Mar. 30 and Apr. 6 at 8:30am
Summit Learning	Apr. 28 at 10am

# 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**, Apr. 10, May 8 and June 12, from 2-4pm at Fire Hall #1, 33330 7<sup>th</sup> Ave. **On the 4<sup>th</sup> Tuesday of the month** Apr. 28, May 26, June 23 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 Apr. 22, May 20 and June 30, 10am-1pm. 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. **Kids in Action** provides opportunities and support for children with special needs to participate in sports, recreation and leisure.

**"Know It"** 1:1 program for children whose parents have 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. 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 Apr. 28, May 26, and June 23 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 Association:** 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.

**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.

**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.

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

**Parents Connect:** 33179 2nd Avenue. Come out for a weekly lunch, 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., 11-1:30. 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.

**Post Partum Support 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.

**YAPPEE (Young Adults Parenting Positively Enthusiastically and Effectively):** YAPPEE at Mission Women's Resource, 33070 5<sup>th</sup> Ave., Tuesdays 5-7pm. 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](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.missionecdcom.shawbiz.ca/Home.html](http://www.missionecdcom.shawbiz.ca/Home.html)

