



FREE BURNABY WINTER PROGRAMS* 2024

Agency	Website	Program Name(s)	Program Information	Dates	Registration
Burnaby Family Life	www.burnabyfamilylife.org	<p>Family Drop-In's</p> <p>Learning together through play</p> <p>Baby & Me Second stage</p>	<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>Families are welcome to drop in any time during program hours (Mother Goose requires advanced registration).</p> <p>For more information and program descriptions, times and locations please visit: Family Resource Programs – Burnaby Family Life - A place to go a place to grow</p>	<p>Family Drop-In</p> <p>TUESDAYS ongoing 09:30am-11:30pm 6140 McKercher Avenue</p> <p>WEDNESDAYS ongoing 09:30am-11:30am 6140 McKercher Avenue</p> <p>THURSDAYS ongoing 09:30am-11:30am 6140 McKercher Avenue</p> <p>FRIDAYS ONGOING 12:30pm-2:30pm 6140 McKercher Avenue</p> <p>Learning Together Through Play</p> <p>TUESDAYS 3:30-5:30pm 6140 Mckercher Avenue</p> <p>WEDNESDAYS 9:30-11:30am Edmonds Resource Centre, #205-7355 Canada Way</p> <p>SATURDAYS 10am-Noon 6140 Mckercher Avenue</p> <p>SATURDAYS 10am-Noon Montecito Child Care Centre, 7230 Camarillo Place</p> <p>Baby & Me second Stage Fridays 9.30-11.30am #205 - Edmonds Resource Centre</p>	<p>Drop ins welcome. No pre- registration required</p> <p>Email: bfl_info@burnabyfamilylife.org</p> <p>Ph: 604-659-2200</p>

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Burnaby Family Life	www.burnabyfamilylife.org	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>Mother Goose</p> <p>PRE-REGISTRATION REQUIRED</p> <p>THURSDAYS 09:30-11:00 am starting January 11 9 weekly sessions Edmonds Resource Centre, #205-7355 Canada Way</p> <p>FRIDAYS 09:45-11:15am starting January 12 9 weekly sessions 6140 McKercher Avenue</p>	<p>Pre- registration require Email: bfl_info@burnabyfamilylife.org</p> <p>Ph: 604-659-2200</p>
Burnaby Family Life	www.burnabyfamilylife.org	<p>Expecting & New Moms: We're Here For You And Baby Pregnancy Outreach Program (prenatal) Baby & Me (second stage) Healthy Care Pregnancy Program</p>	One-to-one, by phone, online, or virtual groups	Ongoing	To register please visit website Burnaby Family Life -Home

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Burnaby Family Life	www.burnabyfamilylife.org	<p>In person & online Parenting and Support groups:</p> <ul style="list-style-type: none"> ● Support Group for parents of LGBTQ2SIA+ children - 1st & 3rd Thursday of the month ● Calm & Confident Parenting ● Curious Minds ● Modern & effective parenting ● Nobody's Perfect (English and Korean) ● Systematic training for effective parenting ● Parenting for Immigrants ● Immigrants Women's Support Group ● Understanding Your Anger: Anger Management for Men ● *NEW!! Navigating the Tween Years 	<p>Our Parenting and Support programs provide a safe and inclusive space for parents, caregivers and individuals to learn about themselves, their children, and how to build skills that can support the healthy development of their family, their children and themselves.</p> <p>For program descriptions please visit: Family Life Education – Burnaby Family Life - A place to go a place to grow</p> <p>Free childcare for children 18m to 10 years is available for all in person programs. <i>Pre-registration required for childcare.</i></p>	<p>For dates, times and locations please visit Family Life Education – Burnaby Family Life - A place to go a place to grow</p>	<p>For registration please visit: Family Life Education – Burnaby Family Life - A place to go a place to grow OR Call 604-659-2200</p>

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Burnaby Neighbourhood House-South Burnaby	https://burnaby.ca/get-involved-family/	Family Place at 4460 Beresford Street	Family Drop-In for families with children birth to 5 years old.	Mondays, Tuesdays, Thursdays 9:30-11:30am	First come, first serve. Room Capacity Limit: 15 families. No registration required
Burnaby Neighbourhood House-Brentwood	https://burnaby.ca/get-involved-family/	Family Place at 2055 Rosser Avenue	Family Drop-In for families with children birth to 5 years old.	Tuesdays 12:30-2:30pm Wednesdays 9:30-11:30am Thursdays 10:00-12:00pm Fridays 9:30-11:30am	First come, first serve. Room Capacity Limit: 15 families. No registration required
Burnaby Neighbourhood House-North, South, Brentwood, Online	https://burnaby.ca/get-involved-family/	Online and in-person family workshops, info sessions, special activities, and more	Visit website for online calendar with details	Ongoing	To register please visit website
Burnaby School District	https://burnabyschools.ca/strongstart/	StrongStart	StrongStart Centres provide parents and caregivers an opportunity to share in their child's early learning experiences and learn and grow together through PLAY. Families have the most important role in promoting their child's well-being and learning and are asked to remain with their child to engage in this supportive and joyful, no cost, program.	2023-2024 school year.	To register: https://registration.sd41.bc.ca/Forms/strongstartregistration

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Agency	Website	Program Name(s)	Program Information	Dates	Registration
Burnaby Public Library	https://bpl.bc.ca/events/	Family Storytime	We'll meet in the library for songs, rhymes and stories for kids of all ages, and their adults. Come early or stay later to meet other families and have extra social time.	Wednesdays, Jan 10- Feb 7, 10:30-11:15 am McGill Branch, 4595 Albert Street	Drop in. No registration required.
Burnaby Public Library	https://bpl.bc.ca/events/	Family Storytime	We'll meet in the library for songs, rhymes and stories for kids of all ages, and their adults. Come early or stay later to meet other families and have extra social time.	Thursdays, Jan 11- Feb 15, 11:30am -12:00pm Tommy Douglas Branch, 7311 Kingsway Avenue	Drop in. No registration required.
Burnaby Public Library	https://bpl.bc.ca/events/	Family Storytime	We'll meet in the library for songs, rhymes and stories for kids of all ages, and their adults. Come early or stay later to meet other families and have extra social time.	Tuesdays, Jan 23 - Feb 27 10:30-11:00 am, Saturday March 2, 11-11:30 Cameron Branch 9523 Cameron Street (Jan- Feb 2024) Lougheed Mall (April onwards)	Drop in. No registration required.
Burnaby Public Library	https://bpl.bc.ca/events/	Family Storytime	We'll meet in the library for songs, rhymes and stories for kids of all ages, and their adults. Come early or stay later to meet other families and have extra social time.	Thursdays, Jan 18 - Feb 22, 10:30 - 11:00 am Metrotown Branch, 6100 Willingdon Avenue	Drop in. No registration required.

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Burnaby Public Library	https://bpl.bc.ca/events/	ትግርኛ ዛጎታ Tigrinya Storytime	ንዕድሙ This program is for children ages 0-6 years and their caregivers. Older siblings welcome. ዛጎታታት: መዝሙራት ከማኡ ውን ቅኒታት ብትግርኛ። Hear stories, songs, and rhymes in Tigrinya. ምስ ማሕበር ማሕበረሰብ ኤርትራ ኣብ ሳንኮቪር። In partnership with the Eritrean Community Association in Vancouver.	Mondays, Jan 15, 29, Feb 12, 26, Mar 11, 25, 12:30-1:30 and Saturdays, Jan 27, Feb 10, 24, Mar 9, 23, 10:30-12:30 Tommy Douglas Branch, 7311 Kingsway Avenue	Drop in. No registration required.
Burnaby Public Library	https://bpl.bc.ca/events/	Babytime	Meet other families and share songs, bounces and stories with your baby. Come early or stay late for extra social time.	Wednesdays, Feb 14 - March 13 10:30 - 11:15 am and 1:30-2:15 pm McGill Branch, 4595 Albert Street	Drop in. No registration required.
Burnaby Public Library	https://bpl.bc.ca/events/	Babytime	Meet other families and share songs, bounces and stories with your baby. Come early or stay late for extra social time.	Thursdays, Jan 11-Feb 15, 10:30 - 11:00 am Tommy Douglas Branch, 7311 Kingsway Avenue	Drop in. No registration required.
Burnaby Public Library	https://bpl.bc.ca/events/	Babytime	Meet other families and share songs, bounces and stories with your baby. Come early or stay late for extra social time.	Tuesdays, Jan 23 - Feb 27 11:30am- 12:00pm Cameron Branch 9523 Cameron Street (Jan- Feb 2024) Lougheed Mall (April onwards)	Drop in. No registration required.

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Burnaby Public Library	https://bpl.bc.ca/events/	Babytime	<p>Meet other families and share songs, bounces and stories with your baby.</p> <p>Come early or stay late for extra social time.</p>	<p>Thursdays, Jan 18 - Feb 22 11:30am - 12:00pm</p> <p>Metrotown Branch, 6100 Willingdon Avenue</p>	Drop in. No registration required.
Burnaby Public Library	https://bpl.bc.ca/events/	Baby Social	<p>Drop in for social time with other families and their babies! We provide a comfortable space to make new friends, play with your baby, and chat with other adults.</p>	<p>Wednesdays, Jan 10 - Feb 7, 1:00 to 300 pm</p> <p>McGill Branch, 4595 Albert Street</p>	Drop in. No registration required.
Burnaby Public Library	https://bpl.bc.ca/events/	Baby Social	<p>Drop in for social time with other families and their babies! We provide a comfortable space to make new friends, play with your baby, and chat with other adults.</p>	<p>Tuesdays, March 5 - March 26 10:30 am – 12:00 pm</p> <p>Cameron Branch 9523 Cameron Street (Jan- Feb 2024) Lougheed Mall (April onwards)</p>	Drop in. No registration required.

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Cameray Child and Family Services	https://www.cameray.ca/parent-support-program/	<p>Interactive groups for young children (i.e. <i>Circle Time, Family Literacy Circle, Temas de Crianza de niños</i>, etc.).</p> <p>Parent education and support groups (<i>Circle of Security Parenting program, Nobody's Perfect</i>, etc.) and one-one counselling.</p> <p>Monthly Parent education workshops</p>	<p>For Burnaby and New Westminister for families with one or more children under the age of 5 years.</p> <p>Additional individual and group parenting support for Burnaby and New Westminister families with one or more children aged 6 to 18 years.</p> <p>Online family groups, activities for children and families, parent education, and support for parents. including one-one counselling.</p>	Ongoing: please visit the website to see the monthly calendars, with full program and group descriptions and time/location details.	Email: pspgroupsignup@cameray.ca
Family Service of Greater Vancouver	www.fsgv.ca/programs/early-childhood-community-consultant/	Early Childhood Community Consultant	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 aolson@fsgv.ca
Information Children	www.informationchildren.com	Online and in-person 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	<p>Information, support and referrals to parents and caregivers with children 12 years and under.</p> <p>Upcoming workshops:</p> <ul style="list-style-type: none"> - Parent Self-Care - New Parents Group - Tween Peer Pressure 	Visit website for online calendar with details	<p>Helpline: 778.782.3548</p> <p>Email: info@informationchildren.com</p> <p>To book parent coaching: https://calendly.com/informationchildrenparentcoaching</p>

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Metis Nation BC	https://www.mnbc.ca/work-programs/services/metis-family-connections-early-years-birth-8-years	Metis Family Connections Program	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 development. Metis Family Connections Navigators assist families to access programs and services that are available in their region and connect them to community and culture.	Ongoing	Visit website for details: Métis Family Connections - Early Years (Birth to 8 Years) MNBC
Metis Nation BC	https://www.mnbc.ca/work-programs/services/miyoopimatishihk-wellbeing-program	Miyoopimatishihk (Wellbeing) Program	For families with Metis children birth to 8 years old. Metis families can apply for financial support to assist in the cost of a wide range of services, programs and products, including but not limited to: respite care, speech therapy, assessments, specialized equipments, mental health supports.	Ongoing	Visit website for details: Miyoopimatishihk (Wellbeing) Program MNBC
Metis Nation BC	https://www.mnbc.ca/work-programs/services/imagination-library	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: Imagination Library MNBC

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Metis Nation BC	https://www.mnbc.ca/work-programs/programs-services/metis-child-care-benefit-program	Metis Child Care Benefit	A service offered by the Metis Child Care Navigation and Support Program, for families with Metis children birth to 12 years. Through this program, families can access additional funding, bridging the connection to the Affordable Child Care Benefit.	Ongoing	Visit website for details: Métis Child Care Benefit Program MNBC
MOSAIC's Family Centre	www.mosaicbc.org/services/family-children-youth/family-centre/	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: family.centre.reception@mosaicbc.org or call 604. 636. 0120
Pacific Immigrant Resources Society	https://pirs.bc.ca/our-programs/early-childhood-education-assistant-training/	Early Childhood Education Assistant Training	Skill training program for immigrant and refugee women facing multiple barriers to become skilled and certified ECE Assistants. Includes 12 weeks of classroom learning and four weeks of on-the job experience with a local employer.	May 6, 2024 – August 23, 2024	For more information and to register, please contact Alena Worster Email: contracttraining@vcc.ca Phone: (604) 443 8751
Pacific Immigrant Resources Society	https://pirs.bc.ca/our-programs/pathways-to-childcare-careers/	Pathways to Childcare Careers	Free occupational English training with Responsible Adult, Foodsafe, and First Aid certificates plus 40-hour paid practicum for newcomer women interested in entering the early learning and childcare field.	May 14 - August 13, 2024 (please check website to confirm)	See website for details; email childcare@pirs.bc.ca

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The Purpose Society	www.facebook.com/purpose_society6thSt/	Early Childhood Programs	Resources, news bulletins and more...	Ongoing	Visit FB page: www.facebook.com/purposesociety6thSt/
Spirit of the Children	www.sotcs.ca/children/	Soaring Eagles Play Time, Hlúlú 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
STLEO Youth and Family Services Society	https://www.stleo.ca/our-services/young-parents/	SMILE Young Parents Program	24 and under programs for Burnaby and New West residents. Prenatal Workshop - 3 rd Wednesday monthly- online and in person	Ongoing intakes and programming See us on Instagram smileypp5271 for monthly calendar and programming opportunities	Please contact us at smile@stleo.ca or 604-298-6245 for more information. Located by the Gilmore Skytrain Station
East Burnaby Family Place	https://www.facebook.com/eastburnabyfamilyplace/	Free Family Drop-In	Drop in for families with children birth to 6 years old, at 9887 Cameron Street, Burnaby	Tuesdays and Fridays, 10:00am - 1:00pm	No registration required. Drop in at 9887 Cameron Street, Burnaby. Programs are run out of St. Stephen's Church. No affiliation.
East Burnaby Family Place	https://www.facebook.com/eastburnabyfamilyplace/	Clothing Exchange	Free clothing to take and to donate.	Tuesdays and Fridays, 10:00am - 1:00pm	No registration required. Drop in at 9887 Cameron Street, Burnaby

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Vancouver & Lower Mainland Multicultural Family Support Services Society		Mother & Child Emotional Power Program	<p>Through fun games, storytelling, arts & crafts and songs ...</p> <p>Explore the role of emotional well-being in early childhood Become aware of your child's emotions Encourage healthy expressions of emotions Parenting Learn about children's developmental stages Community resources Connect with other parents</p> <p>For: parents/caregivers with children ages 0-6 years old</p> <p>Snacks for children will be provided.</p>	<p>Sept. 11th to Dec. 11th., 2023 Mondays, 10:30am to 12:00pm</p> <p>Tommy Douglas Library (7311 Kingsway Ave., Burnaby)</p>	<p>For more information, please contact Maria Elena or Ramzia cwwa@vlmfss.ca or Tel : (604) 436-1025</p>

KIDS IN BURNABY WEBSITE AND SOCIAL MEDIA

Visit 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

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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/ 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 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 with the heading "ADD ME TO NEWSLETTER"

YMCA CHILD CARE RESOURCE AND REFERRAL

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 Westminster/Tri-Cities borrow early learning resources free of charge). An online catalogue is at Early Years Resource Library Catalogue. To contact us please email ygv.ccr@bc.ymca.ca

BURNABY PUBLIC LIBRARY

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 or 604-436-5400 and ask to be directed to a Children's Librarian to discuss options.

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