

# 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](mailto: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](http://www.ridgemeanowsecd.ca)



## April, May, & June Programs and Events

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

**The Hive's Children's Clothing Freecycle** will be looking for children's clean, gently-used clothing from May 1 to 24. It's a great time to clear out all the clothing they've outgrown. Freecycle is on Saturday, May 26; 11 a.m. - 2 p.m. Come pick-up free "new" clothes. Everyone is welcome!

**Food Sense: Healthy Cooking on a Budget** is a FREE 6-week cooking program to learn how to cook simple, nutritious meals. No prior cooking skills needed. Childminding may be available. Tuesdays, Apr 10-May 15; 4-7 p.m. For more information or to register, call Elaine at (604) 721-3738.

**Westcoast Family Centres' Nobody's Perfect** FREE program for parents with children birth to age 5. Discuss real life parenting situations & discover positive ways of parenting. Childcare available. Thursdays, April 12 - May 31; 12:30 - 2:00 p.m. For more information including how to register, contact [groups@westcoastfamily.org](mailto:groups@westcoastfamily.org)

## PROGRAMS AT THE EARLY YEARS CENTRE

**Webster's Corners Elementary** - 25554 Dewdney Trunk Rd. Mon - Fri, 8:30 a.m. - 6 p.m.

**Maple Ridge Public Library Storytime** 1st & 3rd Wed of the month; open 8:30 for coffee & chat; Storytime from 9-9:30 a.m. Everyone welcome!

**Community Parenting Program** Mondays until the end of June, 8:45 a.m. - 3:45 p.m.

**Westcoast Family Centres' Mother Goose** For parents and their babies or young children (0-5 years) to interact with rhymes, songs and stories. Older siblings welcome. Includes a small snack. Thursdays, April 12-May 31; 9-10:30 a.m. For more information including how to register, contact [groups@westcoastfamily.org](mailto:groups@westcoastfamily.org)

**Mother Goose** For parents and their babies or young children (0-3 years). Includes a small snack. Wed, April 18-June 6; For times or registration, email Colene at [colenethompson622@gmail.com](mailto:colenethompson622@gmail.com) Upcoming programs: Mother Goose for children with autism; parent support programs; speech program; Capable Kids Club; Kids Together. For details on these or for information about the EYC Coordinator hours, other drop-in programs or services see [www.ridgemeanowsecd.ca/eyc](http://www.ridgemeanowsecd.ca/eyc)

## Westcoast Family Centres' Intergenerational

**Mother Goose** - For parents and their babies or young children (0-5 years). Older siblings welcome. Includes a small snack. Seniors at Wesbrooke Seniors Living Community will join us in this unique intergenerational experience. Fridays, Apr 20 - June 8; 10-11:30 a.m. 12000 190A Ave. Pitt Meadows. Contact [groups@westcoastfamily.org](mailto:groups@westcoastfamily.org)

## MR/PM COMMUNITY SERVICES

**FAMILY PLACE COMMUNITY PARENTING CENTRE** 22359 119th Ave. (604) 466-8484 or (604) 788-9163. [www.comservice.bc.ca](http://www.comservice.bc.ca)

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

**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](http://www.comservice.bc.ca). We'll be moving to a new location at 22722 Lougheed Hwy as of June 25th.

## 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, 12:15 - 2:15 p.m.

**Parenting Young Children group** Thursdays, 9:30 a.m.

**For more information**, call Christina Shearme or Karen Stoddard at (604) 467-6055

[www.familied.bc.ca](http://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. Contact Karen at (604) 467-6055 or [reg@familied.bc.ca](mailto:reg@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 - To register, contact Helen at (604) 944-2500. **Healthy Babies** meets at the Family Education & Support Centre.

## RIDGE MEADOWS CHILD DEVELOPMENT CENTRE

For questions or concerns about your infant, toddler or young child's development, call (604) 463-0881. Speech & language therapists, occupational and physiotherapists, and family support workers can help. [www.rmcdc.com](http://www.rmcdc.com)

## April, May, & June Programs & Events for Families with Young Children

### 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** for families with young children. At the Family Rec Centre. Mon, Wed, 10-11:30 a.m. \$1 per child.

**Parent & Tots Strollerwalking in the Trails** (0-3 yr with an adult) Meet up to walk the local trails and neighbourhood. South Bonson Recreation Centre, Tuesdays, 9 - 10 a.m. FREE

**Family Drop-in** (ages 0-5 yr) for fun and play in the Banquet Hall at the South Bonson Rec Centre, Thursdays, 6 - 7 p.m. FREE

**STRONGSTART CENTRES - Free**, early learning drop-in program at local schools for children birth to 5 years and their parents/care-givers. 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](http://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 to register:

**Albion** (604) 463-4848: May 10; 3-4 p.m.  
**Alouette** (604) 463-8730: April 18; 3-4 p.m.  
**Eric Langton** (604) 463-3810: April 18; 4-5:30 p.m.  
**Glenwood** (604) 463-6512: April 24; 3-4 p.m.  
**Kanaka Creek** (604) 467-9050: May 25; 3:15-4:15 p.m.  
**Laity View** (604) 469-7108: April 25; May 30; 3-4 p.m.  
**Pitt Meadows Elem**, (604) 465-5828: Apr 23; 2:45-3:45 p.m.

**APALS:** In consultation with Elders and other Aboriginal community leaders, PALS has been adapted for Aboriginal communities. APALS is a play-based, culturally responsive family literacy program giving parents and caregivers new strategies to support their kindergarten and 3 & 4 year olds' learning.

**Katzie Health and Community Centre** -19700 Salish Rd. Pitt Meadows (604) 465-8921. Thurs, April 26. Dinner provided at 5 p.m. followed by APALS - 5:30 - 6:30 p.m. If you are interested, please respond to [Torrie@katzie.ca](mailto:Torrie@katzie.ca)

**READY SET LEARN:** School District 42 free early learning program for 3 and 4 year olds. Program includes special activities, story and crafts. Families receive a children's book and a parent kit with information supporting learning and development. Please go to: [www.sd42.ca/rsl-registration](http://www.sd42.ca/rsl-registration)

**Maple Ridge East Neighbourhood Event:** Tues, May 1, 5:30 - 7 p.m. at Blue Mountain Elementary School.

**Maple Ridge West Neighbourhood Event:** Wednesday, April 4, 5:30 - 7 p.m. at Hammond Elementary School.

### CYTHERA CENTRE

**Parent Chat** - Meet other moms for coffee and snacks while talking about parenting dilemmas. Babes in arms are welcome. Free childminding available for mobile babies and toddlers. Call ahead each week to register your child - (604) 467-9939. Tues, 9:30 - 11:30 a.m. at Cythera Counselling Centre - 22318 McIntosh Ave

**Mom & Baby Yoga** - No cost yoga class for moms. Rebuild connections with your body, bond with your baby, and meet other moms. No sign-up required. Tuesdays, 12:45 - 2:15 p.m. at Centered Within Yoga: 20303 Dewdney Trunk Road, Maple Ridge. For more information, contact [nichole.o@cythera.ca](mailto:nichole.o@cythera.ca).

### WHAT'S ON FOR FREE AT THE LIBRARIES

**PITT MEADOWS LIBRARY** - #200 - 12099 Harris Rd

**Babytime** - for babies up to 23 months and their caregivers; Mondays, April 9 to April 30; 10:15-10:45 a.m.

**Baby Social** - Wed, April 4 to April 25; 11 a.m. - noon; Public Health Nurse attending/presenting April 4.

**Preschool Storytime** - for 2-5 yr olds. Tues, April 3-April 24, May 1. Program repeated, Thurs, April 5-26, May 3. 10:15-10:45 a.m.

**Family Drop-in** for LEGO, Keva planks and games, Saturdays, April, May, & June; 11 a.m. - 4 p.m. Closed May 19 and June 30. Children younger than 5 must be accompanied by an adult.

**MAPLE RIDGE LIBRARY** - 130 - 22470 Dewdney Trunk Rd (programs cancelled during Spring Break, March 12 - 23).

**Babytime** - Mondays, April 9 - May 14; 10:15-10:45 a.m.

**Storytime** - Tues, Thurs, Sat, May 1 to May 26; 10:15 -10:45 a.m.

**Summer Storytime** - Tues, June 12 to June 26; 10:15 -10:45 a.m.

**LEGO Club** - Fridays, April 20, May 18, & June 15; 3:30 - 4:30 p.m. For ages 5 and older.

**Earth Day in the Park** - Saturday, April 21; 10 a.m. - 2 p.m. Come to the library tent at Memorial Peace Park for earth-friendly story times. Fun stories, songs, puppets, and rhymes.

### 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: Apr 18; May 16; or June 20; 5-7 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](http://www.bestbeginnings.fraserhealth.ca). **Please fill out a Prenatal Registration form with each pregnancy.**

**Baby Time** Drop-in for parents of children younger than 12 months. A Public Health nurse will attend/ present on Apr 30, May 28, & June 25. 10:15 a.m. 'Story Room' at the Maple Ridge Library.

**Speech & Language** monthly drop-in clinic for children 5 and younger to receive a brief 5-10 minute screening. Sessions take place Apr 25, May 23, & June 27 on a first come, first served basis.

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

**KINDERGARTEN BOOSTER FAIR** - Vaccination booster fair for families with children entering kindergarten. June 6th and 7th. To book an appointment, please call (604)476-7087.

**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. Contact (604) 466-3663

### NATIONAL ABORIGINAL DAY (June 21) CELEBRATION

At the Memorial Peace Park, 10 a.m. to 2 p.m., Sat, June 23. Traditional dance, music, and ceremonial blessings; Bannock cook-off; indigenous games, crafts, & interactive activities. All welcome!