**FREE BURNABY SPRING PROGRAMS\* 2022**

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| **Agency** | **Website** | **Program Name(s)** | **Program Information** | **Dates** | **Registration Details** |
| Burnaby Family Life | https://bflgrowscommunity.org/ | In person Family Drop-In’s, Learning together though play, Baby & Me Second stage, and Mother Goose | 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:  Family Support  Play-based Learning  Early Learning and Literacy  Parent Education  Information and Referrals  For more information and program descriptions, times and locations please visit: <https://bflgrowscommunity.org/> | * **Family Drop ins** Mondays, Wednesdays, Thursdays Fridays * **Learning together though play** –   -Tuesdays & Saturdays at BFL’s McKercher location  -Wednesdays at BFL’s Edmonds location  -Saturday North Burnaby location to be announced soon   * **Mother Goose** – Mondays and Fridays | Drop ins welcome. No preregistration required except for Mother Goose. |
| Burnaby Family Life | https://bflgrowscommunity.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[www.bflgrowscommunity.org/expecting-new-moms](http://www.bflgrowscommunity.org/expecting-new-moms) |
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| Burnaby Family Life | https://bflgrowscommunity.org/ | **In person Parenting and support groups:**   * Nobody’s Perfect- Tuesdays and Fridays * LGBTQ2SIA+ Parent Support Group - Tuesdays * Systematic training for effective parenting (STEP) (Tuesdays online and Saturdays in person) * Calm & Confident Parenting - Wednesdays * Fatherhood, A Journey – Wednesdays-online * Anger management for Men – Thursdays – online * Parenting for Immigrants – Thursdays * Parenting for Immigrants (ARABIC) - Fridays * Immigrant Women Support Group- Fridays | Our Parenting and Support programs provide a safe 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.  For program descriptions please visit:  <https://bflgrowscommunity.org/>  Free childcare for children 18m to 10years is available for all in person programs. *Pre-registration required for childcare.* | | For dates, times and locations please visit <https://bflgrowscommunity.org/> | For program descriptions and registration please visit:  <https://bflgrowscommunity.org/>  OR  Call 604-659-2200 |
| Burnaby Neighbourhood House | <https://burnabynh.ca/get-involved_family/> | Online and in person, family drop-in programs, family support services, community kitchen programs, and more … | Visit website for online calendar with details | | Ongoing | To register please visit website |
| Burnaby Public Library | https://bpl.bc.ca/events#/ | Outdoor Family and Baby Storytime | Songs and rhymes, for children of all ages, and their caregivers | Visit website for details | | No registration required. Visit website for details. |
| Burnaby Public Library | https://bpl.bc.ca/events/babytime-april-13 | Online Baby Storytime | For newborn to 18-month-old babies and their caregivers.  Share songs, rhymes, bounces and stories with your baby. Connect with other new parents in Burnaby from the comfort of your home. | Wednesdays,  April 6 to  May 4. | | Register online, at any BPL location or call 604-436-5400. Registration opens two weeks before each session. |

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| Cameray Child and Family Services | [www.cameray.ca/parent-support-program/](http://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 online calendar with details | Email: [pspgroupsignup@cameray.ca](mailto:pspgroupsignup@cameray.ca) |
| Family Service of Greater Vancouver | [www.fsgv.ca/programs/early-childhood-community-consultant/](http://www.fsgv.ca/programs/early-childhood-community-consultant/) | 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, 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 [aolson@fsgv.ca](mailto:aolson@fsgv.ca) |
| Information Children | [www.informationchildren.com](http://www.informationchildren.com) | 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. | Ongoing | Helpline: 778.782.3548  Email: [info@informationchildren.com](mailto:info@informationchildren.com)  To book parent coaching:  <https://calendly.com/informationchildrenparentcoaching> |
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| Metis Nation BC | <https://www.mnbc.ca/families/> | Metis Family Connections | 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. | Ongoing | Visit website for details: <https://www.mnbc.ca/mfc/> |
| Metis Nation BC | <https://www.mnbc.ca/families/> | Miyoopimatishihk (Wellbeing) Program | For families with Metis children birth to 8 years old. Metis families can apply for and access services funded directly by MNBC. | Ongoing | Visit website for details: <https://www.mnbc.ca/wellbeing/> |
| Metis Nation BC | <https://www.mnbc.ca/families/> | 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: <https://www.mnbc.ca/imagination-library/> |
| MOSAIC’s Family Centre | [www.mosaicbc.org/services/family-children-youth/family-centre/](http://www.mosaicbc.org/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.reception@mosaicbc.org](http://www.mosaicbc.org) or call  604. 636. 0120 |
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| Pacific Immigrant Resources Society | <https://pirs.bc.ca/programs-services/childrens-programs/> | Home Visiting Program (English, Arabic, French) | 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. | | | Ongoing | To set up an appointment, or for more information call: 604.298.5888  or email:  [info@pirs.bc.ca](mailto:info@pirs.bc.ca) |
| Pacific Immigrant Resources Society | <https://pirs.bc.ca/programs-services/childrens-programs/> | Kids Have Stress Too, Nobody’s Perfect (English and Arabic), Nobody’s Perfect (Mandarin & Cantonese), and Parent-Child Mothergoose | Programs for immigrant and refugee families | | | See website for details | See website for details |
| The Purpose Society | [www.facebook.com/purposesociety6thSt/](http://www.facebook.com/purposesociety6thSt/) | Early Childhood Programs | Resources, news bulletins and more… | | Ongoing | | Visit FB page: [www.facebook.com/purposesociety6thSt/](http://www.facebook.com/purposesociety6thSt/) |
| Spirit of the Children | [www.sotcs.ca/children/](http://www.sotcs.ca/children/) | Soaring Eagles Play Time, **Hlúlú** Drop-In’s, Aboriginal Infant Development, Aboriginal Supported Development,**Obin Ni’i (Gitxsan 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** - 3rd Wednesday monthly- online and in person | ongoing | Registration/Intake required for all programming  For further information call Carla or Daniela at 604-298-6246 or email: smile@stleo.ca |
| 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 Vivienne Lee at: 604-330-8068 or E-mail:  [vivienne.lee@success.bc.ca](mailto: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 and …… etc. | Every 1st & 3rd  Thursday  10:30am -12:00pm | Call Teresa Hsieh at: 604-318-2731 or E-mail:  [teresa.hsieh@success.bc.ca](mailto:teresa.hsieh@success.bc.ca) |

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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 Friday  April 19 – June 14  2022  1:00pm -2:00pm | Call Vivienne Lee at: 604-330-8068  or E-mail:  [vivienne.lee@success.bc.ca](mailto:vivienne.lee@success.bc.ca) |
| 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,  April 26 – June 21  20222022  10:30-11:30am | Call Teresa Hsieh at: 604.318.2731 or email:  [teresa.hsieh@success.bc.ca](mailto:teresa.hsieh@success.bc.ca) |
| 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:  [teresa.hsieh@success.bc.ca](mailto:teresa.hsieh@success.bc.ca)  Korean:  Vivienne Lee at: 604.330.8068  or email: [vivienne.lee@success.bc.ca](mailto:vivienne.lee@success.bc.ca) |
| YMCA Child Care Resource & Referral | N/A | Virtual Storytime on Demand | [www.facebook.com/YMCACCRR/](http://www.facebook.com/YMCACCRR/) | on demand | No registration required |

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| Vancouver & Lower Mainland Multicultural Family Support Services Society | https://www.vlmfss.ca | Mother & Child Emotional Power Program | In person, for parents with children 2-5 years old. Immigrant and Refugee families welcome! Learn about the role of emotional well-being in early childhood through fun games, storytelling, arts & crafts and songs! | Mondays (except May 23rd,)  May 2 - 30  2022  10:30am-12:00pm | Where: Edmonds Community Resource Centre, 7355 Canada Way, Burnaby  *Registration required*.  To register, or for more information, contact: Liliane, Ramzia or Sophie at: 604-436-1025  or  E-mail:  cwwa@vlmfss.ca |

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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/](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: <https://www.gv.ymca.ca/ccrr>.

* 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://www.ymcastrongfoundations.org/getmedia/374d2c29-2f05-4537-9ee9-29fc77258f60/2020-CCRR-Early-Learning-Library-Catalogue_August-2020). To book an appointment email [ccrr@gv.ymca.ca](mailto:ccrr@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.

**FREE BURNABY CHILD AND FAMILY RESOURCES AND INFORMATION SESSIONS**

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