

City of Pitt Meadows Fall Programs

Browse the City of Pitt Meadows Parks, Recreation & Culture [Fall Guide](#) for a variety of activities and programs for all age groups! Fall programs run from September through December. Register for fall programs at pittfitandfun.ca.

Low-Cost Activities at Pitt Meadows Family Recreation Centre

Parent & Tot Mini Gym 0-5Y

Looking for an indoor activity? PMFRC offers low-cost [Parent & Tot Mini Gym](#) in the gymnasium on Mondays and Wednesdays (10:05-11:45 am) and Saturdays (9-11 am) for only \$1 per child.

Value Times at the Fitness Centre

Work out at the fitness centre during our value times. It's only \$1 for youth (13-18Y) and seniors (60Y+) and \$2 for adults (19-59Y). Value times are: Tuesday 10-11:30am, Wednesday 8-9pm, Thursday 6-7am and Saturday from 3-6pm.

FREE Family Lounge Drop-In Program

Drop by the Constable Rick O'Brien Youth Lounge with your family! The Youth Lounge will open Sundays, starting September 22, from 3:00pm to 7:00pm for a time of unstructured activities for you and your children. Enjoy a variety of activities including billiards, ping pong, video games, retro arcade and board games. Our Recreation team will be on hand to supervise, but please remember that this is a parent-led program. Children must be accompanied by a parent or guardian at all times. Older siblings (11Y+) are also welcome, but must be accompanied by a parent/guardian.

FREE Workshops

Emergency Support Services Info Night - Join the Emergency Support Services (ESS) Volunteers and be a beacon of hope in times of crisis! Whether responding to house fires or opening Reception or Group Lodging Centres for larger disasters, our ESS volunteers play a critical role in providing immediate support to those affected by disasters. The Justice Institute of BC provides free comprehensive training, preparing volunteers for various roles such as ESS Management, Registration & Referrals, and even Meet and Greet and Pet Services plus many more. Learn more and become a part of our dedicated ESS team! Register at <https://pittfitandfun.ca/copm/public/booking/CourseDetails/13410>

Disaster Preparedness Workshops - Take control of your safety and well-being by learning essential disaster preparedness steps. Join us for a unique, in-person Disaster Preparedness Workshop that will empower you and your family to face any challenge that comes your way. You will learn what makes a great Disaster Plan, how to connect with your family when phone lines are down, essential supplies to have in your family and work

disaster kits, how to make your home safe and how to prepare for your pets for disaster.
Register at <https://pittfitandfun.ca/copm/public/booking/CourseDetails/13409>



Maple Ridge
PRESENTS

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since
Time Immemorial
Maple Ridge

150

LIVE MUSIC • FOOD TRUCKS • ADVENTURE



**SOAR OVER
MAPLE RIDGE
ZIPLINE**

**SEPT 14 2024
DOWNTOWN**

GOLDEN EARS STAGE

THE STRUMBELLAS ✦ AARON PRITCHETT
DAWN PEMBERTON ◀ GARRET T. WILLIE

ALOUETTE STAGE + Rahael + Janky Bungag + Orchard Sky + Mikey Jose
KANAKA FAMILY STAGE + Ginalina + Youth DJ Showcase
with TableTutors + Journey Into Rhythm with Robin Layne

CAR FREE STREET PARTY & SHOP LOCAL MARKET

Family Friendly Event!





Free Fall Program for Families!

Learn about healthy eating, physical activity, and building long-lasting habits as a family in Generation Health Community. This 10-week program for families with children ages 8 to 12 is FUN and interactive!

Delivered through YMCA BC starting October 2024 on Tuesday, Wednesday, Thursday, and Friday evenings.

Families who join this program will receive a complimentary YMCA membership.

**Register
today!**



gv.ymca.ca/generation-health-community
generationhealth@bc.ymca.ca



University
of Victoria





AFTER-SCHOOL FALL PROGRAMS 2024



Family Education & Support Centre Zoom Classes



Maple Ridge – Pitt Meadows School District No. 42, in partnership with the Family Education & Support Centre, is offering evening Zoom workshops. **Class materials and Zoom links will be emailed to you before the session.** All courses follow a workbook format, so please print the materials or have them available on another device during the class. Pre-registration is limited to one parent/caregiver as spaces are limited; however, more than one parent/caregiver may participate in the Zoom meeting. A 24-hour cancellation notice is required for a refund.

PARENTING RESILIENT CHILDREN

The Family Education & Support Centre is excited to present an online workshop that will help parents/guardians better understand resiliency and how to foster it within their households. We will look at the four aspects of resiliency, including optimism, emotions, relationships, and competency.

Cost: \$15
September 18 and December 18, 2024
6:00 to 8:00 p.m

CONFLICT RESOLUTION WORKSHOP

The Family Education and Support Centre is thrilled to present a workshop that will provide knowledge and skills for dealing with conflict as a parent/guardian. Some learning tools will include "I" statements, conflict management styles, trigger scale, active listening, paraphrasing, and open questions for parenting.

Cost: \$15
October 16, 2024
6:00 to 8:00 p.m

HOME ALONE WORKSHOP

This two-hour Zoom course is an opportunity for parents/caregivers who want to prepare with their child for staying at home alone. Topics covered include dealing with emergencies, answering the door, snacks/cooking and gauging your child's readiness to be home alone. Our evening workshops are open to all families in Maple Ridge and Pitt Meadows. Parents/guardians must participate with the child.

Cost: \$15
November 20, 2024
6:00 to 8:00 p.m.



How to register

- Go to <http://schooldistrict42.perfectmind.com>
- Create an account if you are new to the site
- Login
- Click on the 'Schedule' icon at the top left of the screen
- Click on District Program Registration (Under Program Registration)
- Click on Virtual Online Sessions
- Click on your course of interest then enrol
- A Zoom link will be emailed to you after you register

For more info, contact Hannah Macdonald:
604.837.2384 or hannah_macdonald@sd42.ca.

Parenting Resilient Children

پرورش کودکان تاب آور و انعطاف پذیر

درک اینکه تاب‌آوری و انعطاف پذیری چیست و چگونه می‌توانیم آن را در خانواده‌های خود تقویت کنیم.



لطفاً توجه داشته باشید که این جلسه آموزشی به صورت آنلاین از طریق زوم برگزار می‌شود. جهت ثبت‌نام به لینک زیر مراجعه نمایید:

<https://schooldistrict42.perfectmind.com>

تاریخ: 20th, 2024 سپتامبر
زمان: ۸-۶ بعدازظهر از طریق Zoom
هزینه: \$10



Fall/Winter 2025

PROGRAMS & SERVICES

THE FAMILY EDUCATION AND SUPPORT CENTRE

Since 1971

FACILITATING GROWTH AND DEVELOPMENT

The Family Education And Support Centre is happy to share with you the Fall/Winter brochure where you will find program descriptions, dates, and times.

As an agency, we strive to provide quality information, education, resources, and support through public and private collaborative partnerships.



*We acknowledge that our work takes place on the unceded, ancestral, and traditional territories of the Katzie and Kwantlen First Nations
We respectfully acknowledge the many nations who are represented by the urban Indigenous population living on these Katzie and Kwantlen lands.*

Contact us at (604) 467 - 6055 or reg@familyed.ca



SUPPORT GROUPS

PARENTING WITH YOUNG CHILDREN

For parents of children 0-6 years of age.
Programming for children 0-6 is available

Date: **Thursday's**, Sept. - June
Time: **9 - 11am**
Please contact k.rhodes@familyed.ca



SINGLE MOM'S GROUP

An opportunity for single mother's to get together.
Programming for children 0-12 is available during group sessions.

Please contact
k.rhodes@familyed.ca

GREAT DADS

For fathers of children 0-6.
Meet other dads, connect with the community, receive support
Light dinner provided. Play focused programming for children 0-6 is available for this program.

Dates: Thursdays from 6 - 8pm; Sept. - June

For more information or to register please contact Kim k.rhodes@familyed.ca



CRAFT & CHAT

Free arts and crafts every Monday in April, May and June. Meet other local parents, share experiences, inspire, and encourage each other. No experience necessary. Free childminding available ages 0-6.

Time: 9am -10:30am

To register, please contact Kim at k.rhodes@familyed.ca



PARENTING THROUGH THE AGES AND STAGES



Connect Parent Group

Supporting parents and caregivers with concerns about their pre-teen and teens behavior and emotional health.

Date: **Sept 24- Nov 26 (Tues)**

Time: **6-7:30pm**

Cost: **FREE**

Caring Dads

Helping fathers working to repair their relationships with their families.

Date: **Oct 2-Feb 12 (Wed)**

***No class Dec 25 & Jan 1**

Time: **6-8pm**

Cost: **FREE**



Circle of Security

The Circle of Security Parenting Program is an opportunity to explore the importance of parent/caregiver and child attachment, gather helpful tools to respond to your child's emotional needs and feel more confident about your parenting.

Date: **Oct 2- Nov 20**

Time: **11am-1pm**

Cost: **Free**

Mental Wellness for Parents

Designed to meet specific needs of parents living with mental health challenges including anxiety and/or depression. No diagnosis needed to attend this program. Featuring mental wellness and parenting information, resources, and support. Programming for children 0-6 is available.

Date: **Oct 16- Dec 4 (Wed)**

Time: **11am-1pm**

Cost: **FREE**



CONFLICT RESOLUTION AND ANGER PROGRAMS

MEN'S ANGER MANAGEMENT

Explores the complex nature of anger, recognizing triggers, alternative methods of expression, and how to defuse anger.

Dates:

Oct 6-Nov 3 (Sun) *No class May 18

Jan 19-Feb 9 (Sun)

Time: **9am-2pm**

Cost: **\$90**

ANGER MONSTERS

This children's program is designed to teach children 8-12 yrs old what anger is. This program is designed to allow participants to be able to identify their triggers and learn tools to help control their anger.

The parents program features skills from Neufeld Institute, including various anger cycles and goals of behavior. Participants will also learn how to help support their child's efforts to tame their anger, along with different calming techniques.

Dates:

Oct 19-Nov 9 (Sat)

Feb 22-Mar 15 (Sat)

Time: **3:30-5:30pm**

Cost: **\$90**

***price for 1 parent and 1 child**

HEALTHY RELATIONSHIPS

This course looks at the fundamentals of any adult relationship including the foundation, needs, wants, and communication skills.

Dates:

Nov 23-24 (Sat & Sun)

Mar 1-2 (Sat & Sun)

Time: **9am-3pm**

Cost: **\$90**

price per participant

BRAVE NEW YOU

Women learn about creating and keeping their boundaries, healthy communication, managing challenging conversations, expressing feelings and identifying personal needs.

Dates:

Oct 5-Nov 2 (Sat) *No class Oct 12

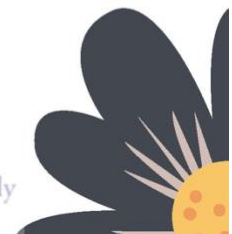
Feb 1-Mar 1 (Sat) *No class Feb 15

Time: **9am-2pm**

Cost: **\$90**



Ministry of
Children and Family
Development





Chess2Inspire Association
2024 BC Junior Chess Championship
Official BC Chess Federation Provincial Tournament
Nov 16 – 17, 2024, Bonsor Recreation Complex (Burnaby)

Do You Know Chess ...?

- Improves Creativity, Memory, Problem-solving Skills, Concentration
- Teaches Planning and Foresight, Decision-making, Logic and Reasoning
- Is Fun, Fun, Fun and Challenging

BC JUNIOR CHESS CHAMPIONSHIP 2024

Open to all B.C. Juniors (born after: Jan 1, 2005), Limited 230 seats
 Qualifier for the 2025 BC Closed Championship
 \$5,200 Travel Subsidy for the 2025 Canadian Junior Chess Championship
3 Sections (2-day Event, Saturday & Sunday, Nov 16 & 17):

- Championship (CFC Regular rating 1301 & above)
- Reserve (CFC Regular rating 701 – 1300)
- Booster (CFC Regular rating 700 & below, or Unrated)

Location: Bonsor Recreation Complex (Banquet Hall), Burnaby [Free Parking]

Date: November 16 - 17, 2024 (2-day event)

Organizer: Chess2Inspire Association

Chief Arbiter: Stephen Wright (FIDE International Arbiter)

Sponsor: Burnaby Junior Chess Club (www.burnabychessclub.com)

- Skittles Room for Players & Parents

PRE-REGISTRATION Required

Online Registration Only: Early Bird Ends Oct 20,
Registration Ends Nov 15, 2024 2pm

Details & Pre-register online:
<http://chess2inspire.org/bcjc-2024>

Chess2Inspire Association & BC Chess Federation are registered non-profit organizations promoting chess to BC communities

