



April to Aug. 2015

Mission Early Childhood Resource

Compiled by the Mission Early Childhood Development Committee
ecdcommittee@shawbiz.ca 604-820-4367, 7364 Horne St. Mission V2V 3Y7

Like us on Facebook at "Mission BC Early Childhood"

Free or Low Cost Activities and Programs for Children 0 to 6 Years

Central Station: open during the school year at École Mission Central, 7466 Welton St. This Mission Neighbourhood Learning Centre for children and families offers Food, Fun & Family cooking classes, parent education groups and ABC1-2-3 an hour of crafts, stories, games and songs for preschoolers on Wednesday 9-10am in room 128. Parents are free to talk, walk or visit. missioncentralnlc@hotmail.ca 604-826-5349



Family Place Programs: New location at 33570 11th Ave., room 116

A family Resource Centre specifically for children 0 to 6 years and their caregivers. Provides a mix of structured and unstructured play and social activities. Community Drop-ins with crafts, play and snacks Mon., Thurs. and Fri. 8:30am-12pm, and Amazing Alphabet Thursdays 1:30-3:30pm. Clothing Exchange and Food Exchange available. Toy Lending Library. E-mail for more information sylvia.hopkins@missioncommunityservices.com 604-826-3323.

Fun N Run: a free child and parent/caregiver participation, indoor gym drop-in program that runs Tuesdays 11am-12:30pm (except July and Aug.) with balls, mats, equipment, parachute games, songs and circle time to socialize. Located in the Leisure Centre gym, 7650 Grand St. 604-820-5350.

Future 4 Nations Head Start Program: a licensed free preschool program for Aboriginal children. Classes for 4 olds run Mon. – Thurs. 9:00am-12:30pm and classes for 3 year olds run Mon.- Wed. 1:30-3:30pm Sept. to June. Located at Pkw'xe:yyles (St. Mary's), 34110 Lougheed Hwy, 604-820-4567.



Mission Aboriginal Family Place: New location at 33570 11th Ave.,

room 172 For families raising Aboriginal children 0-6 years enjoy snacks, activities, (including culture/language) learning centers, free play, crafts, field trips, parent information and programming (Nobody's Perfect, Seven Sacred Teachings, and others). Program drop-in runs Mon- Fri. 12-3pm and Outreach on Mon.-Thurs. 9-11am 604-302-2566

Mission Arts Council Programs: Call for information about summer and year round programs. 33529 First Ave. 604-826-0029. www.missionartscouncil.ca



Mission Early Years Centre located at Windebank Elementary, 33570

11th Avenue for families and includes early learning opportunities at Family Place, Aboriginal Family Place, Child Care Resource and Referral and StrongStart. Referrals will be provided for services for children who require extra support, for child mental health services, for healthy development supports, for interventions and for other services for children ages 0 to 6. The



centre will provides access to family strengthening programs. Mission Literacy in Motion is also be co-located at the Centre to help with tutoring or upgrading. For more information call Laura at 604-820-4367, Facebook at "Mission BC Early Childhood" or ecdcommittee@shawbiz.ca

Mission Parks and Recreation: Discount swim \$1 per child and \$2 per adult, Sundays 10am-12pm. **PLAY Program** provides free and low cost recreation opportunities for individuals and families on limited incomes that live in Mission. For forms and more information please contact 604-820-5350 or visit their website at www.mission.ca look under Community- Parks Recreation and Culture- Leisure Access Programs. 7650 Grand St.

Mission Public Library Programs: 33247 2nd Ave 604-826-6610 www.fvrl.bc.ca
Thursday Family Games Nights Thursdays until April 30, 5:30-8:30pm; **Story time Fridays**, from 10:30 to 11:15 am until May 22nd (no program on April 3), for children five years and younger, along with their parents and caregivers, to enjoy stories, songs, rhymes and puppets. **Wiggle time Wednesdays** 10:30-11:30am until May 20th, with interactive rhymes, songs and stories with lots of movement for half an hour, followed by half an hour of play and social time. **Baby Play Date** Thurs. June 11, 10:30am-12pm with lots of fun activities for babies. **National Aboriginal Day Family Storytime** Fri. June 19, 10:30-11am. **Summer Reading Club Kick Off** Sat. June 27, 1-4pm **Book Picnics Fridays** July 10 to Aug. 14, 10:30-11:30am



Mother Goose: a 10 week program for caregivers and children under 24 months to learn songs, rhymes and stories. Call Candie at 604-820-2027 to register for next session, 10:30am at the Library 33247 2nd Ave and 12:30pm at new location at 33570 11th Ave. Windebank elementary room 170.

Ready, Set, Learns/ Books for Breakfast and Bedtime at neighbourhood elementary schools: April 1, 6:30pm at **Hatzic** 34800 Dewdney Trunk Rd. ; April 10, 1pm at **West Heights** 32065 Van Velzen Ave; April 15, 5:30pm at **Dewdney** 37151 Hawkins Pickle Rd; April 21 at 6pm at **ESR** 33419 Cherry Ave.; April 27 at 1pm at **Windebank** 33570 11th Ave.; May 13 at 9am at **Central** 7466 Welton St.; May 14, 5pm **Silverdale**, 29715 Donatelli Rd.; May 29 at 1pm at **Christine Morrison** 32611 McRae Ave.

Storytime at the Water Park: Join friends for an hour of stories and adventure under the tent on Wednesdays July 8 to Aug. 26 from 10:30-11:30am, 7650 Grand St. Free book to be given to each family while supplies last.

StrongStart Centres: All programs occur on school opening days. A free Family Literacy Program, for children ages 0-5 accompanied by an adult. Families are presented with opportunities to connect with other families, to school and to their community. At **Cherry Hill** 32557 Best Avenue Tues. and Thurs. 8:30-11:30am, Mon., Wed., and Fri. 12-3pm. **Windebank** 33570 11th Ave. Mon. Wed, and Fri. 8:30-11:30am; Tues. 12-3pm. **Mission Central** 7466 Welton Street Mon. Wed, and Fri. 8:30-11:30am; Tues. and Thurs. 12-3pm. **West Heights** 32065 Van Velzen Tues. and Thurs. 8:30-11:30am; Mon, Wed and Fri. 12-3pm **Deroche** 10340 N. Deroche Road Mon. Wed. and Fri. 8:30-11:30am. **Silverdale** 29715 Donatelli Road Tues. and Thurs. 8:30-11:30am.

Traveling Tree-House Drop In: for ages 0-6, for playtime, crafts, circle time, songs, games or stories, new day Tues. from 9-11am Mission Alliance Church across from the Abbey, 34203 Dewdney Trunk Rd. 604-556-1206.



WHIN: West Heights Inclusive Neighbourhood Project is open during the school year at West Heights Community School, 32065 Van Velzen. This is a Mission Neighbourhood Learning Centre for children and families offering cooking classes, parenting workshops and ABC 1-2-3 on Monday & Wednesday 12-1pm -an hour of crafts, stories, songs and games for preschoolers. Parents are free to talk, walk or visit. missioncentralnlc@hotmail.ca 604-826-5349



Resources and Supports for Parents and Caregivers:

Baby's Best Chance: Pregnancy outreach, counseling, nutritional and pre-natal information, supplements, vouchers and drop-in lunch every other Thursday (except in July and Aug.) for women experiencing a high risk pregnancy.

Pre-natal group meets 10am-12pm and **Post-natal up to 6 months** group meets 1:30-3:30pm. 33070 5th Ave. for information, call Chris or Joan 604-820-8455. http://www.wrsfv.ca/programs/pregnancy_outreach_program/pops.html

Big Brothers Big Sisters of the Fraser Valley Building a child's future through the friendship and guidance of mentoring. Serving Canadians since 1913, providing volunteer mentors to children through community based mentoring, in school mentoring and after school group mentoring programs. Mission office at 604-820-3337, located at Fraserview Elementary at 32444 Seventh Avenue. www.mentoringworks.ca

Car Seat Safety Checks: Please e-mail Holly for availability Hollyhenry@shaw.ca

Children Who Witness Abuse: a place to share thoughts and feelings about abuse, while helping children to understand that abuse is never their fault. Builds self-esteem and teaches non-violent conflict resolution. Women's Resource Society of the Fraser Valley, 33070 5th Ave. 604-820-8455. <http://www.wrsfv.ca/programs/cwwa/cwwa.html>

Crisis Line: toll-free 1-877-820-7444. "We are here to listen", provides referrals and support.

Family Support Networking Group: at Mission Association for Community Living. Bringing parents/family members together to share experiences and information and provide moral support to one another. Meetings the last Wed. of each month April 30, May 28 and June 25 from 7:30-9:30pm, refreshments provided. 33345 2nd Ave. 604-826-9080 <http://www.macl.bc.ca/>

Fraser Valley Child Development Centre: In partnership with families and communities provides opportunities and services which enhance the quality of life for children with developmental needs. New location 32444 7th Ave. at Fraserview Learning Centre 604-820-9536 www.fvcdc.org

Keep Calm and Parent On: New location at 33570 11th Ave., room 170 Come out for discussion/guest speakers on a variety of topics. Childcare and transportation provided free. Thursdays 5-7pm, phone 604-826-6194 to register.

"Know It" 1:1 program for children and families whose parent has a mental illness; to register, please call 604-820-4300, and ask for a CYMH Intake worker who will be able to refer you to this program.

La Leche League: Breastfeeding support. Meetings held on the third Monday of the month 12:30-2pm in Abbotsford, 33780 Laurel St. at the Family Centre (old court house) sparkle1600@yahoo.ca



Mission Adopt-A-Block Society: "Junior Bug Club" offers a chance to kids ages 2-12 to make a difference in their community by becoming ambassadors for litter control. More online www.missionadoptablock.com or call (604)-826-9423

Mental Health Services for children 0 to 6 years Parent referral encouraged. For more information call 604-820-4300 and ask for Child and Youth mental health intake 7364 Horne St.



Mission Child Care Resource and Referral: New location at 33570 11th Ave. Supports parents through childcare information and referrals, assistance with child care subsidy applications and workshops. Supports **child care providers** through consultations, workshops, information, training and resource lending library. <http://www.childcarechoices.ca/main/Fraser+Valley/Mission/604-826-6194>

Mission Health Unit: Baby Time drop in, Mondays 10-11:30am. Regular immunization clinics by appointment. Breastfeeding help and new born visits. Free fluoride varnishing for children under 3. Language assessments available for children under 5, phone to make a referral. List of licensed Child Care Facilities also available. 7298 Hurd. St. (beside the hospital) 604-814-5500.

Mission Hospice Society: provides support with the loss of someone significant. 32180 Hillcrest Ave, 826-2235 <http://www.missionhospice.bc.ca/>



Mission Literacy in Motion: 33570 11th Ave., room 121 MLIM provides adult tutoring and tutor training as well as Reading Buddies matches for elementary school aged children; contact Candie at cloc@literacyinmission.org or 604-820-2027 for more information. Visit website www.literacyinmission.org

Mission Midwifery: Woman centered low risk maternity care. Information about scope of practice, how the model of care works in BC and review place of birth place options. You decide which type of care meets your needs. MSP covered. 7514 Welton St. 604-820-2424 <http://www.missionmidwifery.com/>

Mission Transition House: Crisis services and housing for women and their children. Call 604-826-7800. <http://www.wrsfv.ca/>



MOMS (Mothers Offering Motivation and Support): New location at 33570 11th Ave. Parenting skills and social support network for women and children. Snacks and child minding. Call Laura 604-826-6194 for more information.



Nobody's Perfect Parenting group: New location at 33570 11th Ave. Meet with other parents of young children; share questions, concerns and ideas about being a parent; learn about child development, safety, health and behaviour; discuss real-life parenting situations; work together with the support of a trained facilitator; laura.hope@missioncommunityservices.com to register.

Options for Sexual Health: 604-814-5502, 7298 Hurd St. Ave Tues. 5-7pm.

Settlement and Integration Services: 33179 2nd Ave. Meaningful programming to meet the needs of those new to Canada and Mission. Call 604-826-3634 for information.



Sexual Abuse Intervention Program (SAIP): a professional therapeutic service for children and youth under the age of 19 years who have experienced the trauma of sexual abuse. For more information call 604-820-4300.

Sexual Behaviour Intervention Program (SBIP): a professional therapeutic service for non adjudicated youth and children under the age of 19 who are exhibiting sexually inappropriate or problematic behaviour. For more information call 604-820-4300.

Sto:lo Nation Supported Child Development Program: Provides supported child development service for Aboriginal children and families living in Mission. Family centered program working with children age 0-12 who require extra support. Located at Pekw'xe:yles (St. Mary's), 34110 Lougheed, 604-820-6097.

Supported Child Development: Working with families and childcare providers to enhance and support inclusive quality childcare. For children 0 to 12 who require extra support in a childcare setting. 33345 2nd Ave., 604-826-9080 ext. 280 <http://www.macl.bc.ca/>

The Force: provides peer support, mentorship and help finding resources for families with children with mental health challenges. Provides monthly networking sessions that provides a topic expert. Parent in residence 604-878-3400 www.forcesociety.com

Triple P: 604-826-3634 an 8 week parenting, education and support group for parents. Free child minding provided for children under 12. Call or e-mail Bob.gaskell@missioncommunityservices.com to register.

What's On: Mission's up-to-date website of community events for all ages. <http://www.whatsonmission.ca/>

Women's Resource Society Of the Fraser Valley: Counseling, advocacy information, outreach services referrals, housing and support groups for women who have or are experiencing abuse in relationships. 33070 5th Ave., 604-820-8455, www.wrsfv.ca



Public Events in Mission:

Easter Egg Hunt: Sun. April 5th, Fraser River Heritage Park, 7494 Mary St. Families should arrive at noon for beginning of hunt at 1pm. Separate area for children under 2 years.

Cascade Falls Grand Opening: Sat. April 18th, 10am to 12pm. Explore this beautiful new attraction and have a walk in the forest with a guided tour.

Food Truck Festival: Sat. April 18th, First Ave 11am-5pm, with over 20 food trucks, live music and family activities along the main street.

Barry McDonald: Boy Smarts Mentoring Boys for Success at School "It's better to build boys than mend men." Mon. April 20th, 7pm at the Clarke Theatre. Tickets available at Heritage Park Child Care Centre for \$10, 33649 Prentiss Ave. Mon. through Thurs. 9am to 2pm 604-826-3080 www.mentoringboys.com



Digital Literacy and Social Media Awareness Presentation: Tues. April 28th, 7pm at the Clarke Theatre. DPAC presents: Understanding where our children are spending their time in the digital world and introduction to the newest apps they are using, with from MPD staff Joseph Heslip and Kelly Lawlor.

Earth Day Celebration: Wed. April 22, 10am to 1pm Children's celebration, at the Mission Leisure Centre with crafts, bouncy castle, community and developmental information.

Youthfest: Sat. May 2, 12pm at the Leisure Centre with skateboard, bike and scooter competitions, entertainment, art installations and free BBQ for youth.

Youth Mental Health Day: Thurs. May 7th, wear green in support of raising awareness and acknowledging youth and families living with mental health issues

Celebrating Moms: Thurs. May 21, 10am-1pm Children's celebration, at the Leisure Centre with crafts, bouncy castle, community and developmental info.

Farmers Market: Saturdays May 3 until Oct. 11 in the Lane Creek Park at the Mission Library, 9am-1pm. Heart of the Market includes a free weekly craft for children and storytelling at 11am. Find local produce, eggs, honey, baking, plants and home crafted items. www.missioncityfarmersmarket.com

Envision Twilight Concert Series: Fraser River Heritage Park, 7494 Mary Street, June 4 – August 29 on Wednesday and Fridays evenings 7:00 – 8:00pm, contact: 604-826-0277

Leisure Centre Open House: Sun. June 7, 11am-3pm, 7650 Grand St. Behind the scenes tours of pool/arena area, an opportunity to touch/sit on a zamboni, tractor etc., face painting, inflatable train, drop in gym sport sessions, free food, displays, entertainment and updates of current projects.

Baby Play Date: Thurs. June 11, 10:30am – 12:00pm Mission Library Come to play and go away with ideas to try at home. For babies and toddlers under 24 mo.

Celebrating Dads: Wed. June 25, 10am-1pm Children's celebration, at the Mission Leisure Centre with crafts, bouncy castle and developmental information.

Children's Festival and Pirates' Faire: Sun. June 14, 11am-4pm, 7494 Mary Street, Fraser River Heritage Park. "A land of Make Believe" with entertainers, crafts and exhibitions for the whole family www.missionartscouncil.ca

Old Car Sunday: Sun. June 15th, 9am-3pm rain or shine enjoy over 1000 vintage, antique and collector vehicles at Fraser River Heritage Park, 7494 Mary Street www.oldcarsunday.ca

Mission Soapbox Derby: Sat. June 20th, Stave Lake Rd to 11th Ave. 8am, www.missionsoapbox.com

Canada Day: Wed. July 1st: Fraser River Heritage Park, 7494 Mary Street Activities starting at 10am including a logging show, Matsqui fly ball dog, entertainers, crafts, carriage rides, pony rides, a children's fun zone and fireworks. Bring a picnic and spend the whole day with the family.

Storytime in the Parks with Miss Diana: look for July and August dates at Fraser River Heritage Park and a West Heights park to be determined with stories, songs and activities. See FB page "Mission BC Early Childhood" for up to date information, times and places.

Communities in Bloom Celebrations: Sun. Aug. 2 Explore Mission with 9 stops in community gardens from 9am to 5pm. On Mon. Aug. 3rd explore the Waterfront at Spirit Square with all kinds of activities for everyone from 12-4pm. See FB page "Mission Communities in Bloom Society"

Mission Fest: Sat. Aug. 15th, 10am-5pm downtown on the main street with entertainment, fun and activities for all ages. See www.downtownmission.ca

Easy Steps to Healthier Living: Enjoy 5 or more vegetables fruits every day; Power down- no more than 2 hours of screen time a day; Play actively at least 1 hour each day; Choose healthy- zero sugar sweetened drinks.

