



New Westminister Family Place

A family resource program for families with children 0-5 years old

November 2017

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	Like Us on Facebook @newwestministerfamilyplace 		1 Drop In ~~ Office Hours	2 Drop In Child Development Specialist ~~ Nobody's Perfect	3 Drop In ~~ Office Hours	4
5	6 Drop In ~~ Drop In	7 Drop In Clothing Exchange Drop In	8 Drop In Dental Hygiene for Children Part 1 ~~ Office Hours	9 Drop In ~~ Nobody's Perfect	10 Drop In ~~ Office Hours	11
12	13 Closed for Remembrance Day	14 Drop In Pasta Morning ~~ Drop In	15 Drop In Dental Hygiene for Children Part 2 ~~ Office Hours	16 Drop In ~~ Nobody's Perfect	17 Drop In ~~ Office Hours	18
19	20 Drop In ~~ Drop In	21 Drop In Clothing Exchange Drop In	22 Drop In Parent Coaching Sessions (Must Pre-register) ~~ Office Hours	23 Drop In ~~ Nobody's Perfect	24 Drop In Birthday Party ~~ Office Hours	25
26	27 Drop In ~~ Drop In	28 Drop In ~~ Drop In	29 Drop In Self-care for Parents ~~ Office Hours	30 Drop In Public Health Nurse ~~ Nobody's Perfect		

Main Site: 101 – 93 Sixth Street, New Westminister V3L 2Z8

Phone: 604-520-3666

Drop In Hours: Mornings 9:30 – 11:30 Monday – Friday
 Afternoons 1:00 – 3:00 Monday & Tuesday

Website: nwfamily.bc.ca

More program information on the back.

New Westminster Family Place

101 – 93 Sixth Street, New Westminster 604-520-3666

Lord Kelvin Elementary School Drop In Program: Join us on Tuesday, Wednesday & Friday mornings for our family drop-in program at 1010 Hamilton Street. (We are in the green portable on the 7th Avenue side). Enjoy playtime, art, playdough, snacks and songs. This program is closed when the school is closed. *Note new time 9:30 – 11:30 *Funded by the United Way*



Parent-Child Mother Goose Program is a group experience for parents and their young children 1 year to 4 years old. Trained facilitators focus on the pleasure and power of sharing rhymes, songs and stories. Pre-registration is required. Phone for details about the next session. *Funded by the United Way*

Nobody's Perfect Parenting Program is for parents of children aged 0 – 5, running for six consecutive Thursdays from 1:30 – 3:30 at our main site. The next session will start Nov 2nd. Childminding is provided and pre-registration is required.

Immigrant Grandparents & Grandchildren Learning Together is on Fridays from 12:30 – 2:00 at Qayqayt Elementary School Neighbourhood Learning Centre located at 85 Merivale Street. This program is closed when the school is closed.

Dates to Remember in November

- Nov 2nd** Child Development Specialist will be here to answer your questions. 10:00 – 11:00
- Nov 7th** Clothing Exchange – gently used children's clothing available in the morning and afternoon
- & 21st** sessions. The clothing exchange is open to Family Place clients only. Minimum \$2 donation.
- Nov 14th** Pasta Morning! The children receive a hot pasta snack in the morning session. There will be a healthy snack served in the afternoon session.
- Nov 24th** Birthday Party! Everyone is invited to celebrate with children born this month. Be sure to tell the staff if your child has a birthday this month.
- Nov 30th** Public Health Nurse will be here to answer your questions. 10:00 – 11:00

Parent Education: Childminding is provided. Please arrive at 9:30 to settle your children in the playroom.

Nov 8th - Dental Hygiene for Children Part 1 & 2: Join UBC dental hygiene students to learn more about
& Nov 15th caring for your child's teeth. Attend one or both sessions.

Nov 22nd – Parent Coaching Session : (Must Pre-register) An opportunity to discuss your family situation in a one-to-one setting with a parenting coach from Information Children. Common topics include: behaviour & discipline; challenges at meal times; sleep; whining and temper tantrums; parenting disagreements or any other topic.

Nov 29th – Self-care for Parents: Parents often don't have time to take care of their own needs. Join Gordana for some ideas on how to start caring for yourself again.