



2819 West 11th Avenue | Vancouver BC, V6K 2M2 | 604-738-2819 | wsfp_info@telus.net | westsidefamilyplace.com | Find us on Facebook

Your Local Family Resource Centre

A place for families with babies, toddlers, and preschoolers to meet new friends, gain a sense of community, and receive support from qualified staff.

Programs are offered in a stimulating environment that promotes parenting confidence and enhances early childhood development.

Family Drop-In Hours

for parents, grandparents, family members, nannies, caregivers and children

Monday to Friday

9:30 am to 12:00 pm

closed the last Friday of each month

Wednesday

1:00 pm to 4:30 pm

Drop-In fee is \$2 per family per visit with an annual membership, \$35 per year. Pre-paid Drop-In tickets are available for purchase.

November is Membership Renewal Month

Toy Lending Library Hours

toys, books, puzzles, and more

Tuesday 9:30 am to 12:00 pm

WSFP membership required

Upcoming Closures

Labour Day

Monday, September 5th

Deloitte Impact Day

Date TBA

Thanksgiving

Monday, October 10th

Remembrance Day

Friday, November 11th

Winter Closure

December 16th to January 2nd

The playroom is wheelchair accessible.



2016 Fall Programs

Registration starts: Thursday, September 1st, at 9:30 am

Programs for parents and their children

●●● Parent-Child Mother Goose - Infant Group (birth to 9 months)

A group experience for parents with their babies, focusing on the pleasure and power of using rhymes, songs and stories. The pace is slow and relaxed with plenty of time for repetition of material and casual discussion of issues and questions that arise. This is a nationally recognized Early Literacy Program. Please bring a blanket for your baby to lie on.

Dates: 6 Mondays, September 26th to November 7th (no class October 10th)

Time: 1:00 pm to 2:00 pm | Cost: \$40.00 | Facilitators: Eva Svensson and Sue Ellen Elman

●●● Family FUNdamentals - Preschooler Group (18 months to 4 years)

This is an early childhood development program for parents/caregivers and their preschoolers, with an overall goal of having fun and fostering a competent adult/child relationship. This is a group experience, focusing on finding joy in singing, playing, cooking and eating together. Family FUNdamentals is designed to make the experience enjoyable for all participants and to focus on simplicity and repetition and how to convey messages through modeling.

Dates: 6 Mondays, September 26th to November 7th (no class October 10th)

Time: 3:00 pm to 4:30 pm | Cost: \$60.00 | Facilitators: Eva Svensson and Sue Ellen Elman

Program for parents

●●● Circle of Security **NEW PROGRAM!**

At times all parents feel lost or clueless about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security® Parenting program can help. For parents of infants – 6 years of age.

Learning Objectives of the Training: Understand your child's emotional world; Learn to read your child's emotional needs; Support your child to successfully manage emotions; Enhance your child's self esteem.

Childminding provided

Dates: 7 Tuesdays, September 20th to November 1st

Time: 3:30 pm to 5:00 pm | Cost: \$30.00 | Facilitators: Brenda Waugh and Doris Peters

Toy Lending Library

●●● Family Place is expanding its library, including DVDs

You can now borrow DVDs on parenting education and child development at Family Place. The DVD library will include many of the Neufeld Institute's DVDs, on a variety of topics. When using this library, you will be asked for a damage deposit (cheque or VISA imprint) of \$50. *WSFP membership is required.*

Dr. Gordon Neufeld is a Vancouver-based psychologist, with over 40 years of experience with children and those responsible for them. He is a foremost authority on child development and a leading interpreter of the developmental paradigm.

Special Events

Harvest Moon Festival

Thursday, September 15th, drop-in hours

Thanksgiving Potluck

Friday, October 7th, 11:30 am

Halloween Drop-In

Monday, October 31st, drop-in hours

Breakfast with Santa

Saturday, December 3rd, 10 am to 11:30 am

Chanukah Celebration

Wednesday, Date TBA

Winter Cookie Recipe Exchange

Thursday, December 15th, 11:30 am

New Board of Directors

Christina Martin *Chair*
Nicole Jansz *Vice-Chair*
Mark Rogen *Treasurer*
Ron Laufer *Secretary*
Mital Gorman *Privacy and Personnel Officer*
Ken Rufelle *Director*
Nicky Foxall *Director*
Sandy Rogen *Director*

Did you know that the West Side Family Place is a registered non-profit society?

Our funding comes from a variety of sources, including the City of Vancouver, the Ministry of Children and Family Development, BC Gaming, Human Resources and Skills Development Canada as well as private donors like you. Approximately 25% of our budget comes from fundraising! If you would like to make a donation, large or small, please contact WSFP at 604.738.2819 or visit CanadaHelps.org and search for our name. You can make a one-time gift or set up a monthly contribution. Tax receipts will be issued for all donations over \$10.

Family Place is available for Birthday party rentals. Rentals are available on Saturdays and Sundays from 10 am to 2 pm or 2:30 pm to 6:30 pm. For more information, speak with any staff member or call 604.738.2819.

Programs for parents and caregivers

●●● Making Sense of Anxiety

As many as 20% of children qualify for an anxiety disorder diagnosis, making it the most common mental health issue. Anxiety can take many forms including obsessions, compulsions, phobias as well as other perplexing behaviours. We cannot treat something we do not understand, so making sense of anxiety is fundamental in making headway. This presentation will bring a fresh and promising perspective to one of our most troubling human problems.

Childminding provided

Date: Thursday, October 6th

Time: 1:00 pm to 2:30 pm | **Cost:** \$20.00 | **Facilitator:** Dr. Deborah MacNamara

●●● Making Sense of Sensitive Kids

Some children seem to be more intense and sensitive in their response to sensory stimuli in their surroundings. We can all feel overwhelmed at times but for some sensitive kids it can get very stressful, evoking strong emotions they don't know how to make sense of. In order to help sensitive children live in their world we need to start by making sense of them and appreciating things through their eyes. There is much parents and teachers can do to help sensitive children find rest so that they can play and grow.

Childminding provided

Date: Thursday, November 24th

Time: 1:00 pm to 2:30 pm | **Cost:** \$20.00 | **Facilitator:** Dr. Deborah MacNamara

In the Drop-In

●●● Orff on the Go - Vancouver Academy of Music Outreach -

Orff approach to music is holistic, experiential and process oriented. The method encourages group music-making with a focus on singing, playing a wide variety of percussion instruments including xylophones, glockenspiels and metallophones, and doing movement and dance. This is part of the Drop-In program in the living room upstairs. Registration is not required, however, maximum number of children is 20 - first come, first serve. *0 to 6 years of age*

Dates: September 19th, October 3rd, 17th and 31st, November 14th and 28th, December 12th

Time: 9:30 am to 10:00 am | **Free** | **Facilitator:** Caroline Jang

●●● Vancouver Coastal Health Nurse visits

Natasha Kainth, Public Health Nurse, comes for visits to Family Place, **every first Tuesday of the month**. She is here to answer parents and caregivers' questions about their children's health and well-being.

During the Drop-In from 10:30 am to 11:30 am.

●●● Choices Markets Registered Dietitian visits

Sea Chang, Registered Dietitian from Choices Markets, comes for visits to Family Place, **every second Monday of the month (third Monday in October)**. She will answer parents' and caregivers' questions and concerns about food, nutrition, and cooking.

During the Drop-In from 10:30 am to 11:30 am.

