



## FREE BURNABY SPRING PROGRAMS\* 2022

Agency	Website	Program Name(s)	Program Information	Dates	Registration Details
Burnaby Family Life	<a href="https://bflgrowscommunity.org/">https://bflgrowscommunity.org/</a>	In person Family Drop-In's, Learning together though play, Baby & Me Second stage, and Mother Goose	<p>Family Resource Programs (FRPs) are parent/child interactive centres for families with children 0–6 years. Our services are designed to strengthen parenting skills, provide stimulating environments for children, and promote family and community engagement. FRPs focus on five core areas of service:</p> <p>Family Support            Play-based Learning            Early Learning and Literacy            Parent Education            Information and Referrals</p> <p>For more information and program descriptions, times and locations please visit: <a href="https://bflgrowscommunity.org/">https://bflgrowscommunity.org/</a></p>	<ul style="list-style-type: none"> <li>• <b>Family Drop ins</b> Mondays, Wednesdays, Thursdays Fridays</li> <li>• <b>Learning together though play</b> – -Tuesdays &amp; Saturdays at BFL's McKercher location -Wednesdays at BFL's Edmonds location -Saturday North Burnaby location to be announced soon</li> <li>• <b>Mother Goose</b> – Mondays and Fridays</li> </ul>	Drop ins welcome. No preregistration required except for Mother Goose.
Burnaby Family Life	<a href="https://bflgrowscommunity.org/">https://bflgrowscommunity.org/</a>	Expecting & New Moms: We're Here For You And Baby Pregnancy Outreach Program (prenatal) Baby & Me (second stage) Healthy Care Pregnancy Program	One-to-one, by phone, online, or virtual groups	Ongoing	To register please visit website <a href="http://www.bflgrowscommunity.org/expecting-new-moms">www.bflgrowscommunity.org/expecting-new-moms</a>

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Burnaby Family Life	<a href="https://bflgrowscommunity.org/">https://bflgrowscommunity.org/</a>	<b>In person Parenting and support groups:</b> <ul style="list-style-type: none"> <li>Nobody's Perfect- Tuesdays and Fridays</li> <li>LGBTQ2SIA+ Parent Support Group - Tuesdays</li> <li>Systematic training for effective parenting (STEP) (Tuesdays online and Saturdays in person)</li> <li>Calm &amp; Confident Parenting - Wednesdays</li> <li>Fatherhood, A Journey – Wednesdays-online</li> <li>Anger management for Men – Thursdays – online</li> <li>Parenting for Immigrants – Thursdays</li> <li>Parenting for Immigrants (ARABIC) - Fridays</li> <li>Immigrant Women Support Group- Fridays</li> </ul>	Our Parenting and Support programs provide a safe a safe and inclusive space for parents, caregivers and other individuals to learn about themselves, their children, and how to build productive skills that can support the healthy development of their family, their children and themselves. For program descriptions please visit: <a href="https://bflgrowscommunity.org/">https://bflgrowscommunity.org/</a> Free childcare for children 18m to 10years is available for all in person programs. <i>Pre-registration required for childcare.</i>	For dates, times and locations please visit <a href="https://bflgrowscommunity.org/">https://bflgrowscommunity.org/</a>	For program descriptions and registration please visit: <a href="https://bflgrowscommunity.org/">https://bflgrowscommunity.org/</a> OR Call 604-659-2200
Burnaby Neighbourhood House	<a href="https://burnabynh.ca/get-involved-family/">https://burnabynh.ca/get-involved-family/</a>	Online and in person, family drop-in programs, family support services, community kitchen programs, and more ...	Visit website for online calendar with details	Ongoing	To register please visit website
Burnaby Public Library	<a href="https://bpl.bc.ca/events#/">https://bpl.bc.ca/events#/</a>	Outdoor Family and Baby Storytime	Songs and rhymes, for children of all ages, and their caregivers	Visit website for details	No registration required. Visit website for details.
Burnaby Public Library	<a href="https://bpl.bc.ca/events/babytime-april-13">https://bpl.bc.ca/events/babytime-april-13</a>	Online Baby Storytime	For newborn to 18-month-old babies and their caregivers. Share songs, rhymes, bounces and stories with your baby. Connect with other new parents in Burnaby from the comfort of your home.	Wednesdays, April 6 to May 4.	Register online, at any BPL location or call 604-436-5400. Registration opens two weeks before each session.

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For more information on Burnaby COVID 19 activities, supports and services for children 0 to 6 years old and families go to COVID 19 Resources & Supports at: [www.kidsinburnaby.ca](http://www.kidsinburnaby.ca)



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Cameray Child and Family Services	<a href="http://www.cameray.ca/parent-support-program/">www.cameray.ca/parent-support-program/</a>	Interactive groups for young children (i.e. Circle Time, Family Literacy Circle, etc.), Parent support groups, Circle of Security Parenting program, Parenting Workshop for Newcomers to Canada, and one-one counselling.	For Burnaby and New Westminister residents with one or more children under the age of 5 years old.  Online family groups, activities for children and families, and supports for parents.	Visit website for online calendar with details	Email: <a href="mailto:pspgroupsignup@cameray.ca">pspgroupsignup@cameray.ca</a>
Family Service of Greater Vancouver	<a href="http://www.fsgv.ca/programs/early-childhood-community-consultant/">www.fsgv.ca/programs/early-childhood-community-consultant/</a>	One-on-One Consultations	Ask questions and get support with free one-on-one consultations about your child's development, behavior, parenting tips, tricks and education, either virtually, a visit in the community or in the comfort of your own home.	Ongoing	For more information or to see availability contact Anita at: call/text: 604.723.9548 or email <a href="mailto:aolson@fsgv.ca">aolson@fsgv.ca</a>
Information Children	<a href="http://www.informationchildren.com">www.informationchildren.com</a>	Parent Workshops and Events including Circle of Security Parenting, Parenting Toddlers and Preschoolers, New Parents Groups, Online Storytime, and one-to-one parent-coaching. Parenting Helpline and E-support	Information, support and referrals to parents and caregivers with children 12 years and under.	Ongoing	Helpline: 778.782.3548 Email: <a href="mailto:info@informationchildren.com">info@informationchildren.com</a> To book parent coaching: <a href="https://calendly.com/informationchildrenparentcoaching">https://calendly.com/informationchildrenparentcoaching</a>

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Metis Nation BC	<a href="https://www.mnbc.ca/families/">https://www.mnbc.ca/families/</a>	Metis Family Connections	For Metis families with children birth to 8 years. Families build a network of support that provides children with opportunities for early learning and childhood.	Ongoing	Visit website for details: <a href="https://www.mnbc.ca/mfc/">https://www.mnbc.ca/mfc/</a>
Metis Nation BC	<a href="https://www.mnbc.ca/families/">https://www.mnbc.ca/families/</a>	Miyoopimatishihk (Wellbeing) Program	For families with Metis children birth to 8 years old. Metis families can apply for and access services funded directly by MNBC.	Ongoing	Visit website for details: <a href="https://www.mnbc.ca/wellbeing/">https://www.mnbc.ca/wellbeing/</a>
Metis Nation BC	<a href="https://www.mnbc.ca/families/">https://www.mnbc.ca/families/</a>	Imagination Library	A literacy program for Metis children birth to 4 years. Metis children that are registered in the program received free, age appropriate books each month.	Ongoing	Visit website for details: <a href="https://www.mnbc.ca/imagination-library/">https://www.mnbc.ca/imagination-library/</a>
MOSAIC's Family Centre	<a href="http://www.mosaicbc.org/services/family-children-youth/family-centre/">www.mosaicbc.org/services/family-children-youth/family-centre/</a>	Newcomer's Group, Parent Participated Early Learning, Preschool Orientation, and One-on-One support	For Government Assisted Refugee families with young children aged 0-6, new to Canada, less than five years: information and programs on parenting, childhood development, as well as programs for families and outreach to help families navigate and locate other supports and resources. Online and in-person.	Ongoing	To register please email: <a href="mailto:family_centre_reception@mosaicbc.org">family_centre_reception@mosaicbc.org</a> or call 604. 636. 0120

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Agency	Website	Program Name(s)	Program Information	Dates	Registration Details
Pacific Immigrant Resources Society	<a href="https://pirs.bc.ca/programs-services/childrens-programs/">https://pirs.bc.ca/programs-services/childrens-programs/</a>	Home Visiting Program (English, Arabic, French)	Online parent support program for newcomer immigrant and refugee parents/caregivers, providing information and support on parenting in a Canadian context, including access to relevant resources and services. There is also a play-based early education for children birth to 6 years old.	Ongoing	To set up an appointment, or for more information call: 604.298.5888 or email: <a href="mailto:info@pirs.bc.ca">info@pirs.bc.ca</a>
Pacific Immigrant Resources Society	<a href="https://pirs.bc.ca/programs-services/childrens-programs/">https://pirs.bc.ca/programs-services/childrens-programs/</a>	Kids Have Stress Too, Nobody's Perfect (English and Arabic), Nobody's Perfect (Mandarin & Cantonese), and Parent-Child Mothergoose	Programs for immigrant and refugee families	See website for details	See website for details
The Purpose Society	<a href="http://www.facebook.com/purposesociety6thSt/">www.facebook.com/purposesociety6thSt/</a>	Early Childhood Programs	Resources, news bulletins and more...	Ongoing	Visit FB page: <a href="http://www.facebook.com/purposesociety6thSt/">www.facebook.com/purposesociety6thSt/</a>
Spirit of the Children	<a href="http://www.sotcs.ca/children/">www.sotcs.ca/children/</a>	Soaring Eagles Play Time, Hlúlu Drop-In's, Aboriginal Infant Development, Aboriginal Supported Development, Obin Ni'i (Gitxsan for "I am pregnant") Prenatal Program, Infant Massage, FASD Parenting Support Group, and Jordan's Principle Service Coordinator	Programs and supports (in person and online) for Indigenous parents, grandparents, and caregivers.	See website for details	To register please visit website

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STLEO Youth and Family Services Society	<a href="https://www.stleo.ca/our-services/young-parents/">https://www.stleo.ca/our-services/young-parents/</a>	SMILE Young Parents Program	24 and under programs for Burnaby and New West residents.  <b>Prenatal Workshop</b> - 3 <sup>rd</sup> Wednesday monthly-online and in person	ongoing	Registration/Intake required for all programming  For further information call Carla or Daniela at 604-298-6246 or email: <a href="mailto:smile@stleo.ca">smile@stleo.ca</a>
S.U.C.C.E.S.S.	N/A	Parenting Club (Korean)	Online, parents share, discuss and have workshops on topics like: child safety, child development, discipline and ..... etc.	Every 2nd & 4th Thursday 10:30am -12:00pm	Call Vivienne Lee at: 604-330-8068 or E-mail: <a href="mailto:vivienne.lee@success.bc.ca">vivienne.lee@success.bc.ca</a>
S.U.C.C.E.S.S.	N/A	Parenting Club (Mandarin)	Online, parents share, discuss and have workshops on topics like: child safety, child development, discipline and ..... etc.	Every 1st & 3 <sup>rd</sup> Thursday 10:30am -12:00pm	Call Teresa Hsieh at: 604-318-2731 or E-mail: <a href="mailto:teresa.hsieh@success.bc.ca">teresa.hsieh@success.bc.ca</a>

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S.U.C.C.E.S.S.	N/A	Mother Goose Program ( Korean )	Online Songs, Rhymes and Storytelling in Korean For children birth to 4 years old	9 sessions on Friday April 19 – June 14 2022 1:00pm -2:00pm	Call Vivienne Lee at: 604-330-8068 or E-mail: <a href="mailto:vivienne.lee@success.bc.ca">vivienne.lee@success .bc.ca</a>
S.U.C.C.E.S.S.	N/A	Mother Goose Program (Mandarin)	Online Songs, Rhymes and Storytelling in Mandarin For children birth to 4 years old	9 sessions on Tuesday, April 26 – June 21 2022 10:30-11:30am	Call Teresa Hsieh at: 604.318.2731 or email: <a href="mailto:teresa.hsieh@success.bc.ca">teresa.hsieh@success. bc.ca</a>
S.U.C.C.E.S.S.	N/A	Parenting Chat Room One-on-One Consultation (Korean & Mandarin)	Ask questions virtually regarding child's development, behavior, parenting tips, and so on.	Ongoing	Mandarin: Teresa Hsieh at: 604.318.2731 or email: <a href="mailto:teresa.hsieh@success.bc.ca">teresa.hsieh@success. bc.ca</a>  Korean: Vivienne Lee at: 604.330.8068 or email: <a href="mailto:vivienne.lee@success.bc.ca">vivienne.lee@success .bc.ca</a>
YMCA Child Care Resource & Referral	N/A	Virtual Storytime on Demand	<a href="https://www.facebook.com/YMCACC">www.facebook.com/YMCACC</a> <a href="#">RR/</a>	on demand	No registration required

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## FREE BURNABY CHILD AND FAMILY RESOURCES AND INFORMATION SESSIONS

### BC SUPPORTED CHILD DEVELOPMENT

The BC Centre for Ability is committed to inclusive childcare that supports families and enhances all children's experiences. If your child has extra support needs, or if you're wondering if they may need extra support visit [www.bc-cfa.org/programs-services/supported-child-development/](http://www.bc-cfa.org/programs-services/supported-child-development/) where you can find more information and access the online referral.

### FAMILY SERVICES OF GREATER VANCOUVER

The Early Childhood Community Consultant (ECCC) also offers:

- ◇ **free one-on-one consultation** about your child's development, behavior, parenting tips, tricks, and education – to set up a phone or virtual appointment please email or call Anita at [aolson@fsgv.ca](mailto:aolson@fsgv.ca) 604-723-9548
- ◇ **ECCC Resource Newsletter** – to receive short daily newsletters with children's activities, self-care ideas, parenting information (and more), please email [aolson@fsgv.ca](mailto:aolson@fsgv.ca) with the heading "ADD ME TO NEWSLETTER"

### YMCA

For various types of information and support for families searching for childcare visit: <https://www.gv.ymca.ca/ccrr>.

- ◇ Early Learning Resource Library (parents in Burnaby/New Westminister/Tri-Cities borrow early learning resources free of charge) available by curbside appointment. An online catalogue is at [Early Years Resource Library Catalogue](#). To book an appointment email [ccrr@gv.ymca.ca](mailto:ccrr@gv.ymca.ca)

### BURNABY PUBLIC LIBRARY

Burnaby Public Library branches are open for choosing books, and for limited use of public computers. Find out more at [www.bpl.bc.ca/news/bpl-services-during-covid-19](http://www.bpl.bc.ca/news/bpl-services-during-covid-19)

#### Services for Children and Families

- ◇ **Parents:** children's librarians can help you find books and more for different ages and on different topics. We can also help you find resources for children and families in Burnaby.
- ◇ **Group leaders:** a children's librarian can coordinate virtual visits for your class or group. We can provide resources, booklists, and make specific recommendations based on your classroom or group. We can talk about books, reading, and encourage literacy. We customize the visit to fit your needs.

Contact the library at [eref@bpl.bc.ca](mailto:eref@bpl.bc.ca) or 604-436-5400 and ask to be directed to a *Children's Librarian* to discuss options.

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## FREE BURNABY CHILD AND FAMILY RESOURCES AND INFORMATION SESSIONS

### Programs for Children and Families

Burnaby Public Library staff are working hard to present joint programs with partners in the community (i.e. a recent workshop with Burnaby Neighbourhood House).

Check back regularly for more programs to support parents.

Storytimes for children at Burnaby Public Libraries are suspended currently but will be restarting gradually in late spring 2021. Please check the website regularly for updates [www.bpl.bc.ca/activities-events](http://www.bpl.bc.ca/activities-events)

### **KIDS IN BURNABY WEBSITE AND SOCIAL MEDIA**

Visit [www.kidsinburnaby.ca](http://www.kidsinburnaby.ca) your 'one-stop shop hub' for early childhood (birth to 6 years old) development resources and information. There is also an online google map of the majority of Burnaby-based agencies offering services and supports.

Like us on Facebook: <https://www.facebook.com/BurnabyECDCommunityTable/>

Follow us on Instagram: #littlethingsmatter