

Mission Parent Resource Quarterly

www.missionecdcom.shawbiz.ca/Home.html



Compiled by the Mission Early Childhood Development Committee (Mission ECD)
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July - September 2006

Community Activities and Events

Mission Public Library Programs 33247 2nd Ave. 604-826-6610. **Book Picnics** every Wed. Jul. 5 – Aug 9, 10:30 to 11:15 am, **Parade of Stuffed Animals** Thurs Aug. 10 from 2:00pm to 3:00pm – register at library between July 4 and Aug 2. **Cupcake the Clown** visits on Fri Aug. 4 from 2pm to 3pm. Regular drop-ins and Family Story times resume in September. 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** on Mon., Thurs. and Sat. at 9-10:30am and Wed. 6-7:30pm for playtime and a snack. **Spray and Play** Tues. 10-11:30am at the water park, weather permitting. **Picnic in the Park** on Fridays 12-1pm at Centennial Park, light lunch is provided for \$2/family **Also available at Family Place** is clothing exchange, library and rental space. Please see new summer brochure for expanded programming details including field trips 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 with an emphasis on delivery to Aboriginal and Indo-Canadians. Programs will be tailored to meet the needs of each family or individual, providing learning opportunities, parenting support, in-school mentorship, individual (i.e., ADHD) and/or family counseling, volunteer opportunities, family literacy and ESL support. **Preschool Literacy Program** on Fridays at 12:45pm with stories, crafts and playtime. **ESL for parents** with childminding provided. Tues. and Thurs. 1:15-2:15pm. Offerings will resume in September.

Family Tree House Drop In for all ages: 9224 Stave Lake St. 604-826-8799 or 604-556-1206 Tues., Wed., & Thurs. 9:30 -11:30 am, \$1 per child. Playtime, crafts, circle time and light refreshments. **Adventure Zone licensed Day Camp** for 5 to 12 year olds. **Hot Lunch:** Closed for summer but will resume in September. Fridays 12:30-1:30pm, \$3 per person/ \$5 per family. Come for a nutritious lunch and a story.

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. Register for fall classes at 604-302-9397 Fall 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. Program runs Thurs. and Fri. 10am-1pm. 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. Drop-ins (July) for 3 – 8 year olds do not require parental attendance; however, family program does require parental attendance. After school programs resume in September. Aboriginal Supported Child Development Program will be offering developmental assessments and support throughout the summer. 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) Designed to provide 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 information, contact Parks, Recreation & Culture, 7650 Grand St., 604-820-5350.

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, 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. Tues. and Wed. programs from 10am-1pm. Drop-ins (July) for 3 – 8 year olds do not require parental attendance, however, family program does require parental attendance. Aboriginal Supported Child Development Program will be offering developmental assessments and support throughout the summer. After school programs resume in September.

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

Mission Arts Council Programs: 33529 First Ave. 604-826-0090. Call for more information.

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 Celebration: Saturday, July 1st, 2006 at Fraser River Heritage Park from. Come and check-out the day's events!

Twilight Concert Series: Every Wednesday and Friday at Fraser River Heritage Park come and check out various entertainers. For more information contact: 604- 826- 0277.

Mammography Screening for women over 40: Mobile service will be available in Mission on Aug. 8-11. Call 1-888go.have.1 (1-888-464-2831) to book an appointment.

Celebration of Community and Illuminaria: Sat September 16th at Fraser River Heritage Park from 10am to 5pm; lantern procession starting at 6:30pm; and fireworks at 9:30pm. Come and check out the entertainers, crafts and activities that includes lantern making sessions! Get more information at www.macl.bc.ca/news or phone at 604- 826- 9080.

Look for 'First Steps and Beyond' a free booklet of developmental milestones for children birth to 5, health information and Mission specific resources. Booklet available at the Library, Health Unit, Family Place, Leisure Centre and other locations around town.

New Mission ECD Committee website includes: Mission events, resources (Parent Resource Quarterly and Developmental Guide), internet links and information about who we are and what we are doing. Find out about UHEY at www.missionecdcom.shawbiz.ca/Home.html

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. Dental services for children include fluoride varnishing for children 4 and under/elementary school-age children appointments can be made to visit UBC dental clinic by bus, throughout the university term. Speech and language assessments available for children under 5, phone to make a referral 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.

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. Runs until end of July.

Life Skills Facilitator: 1:1 support for young parents, Linda Walker 604-826-3634. Runs until end of July, restarts in Fall.

Baby's Best Chance: Pregnancy outreach, counseling, nutritional information, supplements and drop in lunches. 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 Provides assessments and services for those who have or are at risk of having delays in one or more areas.

Kids in Action program 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. Not available during summer months – resumes in September.

Mission Literacy Association: Tutoring and Reading Buddies; call Bonnie Hamilton at 604-826-6610 for more information. MLA Office open Wed. 10am-2pm 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!

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.

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

Parenting Group: Starting Weds. Aug 9 to Dec. 17, 11:45am to 1:45pm at Mission Community, 33179 2nd Ave. call Ester Schmeer at 604-826-3634 to register.

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.

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.

Picnic in the Park on July 19 & Aug. 16, meet at 10:00am at the Leisure Centre's water park. **Creative Storytelling Workshop** for caregivers and parents on Sept. 26 at 7:00pm in the CCRR office – refreshments and door prizes. 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.

Nobody's Perfect: Parenting program for parents in English and Punjabi. Restarts in Fall '06. Transportation provided. Call Linda Walker at 604-826-3634 or Janet Foster at 604-814-5500.

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.

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. Aug. 17 to Sept. 21 from 6:15pm to 8:15pm at Family, Youth & Children's Centre, 9224 Stave Lake Rd. 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.

Children's Anxiety Group: Free sessions from July 4th to July 7th aimed towards children ages 9 - 11 located at West Heights Elementary. Two sessions daily, 9am to 11 am & noon to 2pm. Register with Laura Glasspell 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.

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

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.

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. Aboriginal children include First Nations, Métis, Inuit and Self-Identified.

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.

Canada

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