

What's On

Free or low cost programs for families with young children in Maple Ridge, Pitt Meadows & Katzie



RMECDC supports and promotes community engagement in improving the health and well-being of all children from pre-natal to age 6 in the communities of Maple Ridge, Pitt Meadows and Katzie First Nation.

RMECDC is a sub-committee of the Community Network and a member of the Provincial Children First Initiative.

RMECDC welcomes community involvement. Call (604) 916-1051 or email: Info@ridgemeanowsecd.ca to receive information about the Early Childhood Development Committee and its work, or to find out how you can become a member of the committee.

Follow RMECDC on:
Facebook: Ridge Meadows Early Childhood Development Committee
Twitter: @ridgemeanowsecd
Website: www.ridgemeanowsecd.ca



July, August, & September Programs and Events

WESTCOAST FAMILY CENTRES
Intergenerational Mother Goose
 For parents and their babies or young children (0 -5 years). Have fun with rhymes, songs, and stories. Older siblings welcome. Includes a small snack. Seniors from Wesbrooke Seniors Living Community will join in this unique intergenerational experience. Wednesdays, July 4 - Aug 22; 10-11:30 a.m. - 12000 190A Ave. Pitt Meadows. Please register with your name, phone #, child's age at special.projects@westcoastfamily.org

Healthy Babies is a Westcoast Family Centres' program supporting pregnant women and new mothers (with babies up to 6 months) who need extra help and support and who have limited financial resources. Socialize, eat lunch together, receive information about healthy pregnancy, lifestyle, nutrition and baby care. A public health nurse attends. Mondays 11:30-2:00. Location: The Family Education & Support Centre - 22554 Lougheed Hwy, Maple Ridge. FREE - to register contact Helen at (604) 944-2500.

MAPLE RIDGE PARKS & RECREATION
Parent & Child Playtime drop-in playtime at the Leisure Centre for families with children birth to 5. Mon, Wed, Fri. 9:30-11:30 a.m. \$1 per child.
1,2,3, Let's Go! For families with children 0 - 5 years. Fun active games at the Memorial Peace Park. 10 a.m. - 12 p.m. Tuesdays & Thursdays, July 3 to August 23. FREE
Play Nights in the Park - Wed, July 11 - Aug 29; 6:30-8:30 p.m. FREE. Locations will be announced in early July.

PITT MEADOWS PARKS & RECREATION
Parent & Child Mini Gym drop-in playtime at the Family Recreation Centre for families with young children. Mon, Wed, 10-11:30 a.m. \$1 per child.
Stroller Walking - Parents & Tots in the Trails for birth to 3 year olds with an adult. Every week, meet to walk the local trails and neighbourhood.
South Bonson Community Centre: Tues, 9-10 am
PM Family Recreation Centre lobby: Wed, 1 - 2 p.m. We will walk to the trail off Harris Rd and onto the dyke near Mitchell Park.

BASICS FOR BABIES Friends in Need Foodbank provides milk and eggs with a hamper, and a one-time layette containing baby items after the baby is born for any mother who is expecting or has a child up to age one. To register, contact (604) 466-3663

RIDGE MEADOWS CHILD DEVELOPMENT CENTRE
 For questions or concerns about your infant, toddler, or young child's development, call (604) 463-0881. Speech & language therapists, occupational and physiotherapists, and family support workers can help. www.rmcdc.com
Family Connections Program - The Key Worker serves families whose children have Complex Developmental Behaviour Conditions (a neurological or brain-based condition with associated challenging behaviours. Includes suspected or confirmed Fetal Alcohol Spectrum Disorder.)

FREE AT THE MAPLE RIDGE HEALTH UNIT
 Call (604) 476-7000 for information about the following:
Breastfeeding Support One-to-breastfeeding support with a public health nurse
Prenatal Breastfeeding Class. Focus is on breastfeeding basics and early success with breastfeeding. Call (604) 476-7087 to register for one of the sessions: July 18, August 15, or September 19; 5 - 7 p.m.
Best Beginnings for pregnant women, new mothers, babies, children to 2 years & their families. Register for public health services by completing a form at www.bestbeginnings.fraserhealth.ca. Please fill out a prenatal registration form with each pregnancy.
Baby Time & Baby Social are drop-in programs for parents of children younger than 24 months.
Baby Time Mondays, starting in September; 10:15 - 10:45 a.m. 2nd floor - Maple Ridge Public Library.
Baby Social Ongoing, Wednesdays; 11 a.m. - 12 p.m. Pitt Meadows Public Library.
Breast milk Depot in Maple Ridge. Screened breast milk donors can drop off their milk at the MR Health Unit for shipment to BC Women's Hospital Milk Bank. Milk is given to the most fragile babies in the province and those newborns in our community who require supplementation in hospital. Register at www.bcwomensmilkbank.ca Call (604) 476-7000 to drop it off.

Community Baby Friendly Initiative meeting Coming together to work towards protecting, promoting and supporting breastfeeding in our community. All welcome. Sept 18; 11 a.m. - MR Public Health Unit. RSVP: Kim Jones at (604) 476-7014 or Dorina Messer at (604) 476-7042.
Immunization Reminder! Is your child due for 18 month immunizations? Call (604) 476-7087 for an appointment.
Speech & Language monthly drop-in clinic for children 5 and younger to receive a brief screening. Sessions are 5-10 minutes and are on a first come, first served basis. July 25, Aug 22, Sept 16; 1:30 - 3 p.m.

KINDERGARTEN BOOSTER FAIR! Maple Ridge Public Health Unit is sponsoring a vaccination booster fair for families with children 4 to 6 years old. Wednesday, Sept 5; 9 a.m. - 7 p.m. The event is free, but please book an appointment at (604) 476-7087

July, August & September Programs & Events, cont.

CYTHERA CENTRE July & Sept programs. Closed in August.

Parent Chat - meet other moms for coffee and snacks while talking about parenting dilemmas. Babe in arms welcome. Free childminding available for mobile babies and toddlers. Call ahead each week to register your child - (604) 467-9939. Tues, 9:30 - 11:30 a.m. at Cythera Counselling Centre: 22318 McIntosh Ave.

Mom & Baby Yoga - Free yoga class for moms. Rebuild connections with your body with your baby, and meet other moms. No sign up required. Tuesdays, 12:45 - 2:15 p.m. at Centered Within Yoga: 20303 Dewdney Tr. Rd. Maple Ridge. For more information, contact nichole.o@cythera.ca.

FREE AT THE LIBRARIES Check online at www.fvrl.bc.ca and follow the links for Pitt Meadows and Maple Ridge Library programs
"Motion Commotion" Summer Reading Club Join in the fun by registering now at Maple Ridge & Pitt Meadows libraries.

PITT MEADOWS 200-12099 Harris Rd (604) 465-4113

Babytime - babies AND caregivers. Mondays, July 16 & 23; & Aug 13 & 27; 10:15 - 10:45 a.m. and every Monday starting Sept 17.

Family Drop-in LEGO, KEVA & Games - Saturdays; 11 a.m. - 4 p.m. Closed Aug 4 & Sept 1. An adult must accompany children under 5.

Storytimes Drop-in - Stories, songs, rhymes and more for children and caregivers. Thurs, July 12 - Aug 16; 10:15 - 10:45 a.m. Tuesdays and Thursdays beginning Sept 18 & 20.

Baby Social - Wed, July 11 - Aug 15; 11 a.m. - 12 p.m. and every Wednesday starting September 19.

SUMMER READING CLUB EVENTS AT SPIRIT SQUARE:

Norden the Magician - Mon, July 9; 11 a.m.

Shayna Jones, Storyteller - Tues, July 17; 11 a.m.

Greater Vancouver Zoo - Monday, July 30; 11 a.m.

Motion Commotion with Elspeth Bowers A wild tale of excitement and intrigue told with stories, songs and a puppet show. Wednesday, Aug 8; 2 p.m.

Ginalina children's musician, and the Summer Reading Club

Medal Ceremony Monday, Aug 20; 6:30 p.m. at The Gym

MAPLE RIDGE 22470 Dewdney Trunk Rd; (604) 467-7417

Summer Storytime - Tues, July 3 - 31; 10:15 - 10:45 a.m.

LIBRARY EVENTS AT THE MEMORIAL PEACE PARK BANDSTAND:

Pico's Puppet Palace: An interactive musical puppet show for kids of all ages. Wed, July 18; 6:45-7:15 p.m.

Puppets in the Park: Our talented puppets and puppeteers will tell all types of entertaining tales! Wed, Aug 1 & 15; 6:45-7:15 p.m.

Farmer's Market Storytime Sat., Aug 4 & Sept 1; 11-11:30 a.m.

Guest Storyteller: Motion Commotion with Elspeth Bowers - A wild tale of excitement and intrigue told with stories, songs and a puppet show. Tuesday, August 7; 10:15 - 11 a.m.

Guest Storyteller: Zox of the Forest - Zox and puppet friends share songs and stories of the magical forest. Tues, Aug 14; 10:15 - 11 a.m.

SUMMER READING CLUB EVENTS

Norden the Magician - Wed, July 4; 6:30 p.m. Memorial Peace Park Bandstand

Shayna Jones, Storyteller - Monday, July 16; 2 - 2:45 p.m. - M.R. Ridge Public Library

Greater Vancouver Zoo - Wednesday, Aug 8; 11 - 11:45 a.m. Memorial Peace Park Bandstand

Musician Ginalina - Monday, Aug 20; 2 p.m. - M.R. Public Library

Summer Reading Club Medal Ceremony - Tues, Aug 28; 11-1 p.m. - Memorial Peace Park Bandstand

MAPLE RIDGE/PITT MEADOWS COMMUNITY SERVICES

Check at www.comservice.bc.ca for information on the following:

Family Place Community Parenting Centre - 22359 119th Ave
FREE programs for families with young children. Call (604) 466-8484 or (604) 788-9163 for more information. Closed for July & August. Re-opens September 10. **Dress for a Mess!** Come out to play, meet other families and learn about community resources. Participate in your child's learning and exploration of our centre's activities. Enjoy healthy snacks! Mondays, 9 - 11 a.m.; Tuesdays or Wednesdays 9:30 - 11:30 a.m.; Thurs, 10 a.m. - 12 p.m. (for ages 3 and under).

CHILD CARE RESOURCE & REFERRAL - Drop by our new temporary location at 22722 Lougheed Hwy. Free referrals & information for parents seeking childcare or preschool; help with child care subsidy applications; large educational toy lending library (annual fee \$5) for families with children up to age 12; support for home based child care providers (membership is free). Call (604) 467-2273

STRONGSTART CENTRES - Free, early learning drop-in program at local elementary schools for children birth to 5 years and their parents/care givers. Play and explore in friendly, safe and inspiring environments. Centres will re-open Monday, September 10.

Mornings 8:30 - 11:30 daily

Davie Jones - 12030 Blakely Rd, Pitt Meadows

Eric Langton - 12138 Edge St, Maple Ridge

Glenwood - 12410 Glenwood Ave, Maple Ridge

Hammond - 11520 203 St, Maple Ridge

Harry Hooge - 12280 230 St, Maple Ridge

Highland Park - 18961 Advent Rd, Pitt Meadows

Garibaldi Secondary School - 24789 Dewdney Tr. Rd, Maple Ridge

8:30 - 11:30 a.m. Mon, Wed & Fri; 11:30 - 2:30 Tues & Thurs

Fairview - 12209 206 St, Maple Ridge

Register with your child's birth certificate the first time you drop in or on -line at: www.sd42.ca/strongstart-centres. Call (604) 463-4200, ext 218 for more information

PROGRAMS AT THE EARLY YEARS CENTRE

Webster's Corners Elementary 25554 Dewdney Tr Rd. Mon - Fri, 8:30 a.m. - 6 p.m. Closed for July & August. Re-opens, Mon Sept 10.

Community Parenting Program drop-in: free fun activities with your child; questions about community resources; suggestions for successful parenting strategies; help with paperwork. Mon, 8:45 - 11:45 a.m.

The Story Blanket Storytelling, songs, crafts with Aboriginal Infant Development Consultant, Melissa Burgher and guest librarian, Liza Morris from Maple Ridge Public Library. Fridays, Sept 14 & 21; 8:30 - 10 a.m. Everyone welcome. A small snack will be included.

Come Sing & Play with Me! A music group for families with children ages 6 and under living with autism spectrum disorder or suspected autism. Tuesdays, Sept 18 & 25. For more information or to register, contact Colene at neil_colene@shaw.ca

Mother Goose Parents and their babies or young children (0 - 3 years old) interact with rhymes, songs, and stories. Older siblings welcome. A small snack will be provided. Wednesdays, Sept 19 & 26; 9 - 11 a.m. To register, contact Colene at neil_colene@shaw.ca.

FAMILY EDUCATION & SUPPORT CENTRE

22554 Lougheed Hwy. Maple Ridge. (604) 467-6055

Family Ed is closed for August. Check at www.familyed.bc.ca or on Facebook at The Family Education & Support Centre or phone for information, dates and times for the following FREE programs starting again in September: **Families Supporting Families** groups: Young Parents; Parenting Young Children; and Single Moms; **Mental Wellness for Parents**; and **Play & Sing**.

Find us on Facebook & Twitter for all the latest news!

Ridge Meadows Early Childhood Development Committee