



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, \$40 /year. Pre-paid Drop-In tickets are available for purchase.*

### 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 3rd

**Thanksgiving**  
Monday, October 8th

**WSFP Fundraiser**  
Thursday October 25th

**Remembrance Day**  
Monday, November 12th

**Winter Break**  
December 21st to January 7th

The playroom is wheelchair accessible.



## 2018 Fall Programs

Registration starts: Tuesday, September 4th, 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 baby to lie on.*

**Dates:** 6 Mondays, October 1st to November 19th (no class Oct.8th and Nov.12th)

**Time:** 1:00 pm to 2:00 pm | **Cost:** \$40.00 | **Facilitators:** Eva Svensson and Salena Wong

#### ● ● ● Little Chefs - Preschooler Group (18 months to 6 years)

This is a program for parents/caregivers and their preschoolers, with a focus on the joy of cooking and eating together. We try out new and fun meals, with a healthy twist. There will also be time for play, songs and movement. This class is designed to make the experience enjoyable for all participants and to focus on repetition and how to convey messages through modeling and strong relationships.

**Dates:** 6 Mondays, October 1st to November 19th (no class Oct.8th and Nov.12th)

**Time:** 3:15 pm to 4:45 pm | **Cost:** \$60.00 | **Facilitators:** Eva Svensson and Salena Wong

### Programs for parents

#### ● ● ● Nobody's Perfect

This program provides parents a supportive and relaxed place to meet others with children, birth to 5, and with whom they share interests and concerns. Participants design their agenda and through staff facilitated discussion, assistance, mutual support, encouragement and acceptance, parents can experience transformative growth with a goal to parenting with raised confidence. *Childminding and a light supper is provided for the children.*

**Dates:** 6 Tuesdays, October 2nd to November 6th

**Time:** 4:00 pm to 6:00 pm | **Free** | **Facilitators:** Eva Svensson and Katherine Darwent

### Neufeld Programs for parents and caregivers

#### ● ● ● Tears, Temper and Turmoil: Understanding Frustration and Aggression

The expression of frustration and aggression in children and teens can take on many forms including temper tantrums and various forms of attack. Part of making headway requires understanding the roots of frustration and aggression and how to deal with the resulting behaviours. This presentation will focus on strategies for dealing with a frustrated child while preserving one's relationship to them. It will address the importance of setting limits and helping children learn they can survive futilities that are part of life. *Childminding provided.*

**Date:** Thursday, September 27th

**Time:** 1:00 pm to 2:30 pm | **Cost:** \$20 | **Facilitator:** Dr. Deborah MacNamara

## Special Events

### Thanksgiving Potluck

Thursday, October 12, 11:30 am

### Halloween Drop-In

Wednesday, October 31st, drop-in

### Breakfast with Santa

Saturday, December 1st, 10 am to 11:30 am

### Santa Lucia Celebration

Thursday, December 13, drop-in

### Chanukah Celebration

Wednesday, Date TBA

### Winter Celebration

Thursday, December 21st, 11:30 am

## NOVEMBER IS MEMBERSHIP RENEWAL MONTH!

WSFP membership costs \$40 and is valid from November 1st to October 31st.

Membership fees directly support the Family Drop-In and the parent education and support programs. Complimentary memberships are available for families in financial need. Please speak with a staff member.

### 'Ghostly Gala - A Wicked Fundraiser for West Side Family Place' Thursday October 25th



Please save the date and come support WSFP on this special evening.

Thank you to our sponsor,  
David Richardson THE COLOUR OF REAL ESTATE



We are currently seeking community support for the following:

Volunteers, and donated items for our silent auction. If you or anybody you know might be willing to help out, please call Diane at 604-738-2819.

## ● ● ● Making Sense of Counterwill

Counterwill is a name for the instinctive reaction of a child to resist being controlled. This resistance can take many forms: opposition, negativism, laziness, noncompliance, disrespect, lack of motivation, belligerence, incorrigibility and even antisocial attitudes and actions. It can also express itself in resistance to learning. Despite the multitude of manifestations, the underlying dynamic is deceptively simple – a defensive reaction to perceived control or coercion.

Understanding the role of counterwill in the development process is the key to knowing how to handle it. A three-pronged approach to safely defusing counterwill and to handling the resistant child or adolescent will be discussed. *Childminding provided.*

**Date:** Wednesday, October 24th

**Time:** 4:30 pm to 6:00 pm | **Cost:** \$20 | **Facilitator:** Christie Mackie, MA, RCC

### Programs for parents and caregivers

## ● ● ● 2 Paper Making Workshops

Join other parents and caregivers in these engaging hands-on activities, while your children are downstairs, playing in the comforts of Family Place. Supplies provided

**Large Flower Decorations:** These are easy and fun to make, and perfect decorations for birthday parties. All you need is some paper and a pinch of creativity.

**Date:** Wednesday, September 26th

**Time:** 3:30 to 4:30pm | **Cost:** \$5 | **Facilitator:** Maria Cheung

**Christmas Stars:** These stars are beautiful in the Christmas tree or anywhere in your home. They have great potential to become a treasured family Christmas craft.

**Date:** Wednesday, November 28th

**Time:** 3:30 to 4:30pm | **Cost:** \$5 | **Facilitator:** Eva Svensson

### In the Drop-In

## ● ● ● Orff on the Go - Vancouver Academy of Music Outreach (0 to 5 years)

Orff approach to music is holistic, experiential and process oriented. It encourages group music-making with a focus on singing, playing a wide variety of percussion instruments and doing movement and dance. Registration is not required; however, maximum number of children is 20 - first come, first serve. **Dates and Time TBA**

## ● ● ● Vancouver Coastal Health Nurse visits

Natasha Kainth, Public Health Nurse, visits Family Place **every first Tuesday of the month**. She will 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

Heather, our Registered Dietitian from Choices Markets, visits Family Place **once a month**. The dietitian 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.**

