

What's On

Free or low cost programs for families with young children in Maple Ridge, Pitt Meadows & Katzie



RMECDC supports and promotes community engagement in improving the health and well-being of all children from pre-natal to age 6 in the communities of Maple Ridge, Pitt Meadows and Katzie First Nation.

RMECDC is a sub-committee of the Community Network and a member of the Provincial Children First Initiative.

RMECDC welcomes community involvement. Call 604-916-1051 or email: Info@ridgemeanowsecd.ca to receive information about the Early Childhood Development Committee and its work or to find out how you can become a member of the committee.

Follow RMECDC on

Facebook: Ridge Meadows Early Childhood Development Committee

Twitter: @ridgemeanowsecd

Website: www.ridgemeanowsecd.ca



October, November & December Programs and Events

PROGRAMS AT THE HIVE Eric Langton School, 12138 Edge St., Maple Ridge

Westcoast Family Centres' Nobody's Perfect FREE program for parents with children birth to 5. Discuss real life parenting situations & discover positive ways of parenting. Free childcare available. Thurs, Oct 5 - Nov 23; 12:30 - 2 p.m. Registration required at bit.do/nobodysperfect

For the following two programs, please register at special.projects@westcoastfamily.org with your name, phone #, child(ren)'s age(s) and indicate which program you are registering for.

Westcoast Family Centres' Mother Goose For parents and their babies or young children (0-5 years) to help build healthy relationships and develop early learning and language skills through rhymes, songs and stories. Older siblings welcome. Includes a small snack. Wed, Oct 4 - Nov 29, 12:15 - 1:45 p.m.

Westcoast Family Centres' Intergenerational Mother Goose - Seniors from Wesbrooke Seniors Living Community will join in this unique Mother Goose intergenerational experience. Fri, Oct 6 - Nov 24; 10-11:30 a.m. - 12000 190A Ave. Pitt Meadows.

PROGRAMS AT THE EARLY YEARS CENTRE

Webster's Corners Elementary School, 25554 Dewdney Trunk Rd. Maple Ridge
The Early Years Centre has moved from Blue Mountain Elementary. Some programming will remain at Blue Mountain in the StrongStart room opposite StrongStart times beginning late September. Programming at the new Webster's Corners Early Years Centre will begin late October. For updates, check back regularly at www.ridgemeanowsecd.ca

BASICS FOR BABIES Friends in Need Foodbank provides milk and eggs with a hamper, as well as a one-time layette containing baby items once the baby is born for any mother who is expecting or has a child up to age one. To register, contact (604) 466-3663

MAPLE RIDGE PARKS & RECREATION
Parent & Child Drop-in Playtime at the Leisure Centre for families with young children. Mon, Wed Fri. 9:30-11:30 a.m. \$1 per child.

PITT MEADOWS PARKS & RECREATION
Parent & Child Drop-in Playtime at the Family Recreation Centre for families with young children. Mon, Wed, 10-11:30 a.m. \$1 per child.

FAMILY EDUCATION & SUPPORT CENTRE
22554 Lougheed Hwy. Maple Ridge

Families Supporting Families - self-help groups led by trained facilitators. Parenting information provided in a non-judgmental atmosphere. Free onsite child minding available.

Single Moms Mon; Dinner & childminding provided

Young Parents Wednesdays, 2- 4 p.m.
Parenting Young Children group Thursdays, 9:30 a.m.
For more information, call Christina Shearme or Karen Stoddard-Hughes at (604) 467-6055
www.familied.bc.ca FREE but registration is required.

Mental Wellness Parenting - FREE 8 week program for parents experiencing depression, bipolar disorder, and generalized anxiety disorder. Features mental wellness material, parenting information and support delivered with an emphasis on parents' mental wellness. Tues, Oct 17 to Dec 5. Contact Karen Rai at (604) 467-6055 or email to amh@familied.bc.ca

HEALTHY BABIES is a Westcoast Family Centres' program supporting pregnant women and new mothers (with babies up to 6 months) who need extra help and support and who have limited financial resources. Socialize, eat lunch together, receive information about healthy pregnancy, lifestyle, nutrition and baby care. A public health nurse attends. Mondays 11:30-2:00. FREE - register at (604) 944-2500. **Healthy Babies** is now meeting at the Family Education & Support Centre.

MR/PM COMMUNITY SERVICES

FAMILY PLACE COMMUNITY PARENTING CENTRE
22359 119th Ave. Free programs for families with young children. (604) 466-8484 or (604) 788-9163.

Dress for a Mess Come spend some quality time with your child while meeting other families at Family Place. Learn about community resources, and participate in your child's learning and exploration of the centre's activities. Mons, 9 - 11 a.m.; Tues, 9:30 - 11:30 a.m.; Wed, 9:30 - 11:30 a.m.; Thurs, (for children birth to 3 years) 10 a.m. - 12 p.m.

CHILD CARE RESOURCE & REFERRAL - 11907 228th St. Free referrals & information for parents seeking childcare or preschool; help with child care subsidy applications; large educational toy lending library (annual fee \$5.00) for families with children up to age 12; support for home based child care providers (membership is free). Call (604) 467-2273 or check online at www.comservice.bc.ca.

TEEN MOTHERS CHOICES Supports and empowers young mothers to become independent, contributing members of their community while giving the best life start to their children. Contact (604) 813-0525 or jennifer@teenmotherschoices.org for more information.

October, November & December Programs & Events for Families with Young Children

STRONGSTART CENTRES - Free, early learning drop-in program at local schools for children birth to 5 years and their parents/caregivers. Play and explore in friendly, safe and inspiring environments.

Mornings 8:30 - 11:30 daily

Eric Langton - 12138 Edge St, Maple Ridge
Glenwood - 12410 Glenwood Ave, Maple Ridge
Hammond - 11520 203 St, Maple Ridge
Harry Hooge - 12280 230 St, Maple Ridge
Highland Park- 18961 Advent Rd, Pitt Meadows

Mornings 8:30 - 11:30 Monday, Tuesday, Thursday, Friday.

Afternoons Wednesday. 11:30-2:30

Blue Mountain - 12153 248 St, Maple Ridge

Mornings 8:30 - 11:30 Monday, Wednesday & Friday

Afternoons 11:30-2:30 Tuesday & Thursday

Davie Jones - 12030 Blakely Rd, Pitt Meadows
Fairview - 12209 206 St, Maple Ridge

Register with your child's birth certificate the first time you drop in or on-line at: www.sd42.ca/strongstart-centres. Call (604) 463-4200 for more information

PALS (Parents as Learning Supporters): Free literacy program for parents/caregivers and their kindergartners or children ages 3 & 4. Children receive a FREE BOOK with each session.

Phone the school directly for times and to register:

Alouette 604-463-8730: November 15
Davie Jones 604-465-9908: November 23
Eric Langton 604-463-3810: November 15
Glenwood 604-463-6512: November 21
Pitt Meadows Elementary, 604-465-5828: November 20

Watch for details of Winter and Spring PALS sessions in upcoming newsletters

APALS: In consultation with Elders and other Aboriginal community leaders, PALS has been adapted for Aboriginal communities. Aboriginal PALS is a play-based, culturally responsive family literacy program that gives parents and caregivers new strategies to support their kindergarten and preschool-aged children's learning.

Harry Hooge Elementary Library - Mon, Oct 23, 3 - 4 p.m.

Katzie Health and Community Centre - 19700 Salish Rd. Pitt Meadows. Thurs, Oct 26. Dinner provided - 5 p.m. followed by APALS - 5:30 - 6:30 p.m.

Watch for details of Winter and Spring APALS sessions in upcoming newsletters

RIDGE MEADOWS ASSOCIATION FOR COMMUNITY LIVING FAMILY SUPPORT PROGRAM

offers support and information groups for parents of children and youth with special needs. Groups meet regularly. Often a speaker presents information based on the parents' interests. For more information or to be added to an email distribution list to receive invitations to meetings, please contact Tracy.Hewgill@rmacl.org. or (604) 467-8700 ext 119.

RIDGE MEADOWS CHILD DEVELOPMENT CENTRE If you have questions or concerns about your infant, toddler or young child's development, call (604) 463-0881. Speech & language therapists, occupational and physiotherapists as well as family support workers can help. For information, visit www.rmcdc.com

Family Connections Program - The Key Worker serves families whose children have Complex Developmental Behaviour Conditions (a neurological or brain-based condition with associated challenging behaviours. Includes suspected or confirmed Fetal Alcohol Spectrum Disorder.) Phone (604) 463-0881

WHAT'S ON FOR FREE AT THE LIBRARIES

PITT MEADOWS LIBRARY - #200 - 12099 Harris Rd
Babytime - Mondays, October 2 - December 4; 10:15-10:45 a.m. (closed Oct 9 & Nov 13 for statutory holidays).
Daycare Storytimes - Tues, Oct 3 - Dec 5; 10:15-10:45 a.m. Registration required.
Baby Social - Wed, Oct 4 - Dec 6; 11 a.m. -12 p.m.
Storytime - Thursdays, Oct 5 - Dec 7; 10:15-10:45 a.m.
Family Drop-in Lego Children under 5 must be accompanied by an adult. Saturdays, Oct 14 - Dec 16; 11-4 p.m.

MAPLE RIDGE LIBRARY - 130 - 22470 Dewdney Trunk Rd

Babytime - Mondays, October 2 - December 4; 10:15-10:45 a.m. (closed Oct 9 & Nov 13 for statutory holidays).
Storytime - Tues, Thurs, Sat Oct 3 - Dec 9; 10:15 -10:45 a.m.
Toddler Dance Party - Wed, Oct 25; 10:15 - 11 a.m.
Family Movie Afternoons - Fri, 3:30 - 5 p.m.
Oct 27 - Captain Underpants (PG)
Nov 24 - Ice Age: Collision Course (PG)
Night Time Tales Puppet Shows
Halloween Magic - Mon, Oct 23, 6:45 - 7:15 p.m.
Christmas Countdown - Tues, Dec 5, 6:45 - 7:15 p.m.

FREE AT THE MAPLE RIDGE HEALTH UNIT

Call (604) 476-7000 for information on any of the following:

Breastfeeding Support One-to-breastfeeding support with a public health nurse

Prenatal Breastfeeding Class. Focus is on breastfeeding basics and early success with breastfeeding. Call (604) 476-7087 to register for one of the sessions: Oct 18, Nov 15, Dec 20; 6-8 p.m.

Best Beginnings for pregnant women, new mothers, babies, children to 2 years & their families. Register for public health services by completing a form at www.bestbeginnings.fraserhealth.ca. or at your primary care provider's office and at the public health unit.

Baby Time Drop-in for parents of children younger than 12 months. A Public Health nurse will attend/ present on Oct 30 & Nov 27. Mondays, 10:15 a.m. - 2nd floor 'Story Room' at the Maple Ridge Library.

Baby Social - Wed, Oct 4 - Dec 6; 11 a.m. -12 p.m. at the Pitt Meadows Library. A Public Health nurse will attend/present on Oct 4, Nov 1, and Dec 6.

Breast Milk Depot in Maple Ridge. Did you know you can donate your breast milk? Screened donors can drop off their milk at the MR Health Unit for shipment to BC Women's Hospital Milk Bank. Milk is given to the most fragile babies in the province and those newborns in our community who require supplementation in hospital. Register at www.bcwomensmilkbank.ca Call (604) 476-7000 to drop it off.

Speech & Language monthly drop-in clinic for children 5 and younger to receive a brief screening. Sessions are 5-10 minutes and are on a first come, first served basis. Call the Health Unit for dates.

Immunization reminder! Is your child due for 18 month immunizations? Call (604) 476-7087 to book an appointment.

BABY CAFÉ - Come and meet other new parents in the community for casual conversation in a warm atmosphere. Enjoy home baked goodies, coffee, and tea. There are carpets and toys for babies to play. FREE. Toddlers welcome. St George Anglican Church, 23500 Dewdney Trunk Rd, Maple Ridge. Wednesdays, 10 a.m. - 12 p.m.

MOM & BABY YOGA - Free yoga class designed for Moms offers a unique opportunity to rebuild connections with your body, bond with your baby, and meet other moms. Tues, Oct 4 - Dec 6, 1 - 2:30 p.m. Presented by Cythera Transition House Society and Centred Within Yoga. Call Nichole at Cythera to register: (604) 467-9939 ext. 231