

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

WEST COAST FAMILY CENTRES

Intergenerational Mother Goose: For parents and their babies or young children (0-5 years). Have fun with rhymes, songs, and stories. Older siblings welcome. Includes a small snack. Seniors from Wesbrooke Seniors Living Community will join in. Friday Sept 28-Nov 16, 10-11:30 am, 12000 190A Ave. Pitt Meadows. Please register with name, phone #, child's age special.projects@westcoastfamily.org

Healthy Babies: 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 pm. The Family Education & Support Centre - 22554 Lougheed Hwy, Maple Ridge. FREE – to register contact Helen at (604) 944-2500.

MAPLE RIDGE PARKS & RECREATION

Parent & Child Playtime drop-in playtime at the Leisure Centre for families with children birth to 5. Mon, Wed, Fri, 9:30-11:30 am. \$1 per child.

PITT MEADOWS PARKS & RECREATION

Parent & Child Mini Gym drop-in playtime at the Family Recreation Centre for families with children. Mon, Wed, 10-11:30 am \$1 per child.
Stroller Walking - Parents & Tots in the Trails for birth to 3 year olds with an adult. Every week, meet to walk the local trails and neighbourhood.

CYTHERA CENTRE

Parent Chat - Drop in Tues 9:30-11:30 am at Cythera Counselling Centre: 22318 McIntosh Ave., Maple Ridge. Meet for coffee and snacks while talking about parenting dilemmas for 0-6 children. Babes in arms welcome. Free childminding for mobile babies and toddlers. Call to register: (604) 467-9939.
Mom & Baby Yoga - Free. No sign-up required. Tuesday, 12:45-2:15 pm at Centered Within Yoga, #5 20306 Dewdney Trunk Road. For more info. contact nihcole.o@cythera.ca

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

FAMILY EDUCATION AND SUPPORT CENTRE

22554 Lougheed Hwy. Maple Ridge
Parenting Young Children: Thurs, 9-11 am Sep-June. For parents of children ages 0-6. Young Parents Group: Wed, 12-2pm Sept-June. For parents up to age 26. Light lunch provided.
Single Mom's Group: Mon, 5-7 pm Sept-July. Light dinner provided. Child focused programming for ages birth-12 available.
Mental Wellness Parenting: Free. Designed to meet the specific needs of parents experiencing major depression, bipolar disorder and generalized anxiety disorder while they parent. Features mental wellness material, parenting information and support. Tuesdays, 9-11 am Oct 23-Dec 1.
For more information and to register for these programs call 604-467-6055

FREE AT THE MAPLE RIDGE HEALTH UNIT

World Breastfeeding week celebration at Maple Ridge Library 11:30 am - 1pm. 'Latch on' at noon. No registration necessary. Door prizes. Family and siblings welcome.
Breastfeeding Support: one-to-one breastfeeding support with a public health nurse.
Prenatal Breastfeeding Class: focus is on breastfeeding basics and early success. Call (604) 476-7087 to register for one session: Oct 17, Nov 21, or Dec 19 from 5-7 pm.
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. **Please fill out a Prenatal Registration form with each pregnancy.**
Baby Time Drop-in for parents of children younger than 24 months at the Maple Ridge Library. Mondays 10:15-10:45am. Public Health Nurse attends monthly.
Baby Social Drop-in for parents of children younger than 24 months at the Pitt Meadows Library. Wednesdays 11 am-12pm. Public Health Nurse attends once a month
Speech & Language Monthly drop-in clinic: First come, first served basis. for children five and younger to receive a 5-10 minute screening Oct 24 and Nov 28 from 1:30-3 pm.
Immunization reminder: your child due for 18-month immunizations? Call (604) 476-7087 to book an appointment.
Breast Milk Depot - 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 who require supplementation in hospital. Register at www.bcwomensmilkbank.ca. Call (604) 476-7000 to drop off.

October, November & December Programs & Events for families with young children

WHAT'S ON FOR FREE AT THE LIBRARIES

MAPLE RIDGE LIBRARY – #130 - 22470 Dewdney Trunk Rd.

Babytime: Mondays, Oct 1 - Dec 3, 10:15-10:45 am. For babies up to 23 months and their caregivers. There will be special presentations on Dental, Introductions to Solids and Sleep by the MR Public Health unit on the last Monday of each month after the program.

Storytime: Tues, Thurs, Sat, Oct 2 - Dec 8, 10:15-10:45 am. Introduce kids to the love of books and language. Children and caregivers.

All ages.

Baby Playtime: Wed, Oct 24 & Nov 28, 10:30-11:30 am. Come play with your baby at the library, meet other parents and develop early literacy skills. This program is best suited for babies and toddlers who are under two years old.

Toddler Dance Party: Wednesdays, Oct 17 & Nov 21, 10:15-10:45 am. Do you and your child like to dance?

Pajama Storytime Wednesdays, Oct 3, Nov 7 & Dec 5, 6:45-7:15 pm. Stories, songs, rhymes, and more. Kids are encouraged to wear their pajamas and bring their favourite stuffie.

Early Years Centre Storytime at Webster's Corners Elementary 1st & 3rd Wednesday beginning Oct 5, 9-9:30 am, excluding school holidays. Listen to stories, meet amazing puppets, sing, dance. Door opens at 8:30 am. No registration required. Everyone welcome

Diwali: Festival of Light - Saturday Oct. 20, 2-4 pm. Join the library, Ridge Meadows South Asian Cultural Society, Family Education and Support Centre, Interfaith Building Bridge and ISSofBC

PITT MEADOWS LIBRARY- 3200-12099 Harris Road.

Babytime: For babies up to 23 months and their caregivers Mondays 10:15-10:45 am.

Preschool storytime: Tuesdays, 10:15-10:45 am

Baby Social: Wednesdays. Public Health nurse will make monthly visits Oct 3, Nov 7 and Dec 5.

PALS (Parents as Literacy Supporters)

Free literacy program for parents/caregivers, kindergartners or children 3-4. Free book with each session. Please call school to register:

Albion 604-463-4848: Nov 14, Jan 16, Feb 20, Apr 24 (3-4pm)

Alouette 604-463-8730: Oct 18, Jan 24, Feb 20, Apr 24 (3-4 pm)

Davie Jones 604-465-9908: Nov 22, Jan 23, Feb 28, Apr 17 (3-4pm)

Eric Langton 604-463-3810: Nov 21, Feb 20, Apr 17, May 8 (4-5:30pm)

Kanaka Creek 604-467-9050: Nov 16, Feb 22, May 24 (3:15-4:15pm) Laity View 604-463-7108: TBA

Pitt Meadows Elementary 604-465-5828: Nov 6, Jan 22, Apr 9, May 14 (2:45-3:45pm)

The Hive Neighbourhood Centre Children's Clothing Freecycle

Saturday, Nov 24 from 11 am - 2 pm. at Eric Langton Elementary. Donations of clean, gently-used clothing accepted in the front lobby from the beginning of November.

RIDGE MEADOWS CHILD DEVELOPMENT CENTRE

For questions or concerns about your infant, toddler or young child's development, call 604-463-0881. Speech and language therapists, occupational and physiotherapists, and family support workers. www.rmcdc.com * **Note:** Due to flooding the RMCDC is temporarily located in the Haney Professional Building (11743 224th Street).

MAPLE RIDGE/PITT MEADOWS COMMUNITY SERVICES

Family Place Community Parents Centre 22359 119th Ave.

Free programs for families with young children. Register at 604-466-8484 or 604-778-9163.

Dress for a Mess: Spend some quality time with your 0-6 aged child while meeting other families. Learn about community resources. Enjoy healthy snacks. Mon 9-11 am, Tues and Wed, 9:30-11:30 am, Thurs 10-noon for ages 0-3.

CHILD CARE RESOURCE & REFERRAL - Drop by our new temporary location at 22722 Lougheed Hwy. Free referrals and information for parents seeking childcare or preschool; help with child care subsidy applications; large educational toy lending library (annual fee \$5) for families with children up to age 12; support for home-based child care providers (membership is free). Call (604) 467-2273

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. Register with your child's birth certificate the first time you drop in.

Mornings 8:30-11:30 am daily

Davie Jones	12030 Blakely Rd, Pitt Meadows
Eric Langton	12138 Edge St, Maple Ridge
Garibaldi	24789 Dewdney Truck Rd, 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 Mon, Wed and Fri

Afternoons 11:30-2:30 Tues and Thurs

Fairview	12209 206 St, Maple Ridge
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RIDGE MEADOWS ASSOCIATION FOR COMMUNITY

LIVING Orientation to Autism: Does your child have a new Autism diagnosis? Join us for information on next steps and resources on Nov 29, 10-11:30 am at (11641 224 Street Maple Ridge). Free. Please RSVP at least two days prior to the event.

FREE PROGRAMS AT THE EARLY YEARS CENTRE

Webster's Corners Elementary 25554 Dewdney Trunk Rd.

Community Parenting Program drop-in: free fun activities with your child; questions about community resources; suggestions for successful parenting strategies; help with paperwork. Mon, 8:45-11:45 am.

The Story Blanket: Storytelling, songs, crafts with Aboriginal Infant Development Consultant, Melissa Burgher and guest librarian, Liza Morris from Maple Ridge Public Library. Fridays, 8:30-10 am. Everyone welcome. A small snack will be included.

Come Sing & Play with Me! A music group for families with children ages 6 and under living with autism spectrum disorder or suspected autism. Tuesdays, Oct 2 to Nov 20. For more information or to register, contact Colene at neil_colene@shaw.ca

Mother Goose: Parents and their babies, or young children (0 - 3 years old) interact with rhymes, songs, and stories. Older siblings welcome. A small snack will be provided. Thurs, Sept 27- Nov 15, 9:30 am to 11 am.

To register, contact Colene at neil_colene@shaw.ca.

Capable Kids Club: A free parent and child program, Thursdays Nov 22 to Dec 20, 10 am - 2 pm.

EYC Coordinator: Check out www.ridgemeanowsecd for specific dates and times the Early Years Coordinator will be on site.