



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 per 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

Winter Closure
December 21st to January 6th
Family Day
February 18th

Special Events

Chinese New Year Drop-In
February 6th
Valentine's Day Drop-In
February 14th
Family Day Drop Drop-In
February 15th

The playroom is wheelchair accessible



2019 Winter Programs

Registration starts: Monday, January 7th at 9:30 am

Programs for parents and their children

●●● Papa and Mama 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, January 28th to March 11th (no class on February 18th)
Time: 1:00 pm to 2:00 pm | **Cost:** \$40.00 | **Facilitators:** Eva Svensson & Sue Ellen Elman

●●● Little Chefs - Preschooler Group (18 months to 6 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 cooking, singing, playing and eating together. Little Chefs 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, January 28th to March 11th (no class on February 18th)
Time: 3:15 pm to 4:45 pm | **Cost:** \$60.00 | **Facilitators:** Sue Ellen Elman and Salena Wong

Program for parents

●●● Nobody's Perfect

This program provides parents a supportive and relaxed place to meet others with children, birth to 5 years of age, 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 provided.*

Dates: 6 Thursdays, February 5th to March 12th | **Time:** 3:30 pm to 5:30 pm
Free | **Facilitators:** Eva Svensson & Katherine Darwent

●●● Circle of Security

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 Thursdays, January 31st to March 14th
Time: 2:30pm to 4:00pm | **Cost:** \$30.00/person, \$45.00/couple
Facilitators: Eva Svensson & Brenda Waughn

A Very Special Thank You



In this season of giving, please support us in our campaign, \$45 for 45 years.

West Side Family Place has been a fixture in the West Side for many, many years supporting children and their families. Generous donations help us continue in our efforts with program and service provisions. Anyone donating \$45 or more will be entered into a special prize draw and you can donate into this campaign until December 31, 2018. Donations can be made in person at Family Place on the Canada Help website under West Side Family Place Society.



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 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, February 20th | **Time:** 4:30 pm to 6:00 pm | **Cost:** \$20.00 | **Facilitator:** Christie Mackie

●●● DIY Photo Canvas Art Making

Ignite your creativity and design a display worthy wall art while your children are downstairs playing in the comforts of Family Place. Bring your favourite photos to mount on a 8x10 canvas. Paints, decorative adhesives etc will be supplied. **Childminding provided**

Date: Wednesday, March 20th
Time: 3:00pm-4:30 pm | **Cost:** \$20.00 | **Facilitator:** Salena Wong

●●● Making Sense of Discipline

One of the biggest challenges faced by parents, caregivers and educators is the safe discipline of children and teens in their care. Given that connection is the greatest need a child has, discipline that protects this attachment is critical. Seven principles of attachment safe discipline will be discussed along with an understanding of the 4 most common principles that erode attachment and threaten development. **Childminding provided**

Date: Thursday, April 11th
Time: 1:00pm-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 starts 9:30 on day of class. Maximum number of children is 12.

Dates: Every Thursday
Time: 10:30 am to 11:00 am | **Free** | **Facilitator:** Adam Junk

●●● Vancouver Coastal Health Nurse visits

Natasha Kainth, Public Health Nurse, comes for visits to Family Place, **January 8th, Feb 5th, March 5th.** 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

Registered Dietitian from Choices Markets, comes for visits to Family Place. She/he will answer parents' and caregivers' questions and concerns about food, nutrition, and cooking.

Dates and Times TBA.