



FAMILY PLACE NEWSLETTER Mar 2014

For More Info. Please Call Lana @ 604-701-4978 ext. 6021



In the interest of saving some trees – we are attempting to transition this newsletter to be distributed digitally. The fewer we print, the better it is for the environment. Volunteers and staff at all of our Family Place sites will be collecting e-mail addresses from people who are interested in receiving our newsletters.

Have you visited all of our Chilliwack Family Places?

Staffed Family Place Sites:

CLOSED WED. MARCH 12 FOR STAFF DEVELOPMENT

Sardis Family Place - 7112 Vedder Rd. (Open during March Break!)

Monday to Thursday mornings - 9am-11:00 am

Monday Afternoon - 12-2

Wed. Afternoon - 12-2

Debbie or Sarah can be reached at 792-4267

Downtown Chilliwack Family Place – 46361 Yale Rd.

Please see March Break Field Trip Schedule

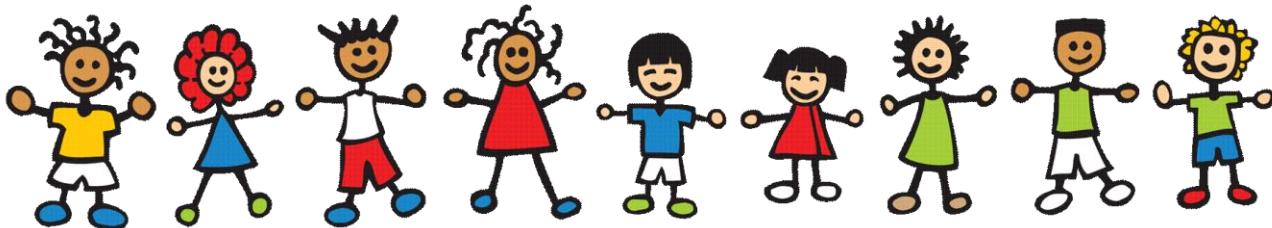
The first, second and fourth weeks of this month Downtown Family Place will run:

All weekday afternoons from 1-3pm.

Tues. mornings from 9:30-11:30am

Wednesday evening from 5-7pm

Dennis or Karen can be reached at 604-701-4978 or cell. 604-798-8724



Volunteer Run Family Resource Centres – Call Lana @ 701-4978 for Details

Family Place Programs encourage parent participation! It really does take a community to raise a child! Please bring a snack to share. We welcome your help with preparing and cleaning up the snack, doing crafts, setting up, cleaning up & more. Many hands make the programs run smoothly! Please let us know how you would like to be involved.



Yarrow Family Place:

Mondays 9-11am at the Yarrow Community School
4595 Wilson Rd. (Multipurpose room #109).

Please note – Yarrow Family Place will close during the March Break (March 17th) See March Break Field Trip Schedule

Yarrow Family Place is held in a large multipurpose room with high ceilings! It's a great place for kids to let off some steam.

Greendale Family Place Wednesday mornings
9-11:30am

6550 Sumas Prairie Rd.

Closed during March Break – March 19th See March Break Field Trip Schedule.

Greendale Family Place is held in a home that has been converted into a community hub! It feels warm and homey with lots of couches to visit on & fun activities for kids.



Broadway Family Place Thursday mornings
9:30-11am

The gym at Eden Mennonite Church
46551 Chilliwack Central Rd.

OPEN during March break!

Broadway Family Place is held in a large gym. They have lots of opportunity for gross motor activities with an indoor climbing structure, slide, basketball hoop & more. Sometimes circle time even features a parachute! Lots of fun!

Kekinow Family Place

Common room of the Kekinow Housing Complex 45555 Knight Rd. Apx. 5-7:30pm.
2nd and 4th Tuesday of the month.



Kekinow Family Place is held in the common room of the Kekinow Aboriginal Housing Complex. This drop in features a potluck family dinner. It's a very laid back family place where 'everybody knows your name'.

Upcoming Family Place Field Trips, Activities & Workshops

Parent Conversations with UFV 4th Year Student Nurses



Student nurses from UFV will be visiting Downtown (Tues. afternoons), Greendale (Wed. mornings) & Yarrow (Monday mornings) Family Places for 6 weeks to host conversations about a variety of health related topics that have been proposed by our families.

Topics may include subjects such as: Safety, Hand Washing/Preventing Illness, When to Stay Home (what are the signs of contagious sickness?), Nutritious Snacks (including a fun interactive snack making activity), Normal Speech Development, Dental Care & more. See your family Place host for more details.

Sardis Family Place: Music & Movement **Monday mornings in March (3, 10, 24 & 31st)**

Parents and children will enjoy music and movement together in a playful way at Sardis Family Place.

Sardis Family Place Yoga With Kids **Tuesday March 4th**

Parents and children are welcome to come together to playfully move, bend and stretch their bodies in an easy, natural and fun filled way.

Sardis' Muffin Monday – March 4th

Join us for fresh baked muffins at snack time.



Kid's Clothing Swap – **Sardis Family Place March 10th** **Downtown Family Place Wed. March 26th 1-3pm & 5-7pm**

Have your kids outgrown their clothing? Are you in need of bigger sizes? Bring your gently used clothing to share with other families. Find some new clothes for your children!

Sardis Family Place: Cooking With Kids **Tuesday March 11th**

Kid's LOVE to cook! Come and cook together with your friends (and enjoy eating what you prepare – YUM!) Kids can get excited about healthy and nutritious eating when they help to make the food!

Sardis Family Place Visits The Great Blue Heron Reserve
Tues. March 18th 10:30am

Join us for a fun nature walk at the Great Blue Heron Reserve on Tuesday March 18th. Come prepared for any weather. There is so much to see on this beautiful nature walk. Your child will be sure to enjoy the time exploring the outdoors with you!

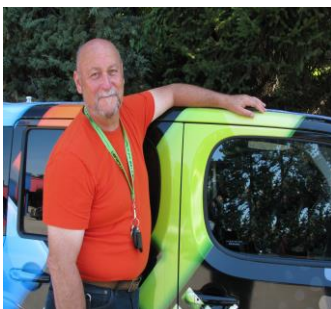


Fieldtrip to 'The Reptile Guy'
Wed. March 19th
10am @ #7-34366 Forest Terrace

Greendale Family Place welcomes all of Chilliwack's Family Place families to join them on Wed. March 19th for a fun, exciting and interesting outing to 'The Reptile Guy' in Abbotsford. There's so much to learn from the hands on presentation made by the Reptile Guy! Get photos of your children getting up close and personal with snakes, turtles, lizards frogs & more!

Family Place will offer a subsidy to **pre-paid** family place families:
Subsidized rate for pre-paid participants: Adults: \$3, Children 4+ \$2
(at the door adults are \$6 & children 4+ are \$4)
Children 3 & under are free with an adult chaperone.

Pre-register through your family place host or by e-mailing
Lana: hergottl@comserv.bc.ca By phone: 604-701-4978



Library Live & On Tour!
March 19th @ Sardis Family Place

What's stopping you from going to the Library and taking books out for your child? Do you not have a card? Do you have late fees owing? Come see us at Sardis Family Place on Wed. March 19th & Dave will do what he can to REMOVE any barriers to you accessing the library with your child. It will be well worth your time! (and a FUN time to boot!)

Downtown Family Place Goes "On The Road" To Immigrant Services

Tuesday March 25th – 12:30-2:20pm. Downtown Family place will host their drop in at Immigrant Services at 9214 Mary St. Come make some new friends!



Sardis' Souper Tuesday - Tues. March 25th

Join us for a bowl of soup at snack time.



Dental Hygienist Visit



Downtown Family Place: Tues. March 4
Sardis Family Place: Thurs.
Broadway Family Place – Apr 10, May 29
Greendale Family Place – March 12, June 11
Yarrow Family Place: March 24, June 9

Free Fluoride Varnishing available for children 3 and under.
Helps prevent cavities. Please bring your care card.

Effective Parenting Class

Sardis Family Place will offer a 6 week 'Effective Parenting Class' hosted by Mary Ives beginning March 6th at 7112 Vedder Rd.

(Child minding is FULL for this session, but we do still have spots available for parents who do not need child minding)

Contact Debbie Fletcher at 604-847-2235 for more information & to register.



Evaluation Time – Tim's Cards Winners

Thank you to all our families who took the time to fill in our paper and online surveys. We are pleased to announce the Winners of our Tim Horton's Gift Cards.

Broadway Family Place: TBA
Downtown Family Place: Holly and Jolene
Greendale Family Place: M & Alisha
Sardis Family Place: Dottie & Amber
Yarrow Family Place: Jessica & Shannon

Teen Parents

Young Parent Girl's Group

FREE. Pre-registration required: Contact Ashley at 798-3250

Tuesdays starting at 3pm @ the NLC (Chilliwack Secondary).
Support for you as a young parent. Work on building self esteem.
Cooking/Baking. Giving back to others. Games/Crafts. Fun/Food.
Friends.



Community Events & Activities

Education & Career Planning 067

Free UFV Upgrading & University Prep Course

March 4-May 2nd

Tues & Fri. 9am-12pm

More info. Laura Watson 604-845-0379 or

watsonl@comserv.bc.ca

This course covers the skills needed to read, interpret, and use a variety of letters, memos, manuals, brochures, charts, graphs, blueprints, and other work-related matters.

- Certificate of completion provided.
- Limited # of free childcare spaces available.



Chilliwack Active Moms



Join other Moms in the Chilliwack area who like to get out and get active! Receive regular e-mails about upcoming walks and activities with local Moms. It's FREE to join.

Find them on Facebook by searching:

Chilliwack Active Moms or register online at

<http://www.meetup.com/Chilliwack-Active-Moms>

Please join online and RSVP ☺ Some 'meetups' planned this month are:

March 1st: Sat. – Mom's night out! 8:30pm Friendly Mike's Pub followed by casino!

March 3rd, 10th, 17th, 24th, 31st (Mon) – Aqua Babies. 11am @ Leisure Centre

March 7, 14, 21, 28th (Fri) Hike the Hill. 10:30am. Prest & Baily Rd's trailhead. Stroller friendly.

March 3, 10, 17, 24, 21 (Mon) 10am Indoor Powerwalk @ Prospera Centre Concourse.

March 27th (Thurs) 10am Experience the Wetlands. Great Blue Heron Reserve Nature Walk

& So much more! Check the website!!!!

Busy Bees Crafts & Coffee For Parent's & Tots

Thursday Mornings @ Promontory Heights Elementary

School - 9-11am **FREE!**



Contact: PHECSA 604-858-2999

E-Mail: phecsa@phecsa.ca **Website:** <http://www.phecsa.ca>

Busy Bees Crafts and Coffee Parents & Tots. A morning of crafts, cuddles and coffee! Complete a craft, songs and stories revolving around a weekly theme.

Home Depot – FREE Craft - Build a Trojan Horse Bank
Sat. March 8th at 10am

100 – 8443 Eagle Landing Parkway 604-703-1502

Come on out with your parent and make a craft. Home Depot is proud to offer a fun FREE parent/child activity on the 2nd Sat. of every month. Please pre-register online at homedepot.ca/workshops to ensure they have enough supplies or just show up ready to build ☺!



March Break Skate at Prospera Centre or Twin Rinks!

- @ Prospera Centre
(45323 Hodgins Ave.) or
- @ Twin Rinks (5725 Tyson Rd.)
 - entrance for everyone
 - (\$3.50 skate rentals, cash only)



Prospera Centre hosts a “Toonie Skates” every Tues, Thursday & Friday in March from 3:15-4:45pm. Parent and Tot skates are every Tues. and Thurs. from 1:45-3pm.

Twin Rinks hosts “Toonie Skates” on Monday the 10th, 17th and 24th from 3:15-4:45pm. During spring break they will also host a toonie skate on Tues. the 18th and Thurs. the 20th from 10:30-12:00



YMCA Spring Break Camps

Are you looking for some great, fun activities for your children aged 6-12 or 12-15 to do over spring break?! Check out all the great stuff being offered by the YMCA!

http://childandyouth.com/wp-content/uploads/2014/02/YMCA_SpringDayCamps_Brochure_2014_Web-2.pdf

Free 7 Day Pass @ Leisure Centre/Cheam Centre

Try out a free 7 day pass valid at both Leisure Aquatic’s Local Facilities (Cheam & Leisure Centre)! One pass per person
<http://www.myreccentre.com/promo/7-day>



Leisure Access Pass – Free Membership for Lower Income Families

The city of Chilliwack wants to encourage all of it’s citizens to be active an healthy. If financial barriers are preventing you from accessing the Cheam/Leisure Centre’s with your family (or skating at Prospera Centre)....you may qualify for the Leisure Access Pass.



Click below to view the application for a FREE 1yr membership (including access to discounted swimming lessons for children) ID & Proof of Income Required:

<http://www.chilliwack.ca/main/attachments/Files/1729/Generic%20Leisure%20Access%20Program%20Application%20Form.pdf>



It’s All About Me!

A conference for people who care about children
March 1st - 35190 Delair Rd., Abbotsford.
Contact Shelly Hayes to Register at 847-2241 or email:
hayess@comserv.bc.ca \$75 registration fee

Building Healthy Relationships

Carol 792-2760 or info@buildinghealthyrelationships.net

- Parent more effectively by improving your communication and connection with your partner.
- Small Group Format.
- Presenters are trained Marriage & Family Counselors.



Weekend Couple’s Workshops.
Fri. evening 7-10pm & Sat. 9am-4pm.
UFV (Canada Education Park room CEPA 2428)

\$100/couple (50% discount on 2nd workshop) Bursaries available in cases of financial need.

Handling Conflict	Enhancing Connection
Mar 21 & 22	Apr. 11 & 12

La Leche League Chilliwack



La Leche League Chilliwack is a Mother to Mother Breastfeeding Support group that meets at the Downtown Chilliwack Family Place which is located at 46361 Yale Rd in Chilliwack Secondary School's new Neighborhood Learning Centre (Typically on the 2nd Monday of the month at 7:30pm)

<http://www.llc.ca/llc-chilliwack>

This month's topic is: **Avoiding & Overcoming Challenges**
Monday March 10th @ 7:30pm
All women interested in breastfeeding are welcome to attend.

Great Blue Heron Reserve – Nature Walks

Heron Home Coming Sat. Mar. 8. 10am

Heron Nesting Walk & Talk

Family Nature Festival

Fri. Mar 21 & Sat. Mar 22 10-3

Come & Explore Nature with your kids.
Schedule TBA



CENTRAL GATEWAY PRESCHOOL



Now accepting
registrations!

Call

604-819-3701

- A fun, nurturing, safe learning and play environment for your preschooler
- Fully qualified ECE teachers
- Two, three, or five day a week options
- Morning or afternoon programs
- Full subsidy is welcome, ask how to apply



Learning Together Childcare Centre

Providing quality childcare to young children, ages 2 months to 5 years old, in a brand new, state of the art facility. This facility is open to teachers, students, and all community members.

Opening
January 2014
Call to register now!
604 819-3701

Ages: 2 months to 5yrs

Place: 46361 Yale Road

Location: The Neighborhood Learning Center

Attached to the new Chilliwack Senior Secondary School



Chilliwack
Community
Services
SHARE-GROW-BELONG

For more information or
to register your child, call

604 819-3701

Flu Shot?

The flu vaccine is still available **FREE** to individuals at ‘high risk’ (ie. Infant in the home, elderly or sick family member in the home etc.) Adults can receive the flu shot free at the health unit & at following pharmacies.

Children can receive the **FREE** flu shot (or flu mist) at the **Chilliwack Public Health Unit** by appointment:

45470 Menholm - 604-702-4900



<p><u>Safeway Pharmacy</u> 45850 Yale Rd W. Phone: (604) 795-6092</p>	<p><u>Shoppers Drug Mart</u> 45905 Yale Road Phone: (604) 792-7377</p>	<p><u>Rexall</u> 9200 Mary Street (604) 792-7334</p>
<p><u>London Drugs</u> 45585 Luckakuck Way Phone: 604-858-8347</p>	<p><u>Superstore Pharmacy</u> 45779 Luckakuck Way Phone: 604-824-4235</p>	<p>Please note – Pharmacies can only administer the flu shot to adults. Children can receive their flu shot at the public health unit.</p>

Fun, Free Things To Do At Our Local Libraries

Call the Chilliwack Library at 604-792-1041 for more information.

Storytime: Introduce children to the love of books and language! Children five years and younger, along with their parents and caregivers, will enjoy stories, songs, rhymes and puppets. Storytime helps prepare children to learn to read.

<p>Chilliwack Library Tuesdays until Apr 29 10:30 am - 11:00 am</p>	<p>Sardis Library Mondays until Apr 28 (excluding Feb 10, Mar 17 & Apr 21) 10:30 am - 11:00 am</p>	<p>Yarrow Library Tuesdays until Apr 29 (excluding Mar 11, Mar 18, Apr 22) 10:30 am - 11:00 am</p>
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Pyjama Storytime
Sardis Library

Last Thursday of the month - 7:00 pm - 7:30 pm until Apr.24

Tuck into a story! Children and caregivers will be entertained with stories, songs, rhymes and more. Kids are encouraged to wear their pyjamas and bring their favourite stuffie. Storytime prepares children to learn to read.

LEGO Club
Sardis Library

Third Tuesday of the month - 3:30 pm - 4:30 pm until April 15
 Registration required

We have the LEGO, you bring your imagination! LEGO club is a fun time for kids ages 7 to 14 so come on in and join us after school. *Psst - Girls Are Welcome!*



The One Eyed Troll

Sardis Library - Thursday, Mar 20 - 11:00 am - 11:45 am

An evil one-eyed troll has taken over the forest. Everyone is terrified, but a young boy out looking for some firewood just might have a solution. Join the Trollsons as they use comedy, improvisation, and audience participation to bring this Scandinavian tale to life. Suitable for ages 5 to 12.

The Selkie

Chilliwack Library - Thursday, Mar 20 - 2:00 pm - 2:45 pm

A fisherman watches in awe as a seal removes her seal-coat to transform into a beautiful, mysterious woman. He falls instantly in love, and decides that she will be his wife. Join the Trollsons as they use comedy, improvisation, and audience participation to bring this Irish tale to life. Suitable for ages 5 to 12.



'Community Cupboard' For Families

Donations welcome at Chilliwack Middle School
 46354 Yale Rd.
 (food, clothing, toys, toiletries, basic household items etc.)

Chilliwack Middle School now has a community cupboard available. It is a safe place where struggling families can come without judgment to get help at no cost to them. The vision is to provide food, clothing, household items to families in need. Open to families on Thursday afternoons between 2:30-4pm

RESPs – FREE \$1,200 from the BC Government For Your Child’s Education

Have you heard the great news?! Open an RESP for your child at any financial institution before your child turns 7 and receive a \$1,200 grant from the BC Government when they turn 7! Receive matching grants for every \$ you put in. 20% or 40% matching depending on your income. Additionally, lower income families may qualify for a \$500 grant from the federal government and \$150/yr after that. Apply soon! Check out www.gov.bc.ca/resp for more info.



Strong Starts in Chilliwack

StrongStart BC early learning programs provide school-based early learning services for adults and their young children, aged birth to five, at no cost to families. Both children and adults can benefit from StrongStart BC early learning programs – children have access to high-quality learning environments and benefit from social interactions while the adults who accompany them learn new ways to support learning, both at the program and at home. Chilliwack Community Services runs 8 strong start programs in Chilliwack. Call Christy at 604-792-4267 for more information.

Strong Start School	Hours	Address
Bernard Elementary	Mon-Fri: 8:30-11:30 am	45465 Bernard Ave
Cultus Lake Community	Tues. & Thurs: 8:15-11:15 am	71 Sunnyside Blvd. C.L.
Little Mountain Elementary	Mon/Wed./Fri: 8:30-11:30am & Tue/Thurs: 12-3	9900 Carleton St.
McCaddon Traditional	Mon-Fri: 8:30-11:30 am	9601 Hamilton St.
Rosedale Traditional	Mon- Fri: 8:15-11:15 am	50850 Yale Rd.
Strathcona Elementary	Mon/Wed/Fri: 8:30-11:30 am	46375 Strathcona
Unsworth Elementary	Mon/Wed/Fri: 9-12:00 pm Tue/Thurs : 11:25-2:25	5685 Unsworth
Watson Elementary	Mon-Fri: 8:30-11:30 am	45305 Watson Rd.

Child Care Resource & Referral Program - Chilliwack Community Services

604-847-2237 www.ccr.bc.ca



“Your **BEST** source of child care information and resources”

***Services to parents:** referrals to regulated childcare providers, information on choosing quality child care, and assistance with child care subsidy applications.

***Services to childcare providers:** registration for referrals, training, resource library, provider/child drop-in, newsletter and support.

Lana Hergott
Perinatal Support Worker/Family Resource Program Outreach Worker

ADDRESS Downtown Family Place **46361 Yale Rd.**
hergottl@comserv.bc.ca | TEL 604-701-4978
FAX 604-792-6575 | **WEB** www.comserv.bc.ca