

New Westminster Family Place

A family resource program for families with children 0-5 years old

June 2015

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Drop In ~~ Drop In	2 Drop In Clothing Exchange Drop In	3 Drop In Learning to Relax ~~ Office Hours	4 Drop In ~~ Nobody's Perfect	5 Drop In ~~ Immigrant Grandparents	6
7	8 Drop In ~~ Drop In	9 Drop In Pasta Morning ~~ Drop In	10 Drop In Sun Smart ~~ Office Hours	11 Drop In ~~ Nobody's Perfect	12 Drop In ~~ Immigrant Grandparents	13
14	15 Drop In ~~ Drop In	16 Drop In Clothing Exchange Drop In	17 Drop In Parks & Recreation Information ~~ Office Hours	18 Drop In Child Development ~~ Nobody's Perfect	19 Drop In ~~ Immigrant Grandparents	20
21	22 Drop In ~~ Drop In	23 Drop In ~~ Drop In	24 Drop In Movie & Popcorn ~~ Office Hours	25 Drop In Public Health Nurse ~~ Nobody's Perfect	26 Drop In Birthday Party ~~ Immigrant Grandparents	27
28	29 Drop In ~~ Drop In	30 Drop In ~~ Drop In	<p>Summer is Coming! Join us for Sun Fun at the Parks on Thursdays in July & August</p>			

Main Site: 101 – 93 Sixth Street, New Westminster V3L 2Z8

Phone: 604-520-3666

Drop In Hours: Mornings 9:30 – 11:30 Monday – Friday
Afternoons 1:00 – 3:00 Monday & Tuesday

Website: nwfamily.bc.ca

More program information on the back.



New Westminster Family Place
101 – 93 Sixth Street, New Westminster 604-520-3666

Lord Kelvin Elementary School Drop In Program: We've added another day! Join us on Tuesday, Thursday & Friday mornings from 9:00 – 11:00 for our family drop-in program at 1010 Hamilton Street (In the green portable on the 7th Avenue side). Enjoy playtime, art, play dough, snacks and songs. Closed when the school is closed. The last session before summer vacation is June 19th. *Funded by the United Way*



Immigrant Grandparents on the Go for immigrant grandparents and their grandchildren (0 – 5 years old). Our Settlement Worker provides a program for grandparents to learn about Canadian culture, practice English and make connections in their new community. The children learn new skills while having fun in the playroom. Friday afternoons from 12:30–2:30 at our main site. *Funded by the United Way*

Nobody's Perfect Parenting Program for parents of children aged 0 – 5, running for six consecutive Thursdays from 1:30 – 3:30 at our main site. The next session will start in September. Childminding is provided and pre-registration is required.

Terrific Tuesdays Drop In Program at the Hospitality Project at Shiloh-6th Avenue United Church is **closed**.

Dates to Remember in June:

June 2nd Clothing Exchange – gently used children's clothing available in the morning and afternoon sessions.
16th ** Please note: the clothing exchange is open to Family Place clients only. By donation.

June 9th Pasta Morning! The children receive a hot pasta snack in the morning session. There will be a nutritious snack served in the afternoon session.

June 18th Child Development Specialist will be here to answer your questions. 10:00 – 11:00

June 24th Movie & Popcorn for parents. Enjoy a movie while the children play. The movie starts promptly at 9:30 so please arrive on time.

June 25th Public Health Nurse will be here to answer your questions. 10:00 – 11:00

June 26th Birthday Party for all of the children who have had a birthday this month. Be sure to tell staff if your child has a June birthday.

Parent Education Classes on Wednesday mornings.

Childminding is provided. Please arrive promptly at 9:30 to settle your children in the playroom.

June 3rd Learning to Relax: Parenting is stressful. When stressors throw your nervous system out of balance, relaxation techniques can bring it back into a balanced state by producing the *relaxation response*. Join Stephanie to learn how to reach a state of calmness.

June 10th Sun Smart: Summer means fun in the sun! A nurse will be here to talk about sun safety.

June 17th Parks & Recreation: Staff from New Westminster Parks & Recreation will tell you about the wonderful programs and facilities available to you and your family for the summer and all year round.