

# THE FAMILY EDUCATION & SUPPORT CENTRE

*Since 1971*

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## FACILITATING GROWTH AND DEVELOPMENT

The Family Education & Support Centre is happy to share with you the Spring/Summer brochure where you will find program descriptions, 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 up-to-date BC Health and WorkSafe BC guidelines.

Contact us at (604) 467 - 6055 or [reg@familyed.ca](mailto: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: **June 28- July 22 (Tues/Fri)**  
Time: **1-3pm**  
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 and parenting information, resources, and support. Programming for children 0-6 is available.

Date: **April 6- May 25 (Wed)**  
Time: **10-12**  
Cost: **FREE**



# CONFLICT RESOLUTION AND ANGER PROGRAMS

## HEALTHY RELATIONSHIPS

This course looks at the fundamentals of any adult relationship including the foundation, needs, wants, and communication skills.

Date: **May 7 & 14**

Time: **9am-3pm**

Cost: **\$90**

**\*price for two participants\***

## ANGER MONSTERS

An anger management course directed at children aged 8-12.

Date: **May 28- June 18 (Sat)**

Time: **330-530pm**

Cost: **\$90**

**\*price for 1 parent and 1 child**

## MEN'S ANGER MANAGEMENT

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

Date: **April 24- May 15 (Sun)**

Time: **9am - 2pm**

Cost: **\$90**

## KEEPING THE CHANGE

A 2hr workshop follow up to the Brave New your course.

Date: **July 16th (Sat)**

Time: **10am-12pm**

Cost: **\$30**

## BRAVE NEW YOU

Women learn about creating and keeping their boundaries, healthy communication, managing challenging conversations, expressing feelings and identifying personal needs.

Date: **May 7- June 4 (Sat)**

Time: **9am - 2pm**

Cost: **\$90**

## CARING DADS

Helping fathers working to repair their relationships with their families.

Date: **April 6- July 27**

Time: **630pm-830pm**

Cost: **FREE**

# PARENTING WORKSHOPS



## CONFLICT RESOLUTION PARENTING

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

**Date: April 12 OR June 14 (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: May 10 (Tues)**

**Time: 10am - 12pm**

**Cost: \$15**

## 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: June 5 (Sun)**

**Time: 10am - 12pm**

**Cost: \$30**



# CHILDREN'S PROGRAMMING

## SCHOOL'S COOL

We are offering an eight week kindergarten readiness program for children entering school September 2022. Priority will be given to children who have not attended preschool.

Date: **Apr. 1st- June 24 (Tues/Fri)**

Time: **1-4 pm**

Cost: **FREE**



## UNITED WAY - SCHOOL'S OUT PROGRAM

### Resiliency through Recreation

This program will focus on fun activities around the different elements of resiliency such as optimism, competency, emotional development and relationships. Students Kindergarten to Gr 7 are welcome and we have mentors on site to help with any additional needs.

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

Cost: **FREE**

### Pitt Meadows Elementary

Date: **April 12th - May 31st (Tues)**

### Golden Ears Elementary

Date: **April 13- June 1st (Wed)**

### Eric Langton Elementary

Date: **April 14th - June 2nd (Thurs)**



**United Way**  
Lower Mainland

# SUPPORT GROUPS

## YOUNG PARENTS GROUP

An opportunity to connect with other young parents. Come and join us! For parents up to age 26. Programming for children 0-6 is available during group sessions.

Please contact [admin@familyed.ca](mailto:admin@familyed.ca)

## SINGLE MOM'S GROUP

An opportunity for single mother's to get together. Programming for children 0-12 is available during group sessions.

Please contact [admin@familyed.ca](mailto:admin@familyed.ca)

## PARENTING YOUNG CHILDREN

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

Date: **Thursday's from Sept. - June**

Time: **9 - 11am**

## GREAT DADS

Supporting Dads of children aged 0-6. Weekly phone support and weekly virtual group meetups.

Please contact [pep@familyed.ca](mailto:pep@familyed.ca)

**CHILDRENS PROGRAMMING FOR DROP IN & MENTAL WELLNESS IS PROVIDED BY:  
CAPC COMMUNITY ACTION PLAN FOR CHILDREN**

## FAMILY LEAF DROP-IN

For parents and caregivers with children 0-6 years of age. Please contact Massie at [dropin@familyed.ca](mailto: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](mailto: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, and Pitt Meadows.

## 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 [reg@familyed.ca](mailto:reg@familyed.ca)

Date: **Summer 2022**

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](http://www.ridgemeanowsnewcomers.com) or contact Carolina at [msc@familyed.ca](mailto:msc@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:msc@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 Fraser River Indigenous Society. For more information please contact Natalie Binns at [antiracism@familyed.ca](mailto:antiracism@familyed.ca)



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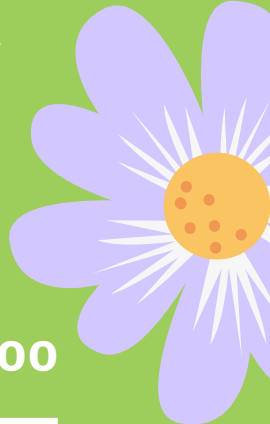
# UNDER THE TREE CHILD CARE CENTRE

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 for 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.

We are located at 9975 272nd Street, Maple Ridge.  
Our Fees are as follows.



<b>Under 36 months</b>	<b>\$1,200.00</b>
<b>30 months to School Age</b>	<b>\$1,060.00</b>
<b>Preschool</b>	<b>\$600.00</b>
<b>BAS</b>	<b>\$590.00</b>



**FOR MORE INFORMATION PLEASE CONTACT  
UNDERTHETREE@FAMILYED.CA**





# UNDER THE TREE CHILD CARE CENTRE PHOTO GALLERY



# ADDITIONAL INFORMATION

## KNOW BEFORE YOU GO

We cannot guarantee that our programs as listed in the brochure will run in the spring/summer and are subject to change in accordance with Public Health Orders. Masks will not be made mandatory; however, our agency acknowledges and respects the choice to wear a mask, or not, as a personal choice for clients and staff.

If you wish to speak with a specific staff member, we recommend calling ahead of time, to ensure that they are in the office and available at your requested time. Masks may be required for in person, close contact meetings.

We also require clients to sanitize or wash your hands upon entry into the building and sign in during your group. Please note, if you are experiencing any cold or flu like symptoms, you will be asked to go home, and return upon feeling better.

## LATEST UPDATES

If you wish to speak with a specific staff member, we recommend calling ahead of time, to ensure that they are in the office and available at your requested time

## STAY CONNECTED

Be the first to get notified on health and wellness updates, pop-up programs, and special events hosted by The Family Education & Support Centre



[www.familyed.bc.ca](http://www.familyed.bc.ca)



[@familyed.bc.ca](https://www.instagram.com/familyed.bc.ca)



[TheFamilyEducationandSupportCentre](https://www.facebook.com/TheFamilyEducationandSupportCentre)

## LOOKING FOR MORE INFORMATION?

22554 Lougheed Hwy, Maple Ridge, BC  
(604) 467 - 6055  
or email [reg@familyed.ca](mailto:reg@familyed.ca)

