



2819 West 11th Avenue | Vancouver | 604-738-2819 | wsfp\_info@telus.net | westsidefamilyplace.com | Find us on Facebook & Instagram

### 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 20th to January 5th  
**Family Day**  
February 17th

### Special Events

**Chinese New Year Drop-In**  
January 24th  
**Valentine's Day and Family Day Drop-In**  
February 14th

## 2020 Winter Programs

### Programs for parents and their children

#### ●●● Mama and Papa 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 27th to March 9th (no class on February 17th)  
**Time:** 1:00 pm to 2:00 pm | **Cost:** \$40.00 | **Facilitators:** Eva Svensson & Sue Ellen Elman

#### ●●● Little Chefs - Preschooler Group (2 years to 5 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 27th to March 9th (no class on February 17th)  
**Time:** 3:15 pm to 4:45 pm | **Cost:** \$60.00 | **Facilitators:** Eva Svensson, Sue Ellen Elman & Salena Wong

#### ●●● Kinder Ready, Parent Ready!

West Side Family Place is offering a kindergarten-readiness program for children entering school in Fall 2020. While the children are working on school-readiness skills, there will be a separate program for parents, with guest speakers covering relevant topics such as separation anxiety, sleep, bullying prevention, and children's healthy social-emotional development.

**Dates:** Thursdays and Fridays March 12th to May 1st (no class on April 10th)  
**Time:** 1:30 pm to 3:00 pm | **Cost:** FREE | **Facilitators:** Eva Svensson & Sue Ellen Elman

### 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 Tuesdays, February 4th to March 10th (no class on March 3rd) |  
**Time:** 3:45 pm to 5:45 pm | **Cost:** Free | **Facilitators:** Eva Svensson & Katherine Darwent

## A Very Special Thank You to

## Programs for parents and caregivers

### THE COLOUR OF REAL ESTATE DAVID RICHARDSON



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### ●●● Tears, Tempers, 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 fatalities that are part of life. **Childminding provided.**

**Date:** Wednesday, February 12th | **Time:** 4:30 pm to 6:00 pm

**Cost:** \$20.00 | **Facilitator:** Christie Mackie, MA, RCC

## Have your Birthday Party at West Side Family Place!

Birthday parties and other special occasions can be celebrated in the comforts of our Family Place for a 4 hour period on Saturdays and Sundays, 10am-2pm or 2:30pm to 6:30pm.

### NEW RENTAL RATES:

**\$175 for MEMBERS**

**\$225 for NON-MEMBERS**

*\*\*\*For more information, please speak with staff or call 604-738-2819\*\*\**

## 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 9:30am on day of class. Maximum number of children is 12.

**Dates:** Every Wednesday (Except March 18 and 25th)

**Time:** 9:45 am to 10:15 am | **\$2 drop-in Fee** | **Facilitator:** Jennifer Li

### Vancouver Coastal Health Nurse visits

Natasha Kainth, Public Health Nurse, comes for visits to Family Place, **once a month**. She is here to answer parents and caregivers' questions about their children's health and well-being. Dates TBA.

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

### **\*\*\*Family Dinners at Family Place!\*\*\***

We invite parents and their children to come join us for dinner and play time. Come play, connect, and enjoy some family time and share in a meal together! Family Place will prepare a healthy meal for all to enjoy!

**Dates:** Wednesday, January 29th (Registration starts January 6th)

Wednesday, February 26th (Registration starts February 9th)

Wednesday, March 25th (Registration starts March 2nd)

**Time:** 5:00pm-7:00pm | **Cost:** \$5 per Adult, Children are free

●●● **Did you know that you can book a private appointment with our Family Support Coordinator, Eva Svensson, during Drop-In hours? Contact Eva in person or email [wspfp\\_programs@telus.net](mailto:wspfp_programs@telus.net)**



The playroom is wheelchair accessible

