

FREE BURNABY SPRING PROGRAMS* 2023

Agency	Website	Program Name(s)	Program Information	Dates	Registration
Burnaby Family Life	www.burnabyfamilylife.org	Family Drop-In's Learning together through play Baby & Me Second stage 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>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 ins (6140 McKercher Ave.) Tuesdays 9:30– 11:30AM</p> <p>Wednesdays 9:30– 11:30AM</p> <p>Thursdays 9:30– 11:30AM</p> <p>Fridays 12.30-2.30pm</p> <p>Learning together through play Tuesdays 3.30 – 5.30 PM (6140 McKercher Ave.)</p> <p>Wednesdays 9.30-11.30am #205 - Edmonds Resource Centre</p> <p>Saturdays 10am-12pm 6140 McKercher Ave. 10am-12pm Montecito Childcare Centre</p> <p>Baby & Me second Stage Fridays 9.30-11.30am #205 - Edmonds Resource Centre</p> <p>Mother Goose Thursdays - 9:30-11:00am – #205 - Edmonds Resource Centre</p> <p>Fridays - 9:45-11:15am 6140 McKercher Ave.</p>	<p>Drop ins welcome. No preregistration required except for <i>Mother Goose</i>.</p> <p>Email: bfl_info@burnabyfamilylife.org</p> <p>Ph: 604-659-2200</p>
Burnaby Family Life	www.burnabyfamilylife.org	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 Burnaby Family Life -Home

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Burnaby Family Life	www.burnabyfamilylife.org	<p>In person & online Parenting and Support groups:</p> <p>Nobody's Perfect- Tuesdays and Fridays</p> <p>Support Group for parents of LGBTQ2SIA+ children – Tuesdays</p> <p>Systematic training for effective parenting (STEP) Tuesdays and Saturdays</p> <p>Calm & Confident Parenting – Wednesdays</p> <p>Fatherhood, A Journey – Wednesdays - online</p> <p>Anger management for Men – Thursdays – online</p> <p>Parenting for Immigrants – Thursdays</p> <p>Curious Minds Immigrant Women Support Group- Fridays</p>	<p>Our Parenting and Support programs provide 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.</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 10years is available for all in person programs. <i>Pre-registration required for childcare.</i></p>	For dates, times and locations please visit Family Life Education — Burnaby Family Life - A place to go a place to grow	For registration please visit: Family Life Education — Burnaby Family Life - A place to go a place to grow OR Call 604-659-2200
Burnaby Neighbourhood House- South Burnaby	https://burnaby.nh.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.nh.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.nh.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

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Burnaby School District	https://burnabyschools.ca/strongstart/	StrongStart	Burnaby StrongStart Centres will offer a blended model that will include 3 days a week of in person programming at StrongStart centres, 1 day a week of outdoor exploration at local parks or on school grounds, and 1 day a week of virtual outreach to stay connected to families who aren't quite ready to visit us in person. Schedules will vary at StrongStart locations and not all centres will be open for in-person programming.		To register: https://registration.sd41.bc.ca/Forms/strongstartregistration Once your registration form is processed, a StrongStart Educator will contact you to schedule your visits (all visits need to be scheduled this year).
Burnaby Public Library	www.bpl.bc.ca/activities-events	Family Storytime in Sign Language and English	Join a Deaf storyteller and a children's librarian for stories, rhythms and crafts presented in both American Sign Language and English. Free for children of all ages and abilities, together with a parent or caregiver. Interpreters will be present.	March 4, April 1st 11:00am-12:00pm Tommy Douglas Branch 7311 Kingsway	Drop-ins welcome but we love to know you are coming. E-mail Randi at kids@bpl.bc.ca
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, April 6 to May 25th 10:30-11:00 am Cameron Branch 9523 Cameron 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.	Tuesdays, April 18 to May 30 11:30 am-12:00 pm and Saturdays, April 1 to April 29 11:45am-12:15pm Tommy Douglas Branch 7311 Kingsway	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.	Mondays, March 27 to May 8 11:00-11:30am Metrotown Branch, 6100 Willingdon Avenue	Drop in. No registration required.

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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, March 29 to April 26th 10:30-11:15 am 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, April 6 to May 25th 11:30am- 12:00pm Cameron Branch 9523 Cameron 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.	Tuesdays, April 18 - May 30 10:30-11:00 am and Saturdays, April 1-April 29 10:45-11:15am Tommy Douglas Branch 7311 Kingsway	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.	Mondays, March 27 to May 8 2:00-2:30 pm Metrotown Branch, 6100 Willingdon 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, March 29 to April 26th 1:30-2:15 pm McGill Branch, 4595 Albert Street	Drop in. No registration required.
Burnaby Public Library	https://bpl.bc.ca/events/	Baby Social	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.	May 3 to June 7, 1:00 to 3:00 pm McGill Branch, 4595 Albert Street	Drop in. No registration required.

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Cameray Child and Family Services	https://www.cameray.ca/parent-support-program/	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 Westminster 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 details in the calendar	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 golson@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	Information, support and referrals to parents and caregivers with children 12 years and under.	Visit website for online calendar with details	Helpline: 778.782.3548 Email: info@informationchildren.com To book parent coaching: https://calendly.com/informationchildrenparentcoaching
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

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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
Metis Nation BC	https://www.mnbc.ca/work-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.ca/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.registration@mosaicbc.org or call 604. 636. 0120

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Pacific Immigrant Resources Society	https://pirs.bc.ca/programs-services/outrach-support/	Outreach Program	Program includes connecting and helping participants to navigate community resources, services, and programs; peer mental health support; food access and other aspects. Provided in a variety of languages, including English, French, Spanish, Cantonese, Mandarin, Dari, Farsi, Pashto, Arabic, Ukrainian and Russian.	Ongoing	To set up an appointment, or for more information call: 604.298.5888 or email: info@pirs.bc.ca
Pacific Immigrant Resources Society	https://pirs.bc.ca/childcare-training/	Pathways to Childcare Careers	Free occupation-specific 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.	June 5-Aug 31, 2023	See website for details; email childcare@pirs.bc.ca
Pacific Immigrant Resources Society	https://pirs.bc.ca/wp-content/uploads/2023/02/Community-English-Class-SPRING-2022-23-Burnaby.pdf	Community English Class for Immigrant and Refugee Women	English for everyday conversation Children's program at the same time Outreach support Food hamper you can take home Bus tickets provided	See website for details	To register, contact: Marianna call: (778) 608-4298 or email: mgassmann@pirs.bc.ca
The Purpose Society	www.facebook.com/purposesociety6thSt/	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, Hlúlu Drop-In's, Aboriginal Infant Development, Aboriginal Supported Development, Obin Ni'i (Gitksan 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	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 telephone 604-298-6245 to obtain a registration form for the program. The program is located at 5271 Clinton Street, Burnaby
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, etc.	Every 2nd & 4th Thursday 10:30am -12:00pm	Call Vivienne Lee at: 604.330.8068 or email vivienne.lee@success.bc.ca
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, etc.	Every 1 st & 3 rd Thursday 10:30am -12:00pm	Call Teresa Hsieh at: 604-318-2731 or E-mail: teresa.hsieh@success.bc.ca
S.U.C.C.E.S.S.	N/A	Outdoor Mother Goose Program (Cantonese & Mandarin)	In-person Songs, Rhymes and Storytelling in Mandarin For children birth to 4 years old.	9 sessions on Wednesday, Aug10 – Oct.6 2022 10:30- 12 : 00am At Kisbey Park	Call Teresa Hsieh at: 604.318.2731 or email: teresa.hsieh@success.bc.ca
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 6 – Nov 1 2022 9:30-11:00am	Call Vivienne Lee at: 604.330.8068 or email vivienne.lee@success.bc.ca
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.	9 sessions on Friday, Sep 23 – Nov 18 2022 10:00-11:30am	Call Teresa Hsieh at: 604.318.2731 or email: teresa.hsieh@success.bc.ca

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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, and parenting tips.	Ongoing	<p>Mandarin: Teresa Hsieh at: 604.318.2731 or email: teresa.hsieh@success.bc.ca</p> <p>Korean: Vivienne Lee at: vivienne.lee@success.bc.ca</p>
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
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 2-5 years old</p> <p>Snacks will be provided.</p>	<p>January 9th to March 27th, 2023 Mondays, 10:30am to 12:00pm</p> <p>Tommy Douglas Library (7311 Kingsway Ave., Burnaby)</p>	For more information, please contact Liliane or Ramzia cwwa@vlmfss.ca or Tel : (604) 436-1025

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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 Westminister/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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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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