

# Mission Parent Resource Quarterly

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Compiled by the Mission Early Childhood Development Committee (Mission ECD)  
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July – Sept. 2008

## 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-in** for playtime and a snack, Mon. 9:30-11:30am **Picnic in the Park** Thursdays from 11:30am -1pm at Centennial Park, \$2/family. **Me and My Daddy** Sundays 10am-12pm. Programs may change for September, so please call for more information and details.

**Family Youth and Children's Centre:** 9224 Stave Lake St. 604-826-8799 or 604-556-1206 **Drop In** for all ages Tues. & Thurs. 10 -12 am, \$1 per child. Playtime, crafts, circle time and light refreshments. For fee Adventure Zone Camps 7:30am-6pm Mon. - Fri. Program times may change for Sept. please call for details.

**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 **restarting in Sept.** on Tuesdays 11am-1pm 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 Sept. 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.

**Mission Aboriginal Family Place:** 604-820-4693 at St.. Mary's, 34110 Lougheed Hwy, Mon. - Thurs. 9:30am-2pm., 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 summer programs. [www.missionartscouncil.ca](http://www.missionartscouncil.ca)

**Mission Indian Friendship Centre Programs:** 33150 1st Ave. 604- 826-1281. **Cultural Night** on Wed. 5-8pm; **Women's Wellness Group** crafts, meditation, trust games and talking circle on Tues. 7:30-9pm; **Craft Afternoon** on Thurs. 2-4pm, please bring own craft.. **Traditional Kitchens** Fridays 12:30-4pm.

**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. **Book Picnics:** Wednesday July 2, 9, 16, 23 and 30 at 10:30am. **ESL Story times** Monday July 14, 21, 28, Aug. 11 and 18 at 2pm **Baby Days Story times** July 15 and Aug. 19 at 10:30am. **Read All Over the Map** July 9 at 2pm. **Nordon the Magician** July 17 at 2pm. **Parade of Stuffed Animals** July 30 at 2pm. **Troubadour Max Tell** Aug. 12 at 3:30pm. **Musician Chris Hamilton** Aug .26 at 1pm. **Reading Club medal presentation** Sept. 20 at Celebration of Community. 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. **Restarting in Sept.**, weekday mornings 8:30-11:30am on school opening days.

**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. **Reopening in Sept. 2008.**

**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 :

**Canada Day:** At Fraser River Heritage Park from 8:30am on. Pancake breakfast (for fee), 10am-4:30pm Kids Zone with face painting, crafts, bouncy castle and train, reading area, slip and slide, planter box making. Enjoy a petting zoo, hayrides, sandbox, mascot race, logging show, super dog show and entertainment throughout the day from 9am-8:30pm highlighting Carly Rea Jepson. Finish the day with fireworks at 10pm. Bring a picnic and make a day of it! Fun for the whole family.

**Summer Fun:** July 25, 10am-1pm at Mission Leisure Centre with crafts, face painting, bouncy castle. Outside at the water park, weather permitting.

**End of Summer Blast:** Aug. 22, 10am-1pm at Mission Leisure Centre with crafts, face painting, bouncy castle. Outside at the water park, weather permitting.

**Celebration of Community:** Sept. 20, at Fraser River Heritage Park. Learn about volunteer opportunities and what our community has to offer. Food, fun entertainment and fireworks for the whole family.

**Jump into Fall:** Sept. 25, 10am-1pm at Mission Leisure Centre with crafts, face painting, bouncy castle. Outside at the water park, weather permitting.

**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 in Sept.

**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 604-820-4367 for more information.

# Mission Resources and Supports

**Baby's Best Chance:** Pregnancy outreach, counseling, nutritional information, supplements and drop in lunch every other Thursday restarting in Sept. . For more information, call 604-820-8455.

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

**Car Seat/Booster seat Screening:** Mission Child Safety Committee holds free clinics the 2<sup>nd</sup> Friday of each month, July 11, Aug.8, Sept. 12, 2-4pm at Fire Hall #1, 33330 7<sup>th</sup> Ave. On July 22, Aug. 26 clinics will also be at Health Unit from 9:30-11am, 32618 Logan Ave. to check proper installation of car seats and boosters. 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 604-309-5452

**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: July 2, Aug 3 and Sept. 3 at 10:30-12pm. Car seat safety checks on July 22, Aug. 26 from 9:30am-11:30pm at the Health Unit and on July 11, Aug.8 and Sept. 12 at the Fire Hall on 7<sup>th</sup>. 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:** Tutoring and Reading Buddies; call with message at 604-826-6610 or 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 Tina at 604- 826-3634.

**Nobody's Perfect:** 6 to 8 week parenting, education and support group for young parents. Call 604-820-3634 to register.

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

**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.

**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 Christine Khoyratty at 604-826-3634 to register.

**Positive Parenting:** Classes to improve family relationships and lend support. Call Bob Gaskall 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. Includes First Nations, Métis, Inuit and Self-Identified.

**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. Call Linda Walker 604-826-3634 or Chris Johnson 604-820-8455 for times and dates.

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