



FREE BURNABY *SPRING PROGRAMS 2021

Agency	Visit website for details	Program Name(s)	Program Description	When	Registration Required - Details
Burnaby Family Life	https://bflgrowscommunity.org/expecting-new-moms	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: https://bflgrowscommunity.org/expecting-new-moms
Burnaby Family Life	https://bflgrowscommunity.org/	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: https://bflgrowscommunity.org/

*** All programs are for children from birth to 6 years old, unless otherwise indicated**

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



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Burnaby Family Life	https://bflgrowscommunity.org/confident-parenting	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: https://bflgrowscommunity.org/confident-parenting
Burnaby Neighbourhood House	https://burnabynh.ca/calendar/	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: https://burnabynh.ca/calendar/
Cameray Child and Family Services	https://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

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Family Service of Greater Vancouver	https://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 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 aolson@fsgv.ca
Information Children	https://www.informationchildren.com/parenting-workshops-events/	Parent Workshops	Educational, supportive and customized to the needs of participants.	Visit: https://www.informationchildren.com/parenting-workshops-events/	Visit: https://www.informationchildren.com/event/new-parents-group/
Information Children	https://www.informationchildren.com/event/online-family-storytime-4/	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: April 1-29 5:30 – 6:00pm	Visit: https://us02web.zoom.us/j/84451220603

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Information Children	https://www.informationchildren.com/event/parenting-toddlers-and-preschoolers-8/	Parenting Toddlers and Preschoolers	An interactive series focusing understanding the unique challenges parents of children under 5 encounter as their children move through the toddler and preschool years.	6 sessions on Fridays: April 16-May 21 1:00-3:00pm	Visit: https://us02web.zoom.us/j/84451211111
MOSAIC's Family Centre	https://www.mosaicbc.org/services/family-children-youth/family-centre/	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: https://www.mosaicbc.org/services/family-children-youth/family-centre/
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.		To set up an appointment, or for more information: Call: 604.298.5888 Visit our office: 1874 Kingsway, Vancouver Write a message at: https://pirs.bc.ca/contact-us/

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Agency	Visit website for details	Program Name(s)	Program Description	When	Registration Required - Details
The Purpose Society	https://www.facebook.com/purposesociety6thSt/	Early Childhood Programs	Resources, news bulletins and more ...	Ongoing	Visit FB page: https://www.facebook.com/purposesociety6thSt/
Spirit of the Children	https://sotcs.ca/children/	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: https://sotcs.ca/referals/
Spirit of the Children	https://sotcs.ca/children/	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: reception@sotcs.ca
Spirit of the Children	https://sotcs.ca/children/	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: https://sotcs.ca/referals/

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Spirit of the Children	https://sotcs.ca/children/	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: https://www.facebook.com/sotcs
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 10:30am -12:00pm	Call Monica Lim at: 604-330-8068 or E- mail: monica.lim@success.b c.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 first & third Thursday 10:30am -12:00pm	Call Teresa Hsieh at: 604-318-2731 or E- mail: teresa.hsieh@success. bc.ca

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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 Monday: May 31st – July 5th, 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	Mother Goose Program (Mandarin)	Online Songs, Rhymes and Story-telling in Korean For children birth to 4 years old.	9 sessions: on Tuesdays, April 20th - June 15th, 10:30-11:00am	Call Teresa Hsieh at: 604-318-2731 or E-mail: teresa.hsieh@success.bc.ca
S.U.C.C.E.S.S.	N/A	Mother Goose Program (Korean)	Online Songs, Rhymes and Story-telling in Korean For children birth to 4 years old.	9 sessions: on Mondays, May 3rd – July 5th, (No session on May 24 th) 10:00-11:00am	Call Monica Lim at: 604-330-8068 or E-mail: monica.lim@success.bc.ca
S.U.C.C.E.S.S.	N/A	Mother Goose Program (Farsi)	Online Songs, Rhymes and Story-telling in Korean For children birth to 4 years old.	9 sessions: on Fridays, April 16th – June 11th, 2021 4:30-5:30pm	Call Teresa Hsieh at: 604-318-2731 or E-mail: teresa.hsieh@success.bc.ca

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Vancouver and Lower Mainland Multicultural Family Support Services Society	https://www.vlmfss.ca	Mother and Child Emotional Power Program	Online, learn more about your child's emotions and much more while having fun through games, storytelling, arts & crafts, songs and many more! New Immigrant and Refugee families welcome!	Mondays April 12 - May 31 10:00 - 11:30am	For more information, please contact Liliane, Ramzia or Mae: Email: cwwa@vlmfss.ca Or Call: 604-436-1025	
YMCA Child Care Resource & Referral	N/A	Virtual Storytime on Demand	www.facebook.com/YMCA_CACRR/	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 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 604-723-9548
- ◇ **An ECCC Resource Newsletter** please email 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!

YMCA

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

- 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 crr@gv.ymca.ca

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SOME FREE BURNABY CHILD AND FAMILY RESOURCES AND INFORMATION SESSIONS

BURNABY PUBLIC LIBRARY

Burnaby Public Library branches are open for choosing books, and for limited use of public computers. Find out more here <https://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 or 604-436-5400 and ask to be directed to a children's librarian to discuss options.

PROGRAMS FOR CHILDREN AND FAMILIES

Burnaby Public Library staff are working hard to present joint programs with partners in the community, including this recent workshop with Burnaby Neighbourhood House <https://bpl.bc.ca/events/resources-for-multilingual-families>.

Check back regularly for more programs to support parents.

Storytimes for children at Burnaby Public Library are suspended currently, but will be restarting gradually in late spring 2021. Please check the website regularly for updates <https://bpl.bc.ca/activities-events>

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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