



## FREE BURNABY FALL PROGRAMS\* 2021

Agency	Website	Program Name(s)	Program Information	Dates	Registration Details
Burnaby Family Life	<a href="https://bflgrowscommunity.org/">https://bflgrowscommunity.org/</a>	<ul style="list-style-type: none"> <li>In person Family Drop ins</li> <li>In person Learning together though play</li> <li>In person Baby &amp; Me Second stage</li> <li>In person Mother Goose</li> </ul>	<p>For Health &amp; safety guidelines, occupancy limits, program descriptions, times and locations please visit <a href="https://bflgrowscommunity.org/family-programs-fall-2021">https://bflgrowscommunity.org/family-programs-fall-2021</a></p>	<p>All programs are open since September 7<sup>th</sup>, 2021</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>	<p>No pre-registration required except for Mother Goose.</p> <p>Families are welcome to drop in</p>
Burnaby Family Life	<a href="https://bflgrowscommunity.org/">https://bflgrowscommunity.org/</a>	<p><b>Expecting &amp; New Moms – We're Here For You And Baby</b> Pregnancy Outreach Program (prenatal) Baby &amp; Me (second stage) Healthy Care Pregnancy Program</p>	<p>One-to-one, by phone, online, or virtual groups</p>	<p>Ongoing</p>	<p>To register please visit website <a href="http://www.bflgrowscommunity.org/expecting-new-moms">www.bflgrowscommunity.org/expecting-new-moms</a></p>

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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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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 and Saturdays)</li> <li>Calm &amp; Confident Parenting - Wednesdays</li> <li>Fatherhood, A Journey - Wednesdays</li> <li>Parenting for Immigrants – Thursdays</li> <li>Parenting for Immigrants (ARABIC) - Fridays</li> <li>Immigrant Women Support Group- Fridays</li> </ul>	<b>For Health &amp; safety guidelines, occupancy limits, program descriptions please visit:</b> <a href="https://bflgrowscommunity.org/confident-parenting">https://bflgrowscommunity.org/confident-parenting</a>  Free childcare for children 18m to 10years is available for all in person programs. <b>Pre-registration required for childcare.</b>	For dates, times and locations please visit <a href="https://bflgrowscommunity.org/confident-parenting">https://bflgrowscommunity.org/confident-parenting</a>	For program descriptions and registration please visit: <a href="https://bflgrowscommunity.org/confident-parenting">https://bflgrowscommunity.org/confident-parenting</a>  <b>OR</b> <b>Call 604-659-2200</b>
Burnaby Neighbourhood House	<a href="http://www.burnabynh.ca/calendar/">www.burnabynh.ca/calendar/</a>	Online and in person, family drop-in programs, family support services, monthly cultural dinners, and more ...	Visit website for online calendar with details	Ongoing	To register please visit website
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 or with a socially distanced visit in the community.	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>

## FREE BURNABY SUMMER PROGRAMS\* 2021

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Agency	Website	Program Name(s)	Program Information	Dates	Registration Details
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	Information, support and referrals to parents and caregivers with children 12 years and under.	<a href="http://www.informationchildren.com/parenting-workshops-events/">www.informationchildren.com/parenting-workshops-events/</a>	<a href="http://www.informationchildren.com/event/new-parents-group/">www.informationchildren.com/event/new-parents-group/</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 newcomers to Canada: 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 visit website
Pacific Immigrant Resources Society	<a href="https://pirs.bc.ca/our-events/">https://pirs.bc.ca/our-events/</a>	Home Visiting Program	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.		To set up an appointment, or for more information call: 604.298.5888 Visit our office: 1874 Kingsway, Vancouver or email: <a href="mailto:info@pirs.bc.ca">info@pirs.bc.ca</a>

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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	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.		To set up an appointment, or for more information call: 604.298.5888 Visit our office: 1874 Kingsway, Vancouver or email: <a href="mailto:info@pirs.bc.ca">info@pirs.bc.ca</a>
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>	Obin Ni'i (Gitxsan for "I am pregnant") Prenatal Program	An 8-week prenatal program facilitated by the Aboriginal Infant Development Consultants of Spirit of the Children	on website	To register please visit website
Spirit of the Children	<a href="http://www.sotcs.ca/children/">www.sotcs.ca/children/</a>	Online FASD Parent Support Group	For Indigenous parents, grandparents, and caregivers who are raising children with Fetal Alcohol Spectrum Disorder	on website	For more information email: <a href="mailto:reception@sotcs.ca">reception@sotcs.ca</a>
Spirit of the Children	<a href="http://www.sotcs.ca/children/">www.sotcs.ca/children/</a>	Soaring Eagles Playtime Circle Time	Online Indigenous family programs that focus on traditional teachings, such as the Medicine Wheel and the Seven Sacred Teachings	on website	To register please visit website

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Spirit of the Children	<a href="http://www.sotcs.ca/children/">www.sotcs.ca/children/</a>	Storytime and Craft Time	On Facebook: Storytime and Craft Time	Storytime: Monday & Wednesday morning  Craft Time: Wednesday afternoon	Visit our FB page: Spirit of the Children for details at: <a href="https://www.facebook.com/sotcs">www.facebook.com/sotcs</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 Monica Lim at: 604-330-8068 or E-mail: <a href="mailto:monica.lim@success.bc.ca">monica.lim@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 & 3rd 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>
S.U.C.C.E.S.S.	N/A	Nobody's Perfect (Mandarin)	Online: To help parents recognize, understand, and deal with their parenting concerns such as health, safety, child development, and behaviors.	6 sessions on Wednesday Oct 27 to Dec 1 10:30am - 12:00pm	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	Mother Goose Program (Mandarin)	Online Songs, Rhymes and Storytelling in Mandarin For children birth to 4 years old	9 sessions on Tuesday Oct 19 to Dec 14 10:30-11:00am	Call Teresa Hsieh at: 604.318.2731 or email: <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	Nobody's Perfect (Korean)	Online: To help parents recognize, understand, and deal with their parenting concerns such as health, safety, child development, and behaviors.	6 sessions on Monday Sept 13 to Oct 25 10:00 - 11:30am	Call Monica Lim at: 604-330-8068 or E-mail: <a href="mailto:monica.lim@success.bc.ca">monica.lim@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 Tuesday Sep 7 to Nov 2 10:00 - 11:00am	Call Monica Lim at: 604.330.8068 or email: <a href="mailto:monica.lim@success.bc.ca">monica.lim@success.bc.ca</a>
S.U.C.C.E.S.S.	N/A	Mother Goose Program (Farsi)	Online Songs, Rhymes and Storytelling in Farsi For children birth to 4 years old	6 sessions on Saturday Oct 9 to Nov 13 11:00am - 12:30pm	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: Monica Lim at: 604.330.8068 or email: <a href="mailto:monica.lim@success.bc.ca">monica.lim@success.bc.ca</a>
YMCA Child Care Resource & Referral	N/A	Virtual Storytime on Demand	<a href="https://www.facebook.com/YMCA_CACRR/">www.facebook.com/YMCA_CACRR/</a>	on demand	No registration required

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## SOME 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: [www.ymcastrongfoundations.org/Programs/Child-Care/Child-Care-Information-and-Referrals](http://www.ymcastrongfoundations.org/Programs/Child-Care/Child-Care-Information-and-Referrals)
- ◇ Early Learning Resource Library (parents in Burnaby/New Westminster/Tri-Cities borrow early learning resources free of charge) available by curbside appointment. An online catalogue is at [Early Years Resource Library Catalogue](http://Early Years Resource Library Catalogue). To book an appointment email [crr@gv.ymca.ca](mailto:crr@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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### 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