

THE FAMILY EDUCATION & SUPPORT CENTRE

Since 1971

FACILITATING GROWTH AND DEVELOPMENT

The Family Education & Support Centre is going virtual this year, with a seasonal brochure regarding course information, 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 the 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: **TBA**
Time: **TBA**
Cost: **FREE**

STEP - E

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

Date: **Sept. 29 - Oct. 23 (Tues/Fri)**
Time: **10am - 12pm**
Cost: **FREE**



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 resources, parenting information and support. Programming for children 0-6 is available.

Date: **Oct. 7 - Nov. 25 (Wed)**
Time: **9:30am - 11:30am**
Cost: **FREE**



CONFLICT RESOLUTION AND ANGER PROGRAMS

HEALTHY RELATIONSHIPS

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

Pt. 1

Date: **Sept. 25 (Fri) 6 - 9pm**
Sept. 26 (Sat) 10am - 1pm

Pt. 2

Date: **Oct. 2 (Fri) 6 - 9pm**
Oct. 3 (Sat) 10am - 1pm

Cost: **\$90/per part**
***price based on two participants**



MEN'S ANGER MANAGEMENT

Deals with the complex nature of anger, recognizing triggers, alternative methods of expression, and how to defuse anger.

Date: **Sept. 27 - Nov. 1 (Sun)**
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 your needs.

Date: **Nov. 7 - Dec. 5 (Sat)**
Time: **10am - 2pm**
Cost: **\$90**

CARING DADS

Helping fathers working to repair their relationships with their families.

Date: **Sept. 23 - Dec. 16 (Wed)**
Time: **6:30 - 8:30pm**
Cost: **FREE**

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: **Sept. 29 - Oct 8 (Tues/Thurs)**
Time: **6pm-8pm**
Cost: **\$90**

CHILDREN'S PROGRAMMING

HOME ALONE

An opportunity for parents and children 9-12 years old to gain skills and information about being safe and making good choices when home alone. Registration can be done through sd42.

Date: **TBA**

Time: **TBA**

Cost: **TBA**



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.

Date: **TBA**

Time: **TBA**

Cost: **FREE**

UNITED WAY - SCHOOL'S OUT PROGRAM

The theme of this after-school program is Culture. Participants are provided with the opportunity to develop natural curiosity and a desire to learn. Each week will feature a different culture and provide the opportunity for structured group activities that promote participation. Cultures will be explored through food, activities, and crafts! The SOP program will be taking place in person, after school.

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

Cost: **FREE**

Davie Jones Elementary

Date: Oct. 27 - Dec. 15 (Tuesdays)

Glenwood Elementary

Date: Oct. 28 - Dec. 16 (Wednesdays)

Eric Langton Elementary

Date: Oct. 29 - Dec. 17 (Thursdays)



United Way
Lower Mainland

PARENTING WORKSHOPS



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. 22 (Sun)
Time: 10am - 12pm
Cost: \$30

CONFLICT RESOLUTION PARENTING

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

Session 1

Date: Sept. 22 (Tues)
Time: 10am - 12pm
Cost: \$15

Session 2

Date: Nov. 24 (Tues)
Time: 10am - 12pm
Cost: \$15

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: Oct. 20 (Tues)
Time: 10am - 12pm
Cost: \$15

SUPPORT GROUPS

CAPC COMMUNITY ACTION PLAN FOR CHILDREN

YOUNG PARENTS GROUP

For parents up to age 26. Programming for children 0-6 is available.

Date: **Sept. - June (Wednesday's)**

Time: **12 - 2pm**

SINGLE MOM'S GROUP

Programming for children 0-12 is available.

Date: **Sept. - July (Monday's)**

Time: **5 - 7pm**

PARENTING YOUNG CHILDREN

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

Date: **Sept. - July (Thursday's)**

Time: **9 - 11am**

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

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](mailto:Galina@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.ridgemeanowsnewcomers.com or contact [Carolina at msc@familyed.ca](mailto:Carolina@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](mailto:Carolina@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 FRIS Fraser River Indigenous Society. For more information please contact [Carolina Echeverri at msc@familyed.ca](mailto:Carolina@familyed.ca)



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 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.

Please note, these details are subject to licensing.

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

LOOKING FOR MORE INFORMATION?

We are sorry to say that due to Covid-19, we cannot guarantee the programs, as listed above, will run this fall. At this time we cannot allow drop-in visits to the centre. Visits can be arranged by appointment only.

FOLLOW US

Stay connected and you will be notified on health and wellness updates, be the first to know about any "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)

CONTACT US

22554 Lougheed Hwy, Maple Ridge, BC

(604) 467 - 6055

or email reg@familyed.ca

