

# Mission Parent Resource Quarterly

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Compiled by the Mission Early Childhood Development Committee (Mission ECD)  
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Jan.- Mar. 2007

## Community Activities and Events

**Mission Public Library Programs** 33247 2<sup>nd</sup> Ave. 604-826-6610. Thurs. drop-ins for Family Story Time 10:30-11am from Jan. 25-Mar. 15. 10:30-11am. **Special Children's Programs:** 6:45-7:30pm: **Winter Magic** Tues. Jan 23, **Monkey Business** Wed. Feb 28, **Pajamas Unite**, Thurs. Mar. 29<sup>th</sup> 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** on Mon., Fri. and Sat. at 9:30am-12pm, Thurs 11am-12:30pm and Wed. 6-7:30pm for playtime and a snack. **Hot Lunch** Tues. 12-1pm, \$2/family. Also available at Family Place is clothing exchange, library and rental space. Please see new fall brochure for expanded programming details and specialty programs.

**WHIN:** 32065 Van Velzen, 604-826-5349. West Heights Inclusive Neighbourhood Project is a support and counseling network for children and families **Preschool Literacy Program** with ESL component. Stories, crafts and playtime Tues. and Thurs. 1-2:15pm.

**Mission Indian Friendship Centre Programs:** 33150 1st Ave. 604-826-1281. **Community Health Kitchen** on Thursdays at 2pm; **Cultural Night** on Wed. 5-8pm; **Women's Wellness Group** (crafts, meditation, trust games and talking circle) Mon & Thur 6-8pm; **Mental, Emotional & Wellness Groups** on Fridays 9:30 to 11:30am; **Parent Empowerment once monthly**, 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 Loughheed 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. Transportation may be provided.

**Head Start West Program:** Located at Leq' a: mel First Nation, 43101 Leq' a: mel Way. For families raising Aboriginal children 0-6 years, off reserve welcome. Program runs Mon. & Thurs. 2:30pm-4pm. Free transportation, snack and lunches. Free activities include culture/ language learning centers, circle time, free play, crafts, field trips, parent information workshops, family nights and community kitchens. After school programs. Aboriginal Supported Child Development Program will be offering developmental assessments and support. Home visiting at parent's request. Call coordinator at 604-826-1281 for more information

**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.

**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. 604-826-0029. Call for more information.

**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. Tues. and Wed. programs from 9-11am or 1-3pm. Home visits available Mon. afternoons. Aboriginal Supported Child Development Program will be offering developmental assessments. After school programs for 4-8 years olds offering ESL, Halq' emeylem and phonics, Wed. 4-6pm.

**Family Tree House Drop In** for all ages: 9224 Stave Lake St. 604-826-8799 or 604-556-1206 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 (except for holidays and school professional days) 11:30-1pm, \$3 per person/ \$5 per family. Come for a nutritious lunch and a story.

### Public Events in Mission :

**How Are Mission's Children Doing?** Thurs. Jan. 25, 5-7pm enjoy a light dinner and presentation of the Early Childhood Development Committee Mapping Project at Heritage Park Secondary School Cafetorium. Childcare is provided. For more information and to RSVP call 604-826-2295 or email [ecdcommittee@shawbiz.ca](mailto:ecdcommittee@shawbiz.ca) by Jan 18.

**Valentine's Day Celebration** Feb. 14, 10am-1pm at the Leisure Centre. A fun family event with coloring, face painting, storytelling, music and crafts.

**Riot Of Reading:** Children's Literacy Celebration Sat, Jan 27, 11am-3pm at Mission Central Elementary. Music, storytelling, entertainment, prizes, and books! Fun for the whole family!

**Ready Set Learn/Books For Breakfast** at Elementary Schools. Come explore a school, meet the principal, enjoy a good book and learn how to raise a reader. Some schools have early literacy reading programs as well, call your school for more information and to register.

**Albert McMahon** Feb. 22, 6:30pm

**Cherry Hill** Feb. 21, 7 - 8:30pm

**Christine Morrison** May 3, 6pm

**Deroche** Jan. 24, 7-8pm, 604-826-2360

**E.S.R.** Feb. 7, 8:30-9:30pm, 604-826-2834

**Ferndale** Mar. 29, 5:30-7:30pm, 604-826-6918

**Fraserview** May 23 & 30, 6:30pm, 604-826-4337

**Hatzic** Feb. 12, 19, 26 & Mar 5, 12, 9-10pm, 604-826-2481

**Hillside** Feb. 12, 6:30pm, 604-826-4187

**Mission Central** Feb. 14, 21, 28 & Mar 7. 9pm, 604-826-1414

**Silverdale** Feb. 7, 6:30-7:30pm, 604-826-2526

**Stave Falls** Feb. 20, 6:30-7:30, 604-462-9936

**West Heights** Feb. 12, 19, 26, 11:30am-12:30pm, 604-826-6401

**Windebank** Feb. 19, 26, & Mar 5, 12, 8:30-9:30am 604-826-2213

**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.missionecd.com.shawbiz.ca/Home.html](http://www.missionecd.com.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 prenatal classes. Free fluoride varnishing for children under 5. Appointments can be made for elementary school-age children ages 5-12 (without a dental plan or Healthy Kids program) to visit UBC's free dental clinic by bus, Sept.-April. Speech and language assessments available for children under 5, phone to make a referral or attend monthly drop ins 2nd Wed. of month, 10:30am-12pm. List of licensed Child Care Facilities 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. Jan 8 & Feb. 12, 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, Tuesdays, 5pm-7pm, at Mission Women's Resource, 33070 5th Ave. Call Linda Walker 604-826-3634 or Chris Johnson 604-820-8455.

**Life Skills Facilitator:** 1:1 support for young parents, Linda Walker 604-826-3634.

**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. Starting September to December, 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:** 33070 5th Ave. 604-820-9536 [www.fvcdc.org](http://www.fvcdc.org) Provides assessments and services for those who have or are at risk of having delays in one or more areas.

**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 p.m.

**Mission Literacy Association:** Tutoring and Reading Buddies; call with message for Carolyn 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 Nobody's Perfect 8 week parenting program in Punjabi for parents of young children 0-5, Indo-Canadian outreach services at WHIN project every Friday and Outreach Services at Women's Resource Society. Call Jassy at 604- 826-3634.

**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)

**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 Mission Indian Friendship Centre, 33150 1st Avenue, 604-826-1281. 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 Thurs. Jan 4 to Feb 15 from 1-4pm at Mission Community Services, 33179 2nd Ave. Every Thurs. from Feb.22 to Mar 9 at Happy Days Family Centre 9224 Stave Lake St., 6:15 to 8:15pm Call Ester Schmeer at 604-826-3634 to register. **Parent Education Group:** Improve understanding, ability, and confidence in caring for children. Starting Weds. Jan 3 to Jun 13, 11:45am to 1:45pm at Mission Community Services, 33179 2nd Ave. call Ester Schmeer at 604-826-3634 to register.

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

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

**Children's Anxiety Group:** Free sessions for 4/6 weeks with children ages 6-8. Jan. 9 - Feb 13 or Feb 20 - Mar.27 located at West Heights Elementary. Register with Laura Glasspell at 604-820-4300.

**Parent/Child Interaction Training:** Helping Parents/children who have difficulty attaching. For parents with children ages one and up. For more information call Carey Christianson 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.

**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.

**Car Seat Screening:** Mission Child Safety Committee holds free clinics the 2nd Friday of each month, 2-4pm at Fire Hall #1, 33330 7th Ave., to check proper installation of seats. Call the Health Unit at 604-814-5500 for more information.

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