

# Mission Parent Resource Quarterly

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Compiled by the Mission Early Childhood Development Committee (Mission ECD)  
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Oct. – Dec. 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-ins** Mon., Tues., Fri. 9:30-11:30am for playtime and a snack. **Educational Mondays** 2:30-3:30pm **Hot Lunch** Thursdays 12-1:30pm \$2/family. **Bedtime Story Hour** Wednesdays 6:30-7:30 pm **Me and My Daddy** Saturdays 9-11am. **Family Breakfasts** Sat. Oct. 18, Nov. 15, Dec. 20, 9-11am Programs may change, 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 0-6, Mon., Tues. & Thurs. 9-11am, \$1 per child. Playtime, crafts, circle time and light refreshments. **Hot Lunch** dates Oct. 17, 31, Nov. 14, 28 and Dec. 12, \$2 per family. **Pumpkin Patch fieldtrip** Oct. 15, **Harvest festival** Oct. 29, 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.

**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 Indian Friendship Centre Programs:** 33150 1st Ave. 604- 826-1281. **Cultural Night** on Wed. 5-8pm; **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 2nd Ave. 604-826-6610. **Baby Days Story times** for children birth to 24 months Tues. 10:30-10:50am until Oct. 21. **Family Storytimes** for all ages, Wed. 10:30-11:15am until Oct. 20 and Thurs. 10:30-11:15am, Nov. 6-27. **All Aboard for Kindergarten** Oct. 24, 10:30- 11:15am. All Aboard – no school today! Kindergarten children and their parent/caregiver(s) are invited to a fun morning of stories, crafts and activities. Learn about the 100 books to Read in Kindergarten, do a craft and learn the All Aboard for Kindergarten song! Refreshments and free literacy tips provided. **Pumpkin Soup** Oct. 28, 6:45- 7:30pm. A cup of laughter, a tablespoon of spooky, and a litre of fun are stirred together for this rollicking evening of stories, songs and puppets for the whole family.

**Tales for a Winter Night** Dec. 17, 6:45- 7:30pm Gather around for this festive evening of stories songs and puppets for the whole family in this holiday season. Website: [www.fvrl.bc.ca](http://www.fvrl.bc.ca) Call the library for info.

**StrongStart:** A free family literacy program at 3 Mission elementary schools where parents / caregivers and their children learn and play together. At **West Heights Elementary**, 32065 Van Velzen, 604-826-5349, Tuesdays and Thursdays 8:30-11:30am and Mondays, Wednesdays and Fridays 12-2:15pm. At **Cherry Hill** 32557 Best Avenue, 604-826-9239 weekday mornings from 8:30-11:30am. At **Mission Central** 7466 Welton Street, 604 826 1414, Tuesdays and Thursdays 12-2:15pm and Mondays, Wednesdays and Fridays 8:30-11:30am. All programs occur on school opening days only.

**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 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 :

**Mission Fire Safety Fair:** Tues. Oct. 7, 6:30-9pm at Fire Hall #1, 33330 7th Ave.

**Breastfeeding Challenge:** Sat Oct. 11, 10:30am-12pm at the Mission Public Library. Participate and raise awareness about the benefits of nursing. Call 604-814-5500 or 604-820-4367 for more information.

**Supporting Families with Parental Mental Illness Forum:** Thurs. Oct. 23, Heritage Park Secondary, 8:30am-4:30pm, lunch included. Call 604-820-4300 to register.

### Nurturing Care for Children With Behavioral

**Challenges:** Sat. Oct. 25, Dr. Vanessa LaPointe (co-sponsored with Supported Child Development and CCRR) . Please call 604-826-9080 for more information or to register.

**Diwali:** Thurs. Oct. 28th but please call for date and location of Mission community celebration at 604-826-3634 or 604-820-4367.

**Halloween Hoot:** Children's celebration Oct. 31, 10am-1pm at the Mission Leisure Centre with crafts, face painting, bouncy castle.

**Bald Eagle Festival:** Sat. Nov. 15 and Sun Nov. 16, Leq'a:mel First Nations Hall, 43101 Leq'a:mel Way, north of the Lougheed Highway (#7) just east of Deroche.

**National Child Day:** Children's celebration Nov. 20, 10am-1pm at the Mission Leisure Centre with crafts, face painting, bouncy castle.

**Breakfast with Santa:** Dec. 11, 9:30-11:30, at the Mission Leisure Centre, by donation but registration required. Call 604-820-5350 to register.

**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 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, 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**, Oct. 10, Nov. 14, Dec. 12, 2-4pm at Fire Hall #1, 33330 7<sup>th</sup> Ave. **On the 4<sup>th</sup> Tuesday of the month** at the Health Unit, 32618 Logan Ave. from 9:30-11am (Oct. 28, Nov. 25 and Dec. 23) They will check for proper installation of car seats. Clinics will also be held at the Leisure Centre on Oct. 31, and Nov. 20, 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 604-309-5452

**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: Oct. 1, Nov. 5, Dec. 3 at 10:30-12pm. Car seat safety checks on Oct. 28, Nov. 25, Dec. 23 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:** Adult tutoring and Reading Buddies for elementary school ages; call 604- 855-1386 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. Call 604-820-3634 to register.

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

**Parent Education Group:** Improve understanding, ability, and confidence in caring for children. Fridays 10am to 12pm at Mission Community Services, 33179 2<sup>nd</sup> Ave, call Christine at 604-826-3634 to register.

**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. 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.

**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)

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