

# Mission Parent Resource Quarterly

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Compiled by the Mission Early Childhood Development Committee (Mission ECD)  
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Jan. – Mar. 2008

## 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 sessions with parachute games, play and activities on Tuesdays 11am-1pm in main gym. No registration required.

**Mission Public Library Programs:** 33247 2nd Ave. 604-826-6610. **Story time** 10:30-11am on Wednesdays until Mar. 26. **Babytime story time** Tuesdays 10:30-10:50 Jan.29 to Feb. 26. Website: [www.fvrl.bc.ca](http://www.fvrl.bc.ca) Call the library for more information.

**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 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. 9:30-11am and Wed. 1:30-3pm. **Hot Lunch** Thurs. 12-1:30pm, \$2/family. Please see new calendar for expanded programming details (Mon 2:30-3:30pm **Specialty Programs** and Wed. 6:30-7:30pm **Bedtime Story Hour**)

**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.

**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, please bring own craft..

**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. Transportation may be provided.

**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. For more info, contact Parks, Rec & Culture.

**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. **Jan. 22** group will be meeting at the Library from 10:30am-12pm.

**Mission Arts Council Programs:** 33529 First Ave. 604-826-0029. Call for information about children's events and programs.

**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.

**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.

### Public Events in Mission :

**Winter Festival and Developmental Fair:** Jan. 23, 10am-1pm at Mission Leisure Centre with crafts, face painting, bouncy castle. Many community professionals will be available to do screening and answer questions about children's development.

**Riot of Reading Family Literacy Fair** Jan. 26, 11am-3pm at Mission Central Elementary. Entertainment, information and fun.

**Valentine's Day:** Children's celebration Feb. 14, 10am-1pm at Mission Leisure Centre with crafts, face painting, bouncy castle.

**Multicultural Festival:** Feb. 16, 1-4pm at Heritage Park Centre with dancing, food

**Easter Egg Hunt** sponsored by the Elks , Sun. Mar. 23 7494 Mary St. at Fraser River Heritage Park. Call 604-826-3112 for more information.

**Springtime:** Children's celebration Mar. 26. 14, 10am-1pm at Mission Leisure Centre with crafts, face painting, bouncy castle.

**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	Feb. 21, 6:30-7:30pm	Fridays 8:30-9:30am
Cherry Hill	Feb. 20, 7-8:30pm	
Christine Morrison	May 8, 6pm	Fridays 8:45-9:45am
Deroche	Jan. 16, 7pm and Jan. 30, Feb. 6, 20, 27 11:30am-12:30pm	
Dewdney	Feb. 13, 6:30-7:30pm	Tuesdays 9-10am
Durieu	April 10, 10:45am	Wednesdays 8:30am
E.S.R.	Feb. 6, 20, 8:30-9:30am , Feb. 13, 6:30-7:30pm	
Fraserview	April 16, 6pm	
Hatzic	Feb. 25, Mar. 3, 9am	
Hillside	Feb. 12, 6:30pm, Apr. 22, 10:30am-12pm	Wednesdays 9-10am
Mission Central	Feb. 25, Mar. 3, 10, 8:30-10am	
Silverdale	Feb. 7, Apr. 4, 6:30-7:30pm	Starting Thursdays April 10- June 12, 9-10am
Stave Falls	Feb. 28, 6:30-7:30pm	
West Heights	Feb. 19, 26, Mar. 4	
Windebank	Apr. 7, 8:30am	Fridays 8:30am
Summit Learning	Apr. 23, 12:30-2pm	

**Mission ECD Committee website** includes: Mission events, resources, internet links and other information. Find out about UEY 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, Jan. 16, Feb. 6, Mar. 6, April 2 from 10:30am-12pm. List of licensed Child Care Facilities also available.

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

**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 lunch every other Thursday starting Jan. 10. For more information, call 604-820-8455.

**Positive Parenting:** Classes to improve family relationships and lend support. 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:** #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.

**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 for new immigrants and refugees. 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 self referring counseling services and support for children, youth and their families.

**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)

**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. 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. from 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. Wednesdays, 12pm to 2pm 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 Jan 24, Feb. 28, Mar. 27 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.

Canada

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