

THE FAMILY EDUCATION & SUPPORT CENTRE

Since 1971

FACILITATING GROWTH AND DEVELOPMENT

The Family Education & Support Centre is happy to share with you the Spring/Summer 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.



COVID-19 UPDATE

Please note that all dates and locations shown throughout this brochure are subject to change, depending on the current circumstances regarding Covid-19. The Family Education & Support Centre is taking strict precautions and following up-to-date BC Health and WorkSafe BC guidelines.

Contact us at (604) 467 - 6055 or reg@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 21st- Nov 16th (Tues)**

Time: **5:30-7:30**

Cost: **FREE**

STEP - E

Developmentally appropriate parenting skills for children aged 0-6. Programming for children 0-6 is available.

Date **Nov 2- Nov 26 (Tues/Fri)**

Time: **1-3pm**

Cost: **FREE**

SELF CARE: 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 6th - Nov 24th (Wed)**

Time: **9:30-11:30**

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.

Date: **Sept 19th-Oct 31st (Sun)**

***No class Oct. 10th**

Time: **10am - 2pm**

Cost: **\$90**

BRAVE NEW YOU

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

Date: **Oct 16th, 17th, 23rd, 30th (Sat)**

Time: **9am - 2pm**

Cost: **\$90**

HEALTHY RELATIONSHIPS

This 2-part course looks at the fundamentals of any adult relationship including the foundation, needs, wants, and communication skills.

Pt. 1

Date: **Nov 12th (Fri) 6-9pm**

Nov 13th (Sat) 10am-1pm

Pt. 2

Date: **Nov 19th (Fri) 6-9pm**

Nov 20th (Sat) 10am-1pm

Cost: **\$90/per part**

price for two participants



CARING DADS

Helping fathers working to repair their relationships with their families. To register please contact Christina at pep@familyed.ca

Date: **Sept 22nd**

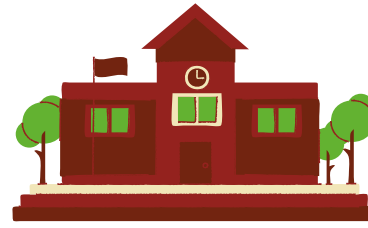
Time: **630pm-830pm**

Cost: **FREE**

CHILDREN'S PROGRAMMING

SCHOOL'S COOL

We are offering an eight week kindergarten readiness program for children entering school September 2021. Priority will be given to children who have not attended preschool. To register please contact Sheena at capc@familyed.ca



Date: **TBD**

Time: **TBD**

Cost: **FREE**



UNITED WAY - SCHOOL'S OUT PROGRAM

Culture Sharing and Experience

Providing participants with the opportunity to develop natural curiosity and desire to learn, this theme begins with a look into what it means to be Canadian and is then followed by Indigenous themed content, created in collaboration with our local indigenous communities. From there all children attending will have to opportunity to discover 5 more cultures. Each week will feature a different culture and provide the opportunity for structured group activities that promote active participation and exploring. The participants taste traditional foods of each culture, and engage in an experiential activity that provides opportunity for them to explore, and discover more about each culture. We will do a different country or culture each week where the kids will get a snack, activity and short video on that country/ culture.

Time: **2:20 - 4:00pm**

Cost: **FREE**

Davie Jones Elementary

Date: **Oct 26th- Dec 14th (Tues)**

TBD

Date: **Oct 27th- Dec 15th (Wed)**

Eric Langton Elementary

Date: **Oct 28th- Dec 16th (Thurs)**



United Way
Lower Mainland

PARENTING WORKSHOPS

PARENTING RESILIENT CHILDREN

Understand better what resiliency is and how we can foster it in our families. Please note, this workshop will take place via Zoom.

Date: **Dec 7th (Tues)**
Time: **10am - 12pm**
Cost: **\$15**

CONFLICT RESOLUTION PARENTING

Learn how to use "I" statements, conflict management styles, trigger scale, active listening, paraphrasing and open questions for parenting. This workshop will take place via Zoom.

Date: **Nov 9th (Tues)**
Time: **10am - 12pm**
Cost: **\$15**



KEEPING THE CHANGE - WOMEN'S GROUP

A continuation of the skills learned in Brave New You, Keeping the Change focuses on mastering skills around boundaries, empowerment, self acceptance and enjoying the person you are. This group provides group encouragement, support and information to women working to make and keep healthy change in their lives.

Date: **Dec 4th (Sun)**
Time: **10am - 12pm**
Cost: **\$30**

AFTER THE ANGER - MEN'S GROUP

A continuation of Anger Management for Men working on anger management, conflict resolution, effective communication skills, and stress management.

Date: **Nov 21st (Sun)**
Time: **10am - 12pm**
Cost: **\$30**

SUPPORT GROUPS

YOUNG PARENTS GROUP

An opportunity to connect with other young parents. Come and join us! For parents up to age 26. Programming for children 0-6 is available during group sessions.

Please contact admin@familyed.ca

SINGLE MOM'S GROUP

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

Please contact admin@familyed.ca

PARENTING YOUNG CHILDREN

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

Date: **Thursday's from Sept. - June**
Time: **9 - 11am**

GREAT DADS

Supporting Dads of children aged 0-6. Weekly phone support and weekly virtual group meetups. Great Dads will be hosting once a month meet ups for father's of children 0-6 and their families on the last Thursday evening of each month from 5:30-7:30pm. Meet up locations will be available to all participants registered for the program- email Christina Shearme.

Please contact pep@familyed.ca

FAMILY LEAF DROP-IN

For parents and caregivers with children 0-6 years of age. Please contact Massie at dropin@familyed.ca for program details.

FAMILY NAVIGATION

Family Navigation is a free service available to families with children aged 0-6 years, in Maple Ridge and Pitt Meadows. Supporting families who need help finding and accessing the programs and services in our community. Supports from the Family Navigator are available on a flexible schedule including some evenings and weekends.

SPARK PROGRAM

Supporting Parents Along the Road to Kindergarten- Beginning at birth parents and caregivers attend a SPARK session once every fall, winter, and spring until their child enters Kindergarten. In SPARK we reflect on how children learn and grow. At each session participants receive a free toy to support learning and information related to their child's age group. To contact our Family Navigator please email familynav@familyed.ca

**CHILDRENS PROGRAMMING IS PROVIDED BY:
CAPC COMMUNITY ACTION PLAN FOR
CHILDREN**

MULTICULTURAL SERVICES

Providing multicultural awareness and education programs to the community to help strengthen participation and increase understanding of cultural diversity in Maple Ridge, Pitt Meadows and Katzie.

MULTICULTURAL WOMEN'S GROUP

Meet women from around the world and learn about community services, programs, and support available while having fun! For more information please contact Galina at diversity@familyed.ca

Date: **Summer 2020**

Time: **TBD**

LIPS

LIPs Local Immigration Partnership

A council representing various sectors, meets monthly to discuss local trends, issues, and needs. Community based partnerships that work to improve the coordination or services that facilitate settlement and integration of newcomers.

For more information please visit www.ridgemeadowsnewcomers.com or contact Carolina at msc@familyed.ca

INTERFAITH BRIDGING COMMITTEE

A volunteer committee that works to connect and create dialogue among diverse faith groups for the purpose of harmony, peace, and understanding.

For more information, please contact Carolina at msc@familyed.ca

BC SPOKES

A community driven committee that will lead anti-racism and anti-hate work at a local level. This committee works to build awareness of what comprises racism and hate, mobilize their communities to respond to hate incidences in a supportive and collaborative way, and lead discussions and education opportunities.

In partnership with Fraser River Indigenous Society. For more information please contact Natalie Binns at antiracism@familyed.ca



Funded by:

Immigration, Refugees and Citizenship Canada

Financé par :

Immigration, Réfugiés et Citoyenneté Canada



UNDER THE TREE CHILD CARE CENTRE

Under the Tree Child Care Centre (UTT) is a program of the Family Education & Support Centre. Under the Tree provides programs for infant toddler, preschool, 3-5 year-olds, and before and after school care.

Our programs provide comfort to our families with the knowledge that their children will be cared for and nurtured in an inclusive setting. In this setting we guarantee individuality and diversity will be acknowledged, appreciated, and embraced.

We provide developmentally aged appropriate play opportunities for the children that are both child-centered and driven by the child's interests, with as much exposure to real life learning as possible. The program encourages applications from Indigenous, low-income, newcomer families and families who have children with extra needs – these families will be offered spots first and expedited to the top of waitlists.

We are located at 9975 272nd Street, Maple Ridge.
Our Fees are as follows.

Under 36 months	\$1,200.00
30 months to School Age	\$1,060.00
Preschool	\$600.00
BAS	\$590.00

FOR MORE INFORMATION PLEASE CONTACT SILVIA AT
UNDERTHETREE@FAMILYED.CA



UNDER THE TREE CHILD CARE CENTRE PHOTO GALLERY



MORE OFFERED AT UNDER THE TREE

Below are additional programs hosted by FESC at UTT

ANGER MONSTERS

Children 8 -12yrs learn what anger is, their triggers, and tools for learning to control their anger. Parents learn anger cycles, goals of behavior, how to support their child's efforts, and calming techniques.

Date: **TBD**
Time: **TBD**
Cost: **\$90**

STEP - E

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Cost: **FREE**

SCHOOL'S COOL

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Time: **TBD**
Cost: **FREE**

FAMILY LEAF DROP-IN

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Date: **TBD**
Time: **TBD**
Cost: **FREE**

Under The Tree is located at 9975 272nd Street, Maple Ridge.

For any further inquiries, please contact us at
(604) 467 - 6055
reg@familyed.ca



ADDITIONAL INFORMATION

KNOW BEFORE YOU GO

We cannot guarantee that our programs as listed in the brochure will run in the spring/summer. Locations and class sizes are subject to change in accordance to Covid-19 protocols.

Please note

- Masks are mandatory in hallways and areas where physical distancing is not possible
- Please sanitize or wash your hands upon entry into the building

LATEST UPDATES

- If you are dropping by our centre, please note our reception area has a very limited occupancy. Our reception staff will invite you in when it is safe to do so
- If you wish to speak with a specific staff member, we recommend calling ahead of time, to ensure that they are in the office and available at your requested time

STAY CONNECTED

Be the first to get notified on health and wellness updates, pop-up programs, and special events hosted by The Family Education & Support Centre



www.familyed.bc.ca



[@familyed.bc.ca](https://www.instagram.com/familyed.bc.ca)



[TheFamilyEducationandSupportCentre](https://www.facebook.com/TheFamilyEducationandSupportCentre)

LOOKING FOR MORE INFORMATION?

22554 Lougheed Hwy, Maple Ridge, BC
(604) 467 - 6055
or email reg@familyed.ca

