



604.467.6055  
22554 LOUGHEED HIGHWAY  
MAPLE RIDGE, BC V2X 2V1



2019 - 2020

# PROGRAMS & SERVICES

[WWW.FAMILYED.BC.CA](http://WWW.FAMILYED.BC.CA)



Facilitating growth and  
development in  
**families and  
communities**

since 1971, by providing information,  
education, resources and support  
through public and private  
collaborative partnerships

## Parenting and Personal Growth Programming

We provide a wide variety of information and discussion-based groups, designed to support the unique needs of families in our community. For registration contact the Registrar at 604-467-6055 (ext 101) [reg@familyed.ca](mailto:reg@familyed.ca), or register online at [www.familyed.bc.ca](http://www.familyed.bc.ca).

If you would like to learn more about hosting a personal growth program for your community group please contact our Community Development Coordinator Nikki Nevison at [communitydev@familyed.ca](mailto:communitydev@familyed.ca)

## Parenting Through the Ages and Stages:

### (0-6)STEP E Parenting Young Children:

**Price: No cost.** Developmentally appropriate parenting skills for children aged 0-6. Programming for children 0-6 is available.

*Tues/Fri. 9:30-11:30am: Sept 24-Oct. 18/19*

*Tues/Fri. 9:30-11:30am: Feb. 4-28th, 2020*

*Tues/Fri. 9-11pm June 2-26, 2020*

### (8-17) Connect Parent Group

**Price: No cost.** Supporting parents and caregivers with concerns about their pre-teen and teens behaviour and emotional health.

*Tues. 6-8pm: Sept 17-Nov 19, 2019*

*Tues. 6-8pm: Jan 14-March 17, 2020*

### Mental Wellness Parenting:

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

*Tues. 7-9pm: Oct. 1- Nov. 26, 2019*

*Tues. 11:30-1:30pm: April 28- June 16, 2020*

### Immigrant Parenting Program:

**Price: No cost.** This program will inform and educate parents about parenting as immigrants in Canada. Programming for children 0-6 is available. Starting September 12, 2019.

## Children's programming:

**CAPC Community Action Plan For Children.** This play focused program promotes health and social development of children ages 0-6. This program runs in connection with certain parent programming.

**School's Cool:** **Price: No Cost.** We are offering 2 sessions of this eight week kindergarten readiness program for children entering school September 2020. Priority will be given to children who have not attended preschool. Registration begins September 2019 for both January and April programs.

**I Am Awesome - Spring and Summer Camps:** **Price \$86.** This course is designed to help young individuals with communication styles, triggers, "I" statements, looking at their special inner qualities, how to deal with stress and how to be a friend.  
*6-8Y/o Mon-Thurs. 9-1pm March 16-20/2020 and 9-12 y/o Mon.-Thurs 9-1pm March 23-27/2020 Summer dates TBA on [www.familyed.bc.ca](http://www.familyed.bc.ca)*

**Home Alone:** **Price: \$30/1parent, 1child.** An Opportunity for parents and 9-12 y/o to gain skills and information about being safe and making good choices when home alone. An Opportunity for parents and 9-12y/o to gain skills and information about being safe and making good choices when home alone.

For information on sessions hosted at your child's school please contact Nikki Nevison [communitydev@familyed.ca](mailto:communitydev@familyed.ca)

## Parenting Workshops

**Parenting Resilient Children:** **Price: \$30.** Understand better what resiliency is and how we can foster it in our families.  
*Tues. 6-8pm, Nov 26, 2019 Tues. 6-8pm, April 7, 2020*

**Conflict Resolution For Parents:** **Price: \$30.** Learn how to use "I" statements, Conflict management parenting style, trigger scale, active listening, paraphrasing and open questions for parenting.  
*Wed.6-8pm, Nov 27, 2019 Wed.6-8pm, April 8, 2020 Wed. 6-8pm, June 24, 2020*

**Happily Divorced :** **Price \$30.** This workshop looks at communication styles, boundaries, expectations, goals and commonalities between you and your ex partner.  
*Thurs. 6-8pm, Nov 28, 2019 Thurs. 6-8pm, April 9, 2020 Thurs. 6-8pm, June 25, 2020*

**After the Anger - Men's Group:** **Price \$30.** A continuation of Anger Management for Men working on anger management, conflict resolution, effective communication skills, stress management  
*Sat. 10-12pm, Nov 23, 2019 Sat.10-12pm, April 4, 2020 Sat. 10-12pm, July 4th,2020*

**Keeping the Change - Women's Group:** **Price: \$30.** A continuation of Brave New You are focusing on boundaries, empowerment, self-acceptance and enjoying the person you are.  
*Sat. 10-12pm, Nov 23, 2019 Sat. 10-12pm, April 4, 2020 Sat. 10-12pm, July 4th,2020*

## Conflict Resolution and Anger Programming:

**Healthy Relationships:** **Price: \$45/part \$90 for both parts-based on 2 people.** This 2-part course looks at the fundamentals of any adult relationships: including the foundation, needs, wants and learning new communication skills.

*Pt 1: Fri. 6-9pm Sept 27, 2019 and Sat. 10-1pm Sept 28 Pt 2: Fri. 6-9pm Oct 4, 2019 and Sat. 10-1pm Oct 5, 2019*

*Pt. 1: Fri. 6-9pm, Jan 24, 2020 and Sat. 10-1pm, Jan 25, 2020 Pt 2: Fri.6-9pm, Jan 31, 2020 and Sat. 10-1pm, Feb 1/20*

*Pt. 1: Fri.6-9pm, May 1 and Sat. 10-1pm, May 2, 2020 Pt 2: Fri. 6-9pm, May 8 and Sat.10-1pm, May 9, 2020*

**Caring Dads:** **Price: No Cost.** Helping fathers working to repair their relationships with their families.  
*Wed. 6:30-8:30pm, Oct. 16- Dec. 18 Jan. 8-Feb. 19, 2020. Wed. 6:30-8:30pm April 1-July 22, 2020*

### Men's Anger Management:

**Price: \$90.** Deals with the complex nature of anger, recognizing triggers, alternative methods of expression, and how to diffuse anger.

*Sat.10-2pm, Oct 19-Nov 16, 2019*

*Sat.10-2pm, Feb 15-March 14, 2020*

*Satu.10-2pm, May 30-June 27, 2020*

**Brave New You - Women's Anger Group:** **Price: \$90.** Women learn about creating and keeping their boundaries, healthy communication, managing challenging conversations, expressing feelings and identifying your needs.  
*Sat. 10-2pm, Oct 19-Nov 16, 2019 Sat. 10-2pm, Feb 15-March 14, 2020 Sat. 10-2pm, May 30-June 27, 2020*



**Anger Monsters:** **\$90 for 1 parent and 1 child. \$25 per additional person.**

**Children's program 8 - 12ys olds** learn what anger is, their triggers and tools for learning to control their anger..

**Parent's program** – Features skills from Neufeld Institute, anger cycles, goals of behaviour, how to support their child's efforts to tame their anger monster, and calming techniques.

*Sat. 3-5pm, Oct 26-Nov 16, 2019*

*Sat. 3-5pm, Feb 22- March 14, 2020*

*Sat. 3-5pm, June 6- June 27, 2020*



## Support Groups:

All Support groups are FREE. Are you looking for a place to belong? Support Groups bring community members together to talk through daily living and learn from one another with a trained facilitator. **Registration is required** for ALL support groups.

**Parenting Young Children:** Thursdays 9-11am Sept-June. -For parents of children ages 0-6. Programming for children 0-6 is available.

**Young Parents Group:** Wednesdays 12-2pm Sept-June. - For parents up to age 26. Light lunch provided. Programming for children 0-6 is available.

**Great Dads Group:** Thursdays 6-8pm Sept- June. For fathers of children 0-6pm. Light dinner provided. Programming for children 0-6 is available.

**Single Mom's Group:** Mondays 5-7pm Sept.-July - Light dinner provided. Programming for children 0-12 is available.

**Multicultural Women's Group:** Wednesdays 10-11:30am. Programming for children 0-12 is available. Starting on Sept 11, 2019.

**Care and Share** - 7-8:45pm 3rd Tues of each month- Support group for family members and friends of people living with a mental illness. Contact Nancy Friesen at 604-720-3935 or nfriesen@bccs.org

**Strengthening Families Together--Support group for family of people with serious mental illness, focusing on major psychiatric disorders.** Contact Nancy Friesen @604-720-3935 or nfriesen@bccs.org

**Acquired Brain Injury- 1st Wednesday of each month. Support for individuals suffering from brain injuries that have affected their lives.** To attend contact Nora Chambers @ 604-862-9724

**Relaxation &Therapeutic Touch- 2nd and 4th Tuesday of the month.** For people living with cancer, pain, stress and or debilitating illness. Featuring relaxation and meditation, sharing, caring and Therapeutic Touch. Contact Jean @604-463-7771.

**Fibromyalgia Support Group- Last Tuesday of the month from 11-1pm.** Drop in support for people living with Fibromyalgia, Chronic Fatigue and other chronic pain. Contact Peggy Turner @778-878-0650 or Debbie Ewart @ 778-835-0042 to register.



We recognize the unceded and traditional territories of the Katzie and Kwantlen First Nations. We respectfully acknowledge the many nations who are represented by the urban Indigenous population in the Ridge Meadows Community.

## 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. Contact Carolina Echeverri @ 604-467-6055 or msc@familyed.ca

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

**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.

**Family Leaf Family DropIn:** For parents and caregivers with children 0-6. @ Websters Corner School - **Tuesday mornings 8:30-12:30** (will run in accordance with school calendar.) @ The Center - **Wednesdays 2-6pm, Fridays 4-8pm, Saturdays 9:30-1pm and Sundays 2-6pm**



**Family Navigations** is a free service available to families with children 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.

