



**Chilliwack
Community
Services**

SHARE • GROW • BELONG

June 2016



HAPPY FATHER'S DAY!

my daddy matters to me

Honoring fathers for their
contributions to the strong future of BC

Fathers  Matter



Family Place Newsletter

Visit our 6 Local Family Places!

Family Places support Children to Thrive, Families to be Resilient and Communities to Connect!

Family Places are fantastic places for parents and caregivers to come with children aged 0-6! Come on out to have fun with your kids while connecting with your neighbours! Parenting is such an important job! It's great to be able to support and encourage each other along the way!

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Chilliwack Community Services
45938 Wellington Avenue
Chilliwack, BC V2P 2C7
Lana Hergott
Phone: 604.701.4978
Fax: 604.792.6575
E-mail: hergottl@comserv.bc.ca

Please ensure that we have your updated e-mail address on file so you can receive e-mail updates about our fun plans!

Lana can be reached at:
hergottl@comserv.bc.ca
604.701.4978 ext 6021
(or option 5)
Debbie (Sardis)
604.847.2235

Karen (DFP) 604.701.4978
ext 6026 (option 1)

Family Place Drop in Hours

Broadway Family Place

46551 Chilliwack Central Road
Thursday mornings 9:30-11:00am
(closed June 30th for summer break.
Re-opening in Sept.)

Downtown Family Place

Neighbourhood Learning Centre
46361 Yale Road 701.4978 ext 1
M-Thurs. 12:30-2:30pm
W & F. 9:00am-11:00am

Sardis Family Place

7112 Vedder Road 604.847.2235
M-Thurs 9-11am
Mon & Wed. 12:30-2:30

Greendale Family Place

6550 Sumas Prairie Road
Wednesdays 9:00am-11:00am
(closed June 29th for summer
break. Re-opening in Sept.)

Yarrow Family Place

4605 Wilson Road
Mondays 9:00am-11:00am
(closed June 27th for Summer
break—Re-opening in Sept.)

Please note, Downtown Family Place will closed for summer holidays the week of July 11th-15th and from August 15th-19th.

Chilliwack Community Services is an independent local charity providing opportunities with people to make positive change in their lives



Fathers  **atter**

#FathersMatter
To spread the word!

FRPBC.CA
To find a program near you!

My Daddy Matters to Me

Upcoming Family Place Field Trips, Activities and Workshops—June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*DFP Downtown Family Place *SFP Sardis Family Place						
			1 SFP— Fairytale Factory DFP— Healthy Start	2	3	4
5	6 SFP— Muffin Monday	7 SFP— Souper Tuesday DFP— Fairytale Factory	8 DFP— Clothing Swap & Healthy Start SFP— Fairytale Factory	9 DFP— DIY Demo	10	11 DFP — Dad n’ Me Breakfast
12	13 SFP— Father’s Day BBQ and Potluck DFP— Parents Matter	14 DFP— Dental Hygienist	15 DFP— Healthy Start	16 SFP— DIY Demo	17 DFP— Show n’ tell	18
19	20 SFP— Muffin Monday & Healthy Start	21 SFP— Lil’ Mixers	22 DFP— Healthy Start	23 SFP & DFP— Sense-a-tional Science	24 DFP— Park Day Townsend Park	25 SFP— Dad n’ Me Breakfast
26	27 DFP— Lil’ Mixers	28 SFP & DFP— Trout Hatchery	29	30 SFP & DFP— Canada Day Potluck DFP— Lil’ Mixers		

Father’s Matter! Dads, please join us for our special Saturday morning Dad n’ Me Breakfasts! 9-10:30am on June 11th (at Downtown Family Place) and June 25th (at Sardis Family Place)

Potluck Father’s Day BBQ on Mon. June 13th @ Sardis Family Place.

Mark Your Calendars for these exciting Family Place Network fieldtrips! More details to follow:

Wednesday July 13: Harrison Children’s Festival

Tuesday July 26th: Zoo fieldtrip

Friday August 5th: Chilliwack Fair Fieldtrip

Park Days

In the Summer Family Places will each meet at local parks 9:30-11 am in order to allow families with older siblings to join in on the Family Place fun.

Fri. June 24 Townsend Park

Thurs. July 7 Sardis Library Park

Fri. July 8 - Edwards Park

Thurs. July 14 Sardis Library Park

Friday July 15 Portage Park

Thurs. July 21—Cheam Spray Park

Fri. July 22 Leisure Water Park

Thurs. July 28 Cheam Spray Park

Friday July 29 Johnson Park

Thurs Aug 4 Cheam Spray Park

Fri. Aug 12 Lazenby Park

Thurs. Aug 18 Leisure Water Park

Friday Aug 19 Leisure Water Park

Thurs. Aug 25 Yarrow Pioneer Park

Fri. Aug 26 Central park / 5210
Play box

Sept 1 Cheam Spray Park

Sept 2 Leisure Centre Playground /
5210 play box

Please note, Downtown Family Place will closed for summer holidays the week of July 11th-15th and from August 15th-19th.

Downtown Family Place

Clothing Swap—Wednesday 8th, Morning and Afternoon sessions. Have some outgrown clothing around the house? Bring them to share or trade.

DIY Demo—Thursday, 9th—Each month Karen will feature a new skill for caregivers. Or possibly a new twist on an old one! Join us in the drop-in. No child-minding necessary.

Parents Matter—Monday, 13th—A short discussion time within the drop-in used to share ideas and information about a wide range of topics.

Sense-a-tional Science— Thursday, 23rd—Join us for a fun science experiment in the Drop in. Children participate in this hands on learning .

Lil' Mixers—Thursday, 30th—Kids love food they have prepared!



Canada Day Potluck—June 30th—Join us to help us Celebrate Canada's Birthday. Bring a Canadian dish to share. Wear Red and White.

Dental Hygienist—Tuesday, 14th 1:00pm—Leta will be joining us with information about helping your children maintain healthy teeth. She will also fluoride your child's teeth. (Please bring your child's Care Card).

Healthy Start: Wednesdays 12:30-2:30 Bring your questions about pregnancy, babies & breastfeeding.

Special Programs & Fieldtrips

Fairy Tale Factory—Tuesday May 24th and 31st and June 7th, 12-2pm

Come explore the magical world of fairy tales. Children will be creating, building, and moving to the music as they learn through play at this enchanted program.

Dad 'n Me Saturday Morning Breakfast Sat. June 11 9:00 - 10:30am

Dad's bring your kids for breakfast and have some fun together. This program is hosted by Dads for Dads. Breakfast will be alternating between Downtown and Sardis locations. (come to both!)

Fraser Valley Trout Hatchery—Tuesday 28th, 10:30am

34345 Vye Road, Abbotsford - We will be part of a "school" of fish that swims around the visitors centre learning about the life cycle of the fish. Then outside we will feed the fish in the large pond. \$3 children age 1 and up. Adults free with paid child. Older siblings welcome. Bring a picnic lunch

Sardis Family Place



Muffin Monday—Monday, 6th and 20th—Join us for fresh baked muffins at snack time.

Souper Tuesday— Tuesday, 7th—Join us for a bowl of soup at snack time

Sense-a-tional Science— Thursday, 12th—Join us for a fun science experiment in the Drop in. Children participate in this hands on learning process and see how things work!

Father's Day BBQ and Potluck—Monday 13th 5-7pm—Bring the whole family for a fun night to celebrate Dad. We will be serving Hotdogs. Please bring a dish to share.

Lil' Mixers—Tuesday, 21st am—Kids love to eat the food that they have prepared themselves!

DIY Demo— Thursday, 23rd—Jam Making—Each month Debbie will feature a new skill for caregivers. Or possibly a new twist on an old one! Join us in the drop-in. No child-minding necessary.



Canada Day Potluck—June 30th—Join us to help us Celebrate Canada's Birthday. Bring a Canadian dish to share. Wear Red and White.

Special Visitors

Healthy Start—Monday, 16th 12:30-2:30pm—CCS's very own little person expert will be in the drop-in . Have a question about your Pregnancy? Your baby? Breastfeeding? Come meet Lana in the drop-in.



Dad 'n Me Saturday Morning Breakfast—



Sat. June 25th 9:00 - 10:30am

Dad's bring your kids for breakfast and have some fun together. This program is hosted by Dads for Dads. Breakfast will be alternating between Downtown and Sardis locations.

Family Place is a place where we come to interact with your children and to foster healthy attachments. Please limit cell phone use to emergencies only.

Special Programs & Fieldtrips

Fairy Tale Factory—

Wednesday May 25th, June 1st and 8th

12:00 - 2pm.

Come explore the magical world of fairy tales. Children will be creating, building, and moving to the music as they learn through play at this enchanted program created especially for toddlers and preschool children 2 -6years old.

Must register. Limited spaces available.

Fraser Valley Trout

Hatchery—Tuesday 28th, 10:30am—34345 Vye Road, Abbotsford We will be part of a "school" of fish that swims around the visitors centre learning about the life cycle of the fish. Then outside we will feed the fish in the large pond. \$3 children age 1 and up. Adults free with paid child. Older siblings welcome. Bring a picnic lunch for after tour

Kilby—Black Powder Event

Father's Day June 19th.
Muskets, pistols, bows and arrows, and yes, even a cannon!

Trader's Row, Shoot 'em Up Cowboy, Friendly Farm Animals, picnic area, and BBQ
Book the whole family into our restaurant for a traditional Roast Beef dinner for lunch.

Kilby: 215 Kilby Road, Harrison Mills 604.796.9576 or www.kilby.ca

Adults \$10, Seniors \$9, Youth \$8 & Family \$25 (Children 5 and under, Free

Grandparents raising Grandchildren Support

Open to all grandparents and other relatives raising a family member's child. Our circles are free and confidential.

Now taking place in Chilliwack 10am to 12pm on Fridays, call 1.877.345.9777 to register or contact the GRG support line at 1.855.474.9777 (toll free)

Community Activities For Families

Kids Bowl For FREE!

Great news, registration is open for Kids Bowl Free 2016! You must register each year in order to update your user records, mailing addresses, etc.

Register now by visiting: http://www.kidsbowlfree.com/center.php?alley_id=6063

Don't forget to add our Kids Bowl Free Family pass option where up to 4 adults can receive the same great 2 FREE Game offer during Kids Bowl Free hours for only \$24.95.

Many families use the family pass to get the entire family off the couch! It's also a great way to set a family day each and every week. Using the family pass just a time or two will make it a valuable investment for your family.

Great Heron Nature Reserve: 5200 Sumas Prairie Rd,

Sat. June 4th at 10am

Join us for a walk to see the Great Blue Herons' nesting colony. At the beginning of June the herons will still be caring for their chicks and we will be able to see them in the nests. They will be watching out for eagles and taking turns hunting. There are about 120 active nests this year. Come learn about these beautiful birds and their life at the Heron Reserve . Free community event, no registration required just drop in!

Yarrow Days: Sat. June 4th

All day family fun! Festivities all day at Yarrow Community Park! Breakfast at community hall from 9-12. Parade at 10. Pig roast and dance at 7pm. For more info. check out "Yarrow Community Happenings" on facebook

Preschool Speech-Language Clinic



Parents who are concerned about their preschool-age child's speech sound development, language skills development, stuttering or voice problems or hearing and/or understanding language. This clinic is for children who have not yet been referred to a speech-

language clinic. It is best suited to families who are not sure whether a referral is needed. The speech clinic is at the health unit on the last Wed. of every month. 9-11:30am by drop in (May 25th this month). The number for more details is 604-702-4944

Community Activities For Families Cont'd

Movies for Mothers @ Cottonwood Cinema

1st Movie: Wed. June 1st @ 11:30. Sounds will be lower and lights will be dimmed to make it easier to care for your baby while you watch the movie. (Julia Robert's Mother's Day will be the 1st movie). Door prizes and goody bags at the 1st Movies for Mothers event on June 1st.

20th Annual Gwynne Vaughan Park Plant Sale and Garden Party Jun 4, 2016

Gwynne Vaughan Park, corner of Williams & Hope River Road, FFI

The Gwynne Vaughan Park Society invites you! Join us for family fun, food and entertainment from 9:00 am to 3:00 pm. Local nurseries and artisans will be selling their wares.

Website: <http://www.gwynnevaughanpark.ca>

Cultas Lake Day

Sat. June 11th 8:45 onwards. Cultas Lake

Start your day with a pancake breakfast at the firehall. Enjoy the parade (starts at 11 am) then wander down to Main Beach for the artisan market, food trucks, and beer garden. Live entertainment all day with fireworks at 10 pm. For more detailed information visit our Facebook page....Cultus Lake Community Events & Activities.

Cultas Lake Fishing Derby

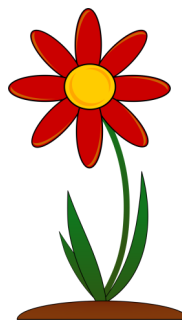
Saturday June 18th. Starts at dawn Register 6am onwards.

Weigh in 12-2pm. www.cultasderby.ca for more info.

Hope Depot FREE Parent and Tot Craft—June 11

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 from 10-12pm. Please pre-register online at <http://www.homedepot.ca/workshops> as space is limited. Kids 4-12 and their caregivers.

Be sure to pre-register to ensure you get a spot in this fun, free activity!



Father's Day Walk Run

June 19, 2016

Join us on Father's day, bring your Dad or just come out to help support all the men you know. We have something for everyone and it is all free with your registration fee! Lots of seating for those who are just there to cheer everyone on. 10:30 Breakfast—enjoy a free hot and tasty pancake breakfast after the run.. www.thefathersdayrun.ca

June 19th at the Vedder River Trail. 8-9:30 registration. Race 9:30.

Contact Rhonda Krushel at 604.574.4012 or email prostabecevents@telus.net

Canada Day Fun! July 1st 10am-dark

Celebrations will be held in Chilliwack at the Exhibition Park and in Harrison at Main Beach. Pancake breakfast, many children's activities throughout the day and fireworks at night!! Celebrate Canada's Birthday together with your community!



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.

Thursday, June 9th
7:30 – 8:30 pm



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

Rotary Pool - 46245 Reece
604-795-5562.

This outdoor pool offers public swimming, swimming lessons, and special events. The season runs from May to September.

The Eco Market

Wednesdays from
4-8pm until
October 1st.

Located at Sardis Park. Celebrating local artists and farmers, this outdoor market offers a cheerful atmosphere with live music and unique family activities.

www.theecomarket.ca

Yarrow Twilight Farm & Art Market

Fridays May 13-Sept 16
Pioneer Park—Yarrow

Community Activities For Families Cont'd

Busy Bees Crafts &

Coffee for Parents and Tots

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

Thursdays 9:30am – 11:00am

Promontory Heights Elementary School—Contact PHECSA 604.858.2999.



Great Heron Nature Reserve Events:

Heron Homecoming Walk (first Sat. of every month 10-11am)

Join us for a walk to see the Great Blue Herons' nesting colony. At the beginning of March the herons gather to court and repair or build nests. In 2015 there were 145 active nests! Come learn about these beautiful birds and their life at the Heron Reserve. Meet at the Rotary Interpretive Centre for a 10 am start.



GREAT BLUE HERON
NATURE RESERVE

Bring your binoculars (We will have a few to loan as well) This is a free community event.

There will be a Heron Homecoming walk at 10 am the 1st Saturday of June and July, rain or shine. We'll watch the herons court, incubate eggs and raise their chicks. Each month there is always something interesting going on!

FREE Yoga Class at Studio B Yoga!

Saturdays 12-1 at #8 – 45540 Market Way, Chilliwack

Register: studiobyoga.ca

This Free Yoga Class in Chilliwack, has a different teacher weekly. This class accommodates a wide range of experience levels. You are welcome to join this free class every Saturday or experience a variety of other classes Studio B Yoga has to offer. We have all the mats and props you may need for the class and we ask that you arrive 10-15 minutes early to sign a waiver if it is your first class, and get settled.

Community Activities For Families Cont'd

Charlotte Diamond in Concert Jun 18, 2016

45955 Thomas Rd., Chilliwack

Contact: Chilliwack Community Arts Council 604-769-2787

Website: <http://https://chilliwackartscouncil.com/charlotte-diamond-ticket-sales/>

Sat., June 18, 2016 | 2:00 PM - Doors open at 1:30 PM; general seating at G.W. Graham Middle Secondary School Theatre (45955 Thomas Rd, Chilliwack, BC). Presented by G.W. Graham Middle Secondary School and the Chilliwack Community Arts Council: Join Charlotte for an afternoon of upbeat musical fun featuring new songs & duets with her son Matt Diamond from their latest album, "Diamonds by the Sea" as well as signature favourites such as "Four Hugs A Day," "I Am A Pizza," "Octopus (Slippery Fish)," and many more! Sponsored by Sticky's Candy Garrison and StarFM. Tickets are \$10 each and can be purchased online at chilliwackartscouncil.com, or in-person at Chilliwack Community Arts Council – The Art Room (20-5725 Vedder Rd, Chilliwack). *Infant Policy: Every person requires a ticket to enter the theatre, with the exception of infants in arms under 6 months old. Infants in carry seats will require a ticket (Emergency Evacuation Regulations do not allow infant seats to be placed on the floor or in the aisles of the theatre.) Strollers are not permitted inside the theatres, but there is space in the lobby to store them.

Child & Youth Mental Health Intake Clinic

8978 School St.

Tues. 9-3pm or Wed. 2-6:30

No appointments

701-2311 for more info.

Anxiety problems, depression or severe behavior etc.

Youth Counselling Clinic

FREE Counselling for any youth in Chilliwack

Tuesdays 2-6pm

46361 Yale Rd. (Neighborhood Learning Centre attached to Chilliwack Secondary)

No appointments (drop in)

Youth Health Clinic

FREE Health Clinic for youth up to the age of 26 every Tuesday from 3-6pm
46361 Yale Rd. See a Doctor (bring your Care Card). Some free birth control available.



Parent Support

Caught In The Middle

Anne Davis Transition Society
9046 Young Rd. Register at:
604.792.2760 - \$30 - To teach and discuss with parents the impact that witnessing conflict and abuse at home can have on their children. To help children discuss and understand the negative impacts of witnessing conflict/abuse between their parent, and teach them tangible skills to cope with similar situations in the future.

Support for Parents With Babies

Baby Time Drop In

Every Wed. from 10-12am at the Sto-Lo Health Building. All families with babies are welcome to join this free drop in.

Pacific Postpartum Support Society

- Women now have the option of participating in an 8 week series (consisting of one call per week) of one to one telephone coaching to help them develop cognitive behavioral self-help skills to better manage their postnatal depression.

Telephone coaching sessions are also available for partners.

Free Telephone Support

Toll Free: 1-855-255-7999

Confident Parents: Parent Support Program

Confident Parents is a free multi-week telephone based parenting program for parents of children aged 3-12 who are having mild or moderate behavioral difficulties at home. If you are supporting a child with challenging behaviors this program may be for you.

Physician's referral required.

www.confidentparents.ca for more info. and to print off a referral form for Physicians to fill in.



Baby steps Moms & Babies

- Babies Steps is a group for Moms and Babies that meet every week. All Moms and babies are welcome.

Sardis Fellowship Baptist Church:
45187 Wells Rd

https://www.facebook.com/groups/642969582425292/719378664784383/?notif_t=group_activity

Mom & Baby Fitness

Free Thursday workout at the Cottonwood Mall on Thursday mornings from 8:45-9:30am. Meet in the central plaza near David's tea. Get a full body workout! Bring a towel, water, yoga mat (optional) and items for your child. Strollers/baby carriers welcome!

Parenting Anxious Kids

- An educational group for parents who have anxious children. Topics include: what anxiety looks like in children, themes and concepts in effective parenting, and practical tips for decreasing your child's anxiety. A four week, consisting of weekly 2 hour evening sessions on Tuesday from 7-9pm. Located in the Neighborhood Learning Centre (46361 Yale Rd., Chilliwack) To register email Steve Woolf steve@turningtowardsessence.com

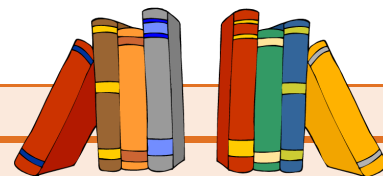
Chilliwack Active Moms

- 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



At the Library



Chilliwack Library	
Phone number: 604.792.1941 Website: http://www.fvrl.bc.ca	
Date & Time	Description
Book Sale Blitz Saturday June 11th 10 am – 4pm	The Friends of the Chilliwack Libraries Society invite you to “A Book Sale Blitz”! One day only! All books are \$5.00 a bag (bag provided.)
LEGO Clubs Wednesday June 15th 3:30 pm – 4:30 pm (drop in)	Love LEGO? Come play, create, and experiment. We have the LEGO, you bring your imagination! LEGO club is a fun time for kids ages 7 to 12 so come on in and join us after school.
Book Clubs Tuesday June 28th 7 pm – 8:30 pm	Join us for lively discussions of selected titles. Chosen books change monthly with copies provided by the library. New members are welcome to join at any time!
Yarrow Library	
Phone number: 604. 823.4664 Website: http://www.fvrl.bc.ca	
Date & Time	Description
LEGO Clubs Tuesday June 14th 3:30m – 4:30 pm (drop in)	Love LEGO? Come play, create, and experiment. We have the LEGO, you bring your imagination! LEGO club is a fun time for kids ages 7 to 12 so come on in and join us after school.
Sardis Library	
Phone number: 604. 858. 5503 Website: http://www.fvrl.bc.ca	
Date & Time	Description
Storytime Monday June 6th & 13th 10:30 am – 11am	Introduce kids to the love of books and language with storytime! Children and caregivers will enjoy interactive stories, songs, rhymes, and more. Storytime prepares children to learn to read.
Book Clubs Thursday June 16th 7 pm – 8:30 pm	Join us for lively discussions of selected titles. Chosen books change monthly with copies provided by the library. New members are welcome to join at any time!



HACKING PARENTHOOD

A SPECIAL FVRL EVENT • WITH ALEXANDRA SAMUEL

ABBOTSFORD Thursday, June 2 at Matsqui Centennial Auditorium
MAPLE RIDGE Tuesday, June 7 at the ACT Arts Centre

Admission is Free. Reserve your spot today!



Free Opportunities in the Community

Leisure Access Pass

Free Pool/Gym Membership for Lower Income Families

• 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.

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>

Housing – Rental Assistance Program

• Did you know that BC has a rental assistance program to provide low-income, working families with cash assistance to help with their monthly payments?

For more information visit http://www.bchousing.org/Options/Rental_market/RAP

'Community Cupboard' For Families

Donations welcome at Chilliwack Middle School 46354 Yale Rd. (food, clothing, toys, toiletries, basic household items etc.) CMS 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. Open to families on Thursday afternoons between 2:45-4:00pm

Strong Start— Closes June 17th Reopening in Sept.

Call Christy at 604.792.4267 for more information.

Strong Start School	Hours	Address
Bernard Elementary	Monday – Friday: 8:30 – 11:30 am	45465 Bernard Ave
Cultus Lake Community	Tuesday & Thursday: 8:15-11:15 am	71 Sunnyside Blvd. C.L.
Little Mountain Elementary	Monday, Wednesday & Friday 8:30-11:30 am Tuesday & Thursday: 12:00-3:00pm	9900 Carleton St.
McCammon Traditional	Monday –Friday: 8:30-11:30 am	9601 Hamilton St.
Rosedale Traditional	Monday – Friday: 8:15-11:15 am	50850 Yale Rd
Strathcona Elementary	Monday, Wednesday & Friday:	46375 Strathcona Rd.
Unsworth Elementary	Monday – Friday: 8:45-11:45am	5685 Unsworth Rd.
Watson Elementary	Monday – Friday: 8:30-11:30 am	45305 Watson Rd.



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.myrecentre.com/promo/7-day>

Free 2 week YMCA trial membership!

<http://www.vanymca.org/centres/chilliwack/contactcentre.html>

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 eight strong start programs in Chilliwack.