



## FREE BURNABY \*WINTER - SPRING PROGRAMS 2021

Agency	Visit website for details	Program Name(s)	Program Description	When	Registration Required - Details
Burnaby Family Life	<a href="https://bflgrowscommunity.org/expecting-new-moms">https://bflgrowscommunity.org/expecting-new-moms</a>	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	Participation or Registration request at: <a href="https://bflgrowscommunity.org/expecting-new-moms">https://bflgrowscommunity.org/expecting-new-moms</a>
Burnaby Family Life	<a href="https://bflgrowscommunity.org/">https://bflgrowscommunity.org/</a>	ONLINE FAMILY PROGRAMS: - Circle Time - Mother Goose - Learning Together through Play - Healthy Families, Healthy Minds - "Ittp" for Korean Speaking Families - Playful Learning for Korean Speaking Families - Playful Learning for Families - Rhymes and Songs - Creative Learning for Preschool Children - Online Fun & Games - Baby & Me (second stage) - Bringing the Outdoors Indoors - Creative Play for Families	Visit website for details.		Visit: <a href="https://bflgrowscommunity.org/">https://bflgrowscommunity.org/</a>

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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/confident-parenting">https://bflgrowscommunity.org/confident-parenting</a>	ONLINE PARENTING PROGRAMS: - Nobody's Perfect - Systematic training for effective parenting (STEP) - Calm & Confident Parenting - Fatherhood, A Journey - LGBTQ2SIA+ Parents Support Group - Parenting for Immigrants Immigrant Women Support Group	All but one of the programs are offered FREE of charge. Sessions fill up fast, so reserve your space today!		Visit: <a href="https://bflgrowscommunity.org/confident-parenting">https://bflgrowscommunity.org/confident-parenting</a>
Burnaby Family Life	<a href="https://bflgrowscommunity.org/ple2021">https://bflgrowscommunity.org/ple2021</a>	Online Parenting Learning Event March 2021	Working in collaboration with Burnaby Public Library and others in the community, Burnaby Family Life is hosting online sessions to offer Burnaby families creative solutions and emerging research findings to help them thrive and sustain their resiliency during and beyond the pandemic.  There will be four themes: 1. Self-compassion 2. Shifting screen habits 3. Finding comfort in nature 4. Belonging to the village		Visit: <a href="https://bflgrowscommunity.org/ple2021">https://bflgrowscommunity.org/ple2021</a>

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Burnaby Neighbourhood House	<a href="https://burnabynh.ca/calendar/">https://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	Visit: <a href="https://burnabynh.ca/calendar/">https://burnabynh.ca/calendar/</a>
Burnaby Pacific Grace Church	<a href="https://bpgc.org/wp-content/uploads/Circle-of-Security-Cameray-PIRS-BPGC-Jan-2021.pdf">https://bpgc.org/wp-content/uploads/Circle-of-Security-Cameray-PIRS-BPGC-Jan-2021.pdf</a>	ONLINE Circle of Security Parenting Series	<p>Parenting can be a joyful and challenging experience for all parents. When you are parenting in a new country, it presents an additional set of joys and challenges. Join us as we discuss parenting experiences and ways to create stronger relationships.</p> <p>(In partnership with Cameray Child &amp; Family Services, and Pacific Immigrant Resources Society).</p>	Fridays: Jan 22 – March 12 1:00-2:30 pm	Visit: <a href="https://bpgc.org/wp-content/uploads/Circle-of-Security-Cameray-PIRS-BPGC-Jan-2021.pdf">https://bpgc.org/wp-content/uploads/Circle-of-Security-Cameray-PIRS-BPGC-Jan-2021.pdf</a>

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Burnaby School District	<a href="https://burnabyschools.ca/strongstart/">https://burnabyschools.ca/strongstart/</a>	StrongStart	Offering a blended model of in-person programming at StrongStart centres, outdoor exploration at local parks or on school grounds, and virtual outreach to stay connected to families who aren't quite ready to visit us in person. programming.	Schedules vary at StrongStart locations and not all centres are open for in-person programs	Visit: <a href="https://burnabyschools.ca/strongstart/">https://burnabyschools.ca/strongstart/</a>
Cameray Child and Family Services	<a href="http://cameray.ca/parent-support-program-may-online-group-calendar/">http://cameray.ca/parent-support-program-may-online-group-calendar/</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.	<p>For Burnaby and New Westminster residents with one or more children under the age of 5 years old.</p> <p>Online family groups, activities for children and families and supports for parents.</p>	Visit website for online calendar with details	Email: <a href="mailto:pspgroupsignup@cameray.ca">pspgroupsignup@cameray.ca</a>

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Family Services of Greater Vancouver	<a href="https://fsgv.ca/?s=anita+olson">https://fsgv.ca/?s=anita+olson</a>	The Power of Play	A one-on-one private play space session with your little one. Early Childhood Community Consultant, Anita Olson, coaches and models child-led play, establishing healthy boundaries, turn taking and so much more with parents/caregivers and their child.	Wednesday mornings	For more information or to see availability:  Call/text: 604-723-9548 or email <a href="mailto:aolson@fsgv.ca">aolson@fsgv.ca</a>
Information Children	<a href="https://www.informationchildren.com/event/new-parents-group/">https://www.informationchildren.com/event/new-parents-group/</a>	New Parents Group	Parenting – exciting, wondering and exhausting and overwhelming ... we'll explore a lot of topics about being a new parent.	6 sessions on Fridays: Jan 15 – Feb 19  1:00 -3:00pm	Visit: <a href="https://www.informationchildren.com/event/new-parents-group/">https://www.informationchildren.com/event/new-parents-group/</a>
Information Children	<a href="https://www.informationchildren.com/event/new-parents-birth-4-years/">https://www.informationchildren.com/event/new-parents-birth-4-years/</a>	New Parents: Birth to 4 years	An interactive series focusing on a variety of topics new parents encounter, such as: connecting through play, self and co-regulation and the importance of connection.	6 sessions on Mondays:  Feb 1 – March 15  1:00-3:00pm	Visit: <a href="https://www.informationchildren.com/event/new-parents-birth-4-years/">https://www.informationchildren.com/event/new-parents-birth-4-years/</a>

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Information Children	<a href="https://www.informationchildren.com/event/online-family-storytime-2/">https://www.informationchildren.com/event/online-family-storytime-2/</a>	Online Family Storytime	Join us for an online 30-minute interactive storytime with songs and easy art activities. Suitable for children 18 months to 5 years.	Tuesdays and Thursdays:  Feb 2-25  5:30 – 6:00pm	Visit: <a href="https://us02web.zoom.us/j/84522022222">https://us02web.zoom.us/j/84522022222</a>
Information Children	<a href="https://www.informationchildren.com/event/circle-of-security-10/">https://www.informationchildren.com/event/circle-of-security-10/</a>	Circle of Security	To help you better understand your child's emotional world so you can support them to manage their emotions, which will enhance development of their self-esteem and meet their need to feel secure.	8 sessions on Thursdays: Feb 4 – March 25  10:00 am - 12:00pm	Pre-registration required, visit: <a href="https://www.informationchildren.com/event/circle-of-security-10/">https://www.informationchildren.com/event/circle-of-security-10/</a>
MOSAIC's Family Centre	<a href="https://www.mosaicbc.org/services/family-youth/family-centre/">https://www.mosaicbc.org/services/family-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	Visit: <a href="https://www.mosaicbc.org/services/family-youth/family-centre/">https://www.mosaicbc.org/services/family-youth/family-centre/</a>

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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 second & fourth Thursday 10:30 -11:30 am	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 (Korean)	Online, parents share, discuss and have workshops on topics like: child safety, child development, discipline and ..... etc.	Every first & third Thursday 10:30 -11:30 am	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	Online - To help parents recognize, understand and deal with their parenting concerns, such as health, safety, child development and behaviors.	6 sessions, on Tuesdays: Feb 2 – March 9	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	Mother Goose Program (Mandarin)	Online Songs, Rhymes and Story-telling in Korean For children birth to 4 years old.	9 sessions on Wednesday: Jan. 13 – March 10	Call Teresa Hsieh at: 604-318-2731 or E-mail: <a href="mailto:teresa.hsieh@success.bc.ca">teresa.hsieh@success.bc.ca</a>

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Pacific Immigrant Resources Society		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.	Contact PIRS to set up an appointment	To set up an appointment, or for more information: Call: 604.298.5888 Visit our office: 1874 Kingsway, Vancouver Write a message at: <a href="https://pirs.bc.ca/contact-us/">https://pirs.bc.ca/contact-us/</a>
The Purpose Society	<a href="https://purposesociety.org/family-programs/">https://purposesociety.org/family-programs/</a>	Building Community & Connections through Anti-Racism	Using arts, crafts and culture families with young children can build their knowledge and awareness on multicultural topics.	Wednesdays Jan 27 – March 3  10am to 12pm	Visit: <a href="https://purposesociety.org/family-programs/">https://purposesociety.org/family-programs/</a>
The Purpose Society	<a href="https://purposesociety.org/events/categories/family-programs/early-childhood-programs/pitter-patter-circle-time/">https://purposesociety.org/events/categories/family-programs/early-childhood-programs/pitter-patter-circle-time/</a>	Pitter Patter Circle Time	Come ready to sing, move, participate in scavenger hunts and listen to stories!	Thursdays Jan 7 – March 25 10:00-10:35 Zoom Circle Time 10:45-11:45am Zoom Parent Workshop series	Visit: <a href="https://purposesociety.org/events/categories/family-programs/early-childhood-programs/pitter-patter-circle-time/">https://purposesociety.org/events/categories/family-programs/early-childhood-programs/pitter-patter-circle-time/</a>

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The Purpose Society		Nobody's Perfect	Share parenting questions and concerns.  Learn about child development, nutrition, health, etc.  Discover ways of positive parenting.	Tuesdays  Jan 26- March 2  10:00- 11:30am	Visit: <a href="https://purposesociety.org/family-programs/">https://purposesociety.org/family-programs/</a>
Spirit of the Children	<a href="https://sotcs.ca/children/">https://sotcs.ca/children/</a>	Obin Ni'i (Gitksan for "I am pregnant") Prenatal Program	An 8 week prenatal program facilitated by the Aboriginal Infant Development Consultants of Spirit of the Children	Wednesdays  11:00am - 1:00pm	Visit: <a href="https://sotcs.ca/referrals/">https://sotcs.ca/referrals/</a>
Spirit of the Children	<a href="https://sotcs.ca/children/">https://sotcs.ca/children/</a>	Online FASD Parent Support Group	For Indigenous parents, grandparents, and caregivers who are raising children with Fetal Alcohol Spectrum Disorder.	First and third Fridays of the month  12:00 – 2:00pm	For more information email: <a href="mailto:reception@sotcs.ca">reception@sotcs.ca</a>
Spirit of the Children	<a href="https://sotcs.ca/children/">https://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.	Thursdays 3:00 – 3:45pm  Fridays 10:30 – 11:15am	Visit: <a href="https://sotcs.ca/referrals/">https://sotcs.ca/referrals/</a>

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Spirit of the Children	<a href="https://sotcs.ca/children/">https://sotcs.ca/children/</a>	Monday morning Storytime Wednesday afternoon Craft time	On Facebook: Storytime and Craft time	Monday morning, Storytime Wednesday afternoon, Craft time	Visit our FB page – Spirit of the Children - for details at: <a href="https://www.facebook.com/sotcs">https://www.facebook.com/sotcs</a>
YMCA Child Care Resource & Referral	N/A	Virtual Storytime on Demand	<a href="http://www.facebook.com/YMCACCRR/">www.facebook.com/YMCACCRR/</a>	On Demand	No registration required

### SOME FREE BURNABY CHILD AND FAMILY RESOURCES AND INFORMATION SESSIONS

#### BC Supported Child Development

The BC Centre for Ability is committed to inclusive child care 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: <https://bc-cfa.org/programs-services/supported-child-development/>. There is an online referral and parent portal.

#### 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 please email or call me, Anita, to set up a phone or virtual appointment; [aolson@fsgv.ca](mailto:aolson@fsgv.ca) 604-723-9548
- ◇ **An ECCC Resource Newsletter** please email [aolson@fsgv.ca](mailto:aolson@fsgv.ca) with the heading “ADD ME TO NEWSLETTER” to receive short daily newsletters with children’s activities, self-care ideas, parenting information and more!

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## SOME FREE BURNABY CHILD AND FAMILY RESOURCES AND INFORMATION SESSIONS

### YMCA

1.) Online Affordable Child Care Benefit Information Sessions (via MS Teams):

- February 3, 2021 10:00 - 11:00 am
- February 18, 2021 5:30 - 6:30 pm
- March 16, 2021 10:00 - 11:00 am
- April 14, 2021 5:30 - 6:30 pm
- May 14, 2021 10:00 - 11:00 am
- June 14, 2021 10:00 - 11:00 am

To register call 604-294-1109.

2.) Early Learning Resource Library (parents in Burnaby/New Westmister/Tri-Cities borrow early learning resources free of charge) available by curbside appointment. Catalogue found here [Early Years Resource Library Catalogue](#) To book an appointment email [ccrr@gv.ymca.ca](mailto:ccrr@gv.ymca.ca)

### KIDS IN BURNABY WEBSITE AND FACEBOOK PAGE

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/>

- Food Fridays
- Current events and workshops
- Latest research and trending topics

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