



**Chilliwack
Community
Services**

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July 2016



Family Place Newsletter

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 neighbors! 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 20th for Summer—
reopening 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 & Sardis Family Places 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



Did you know that Downtown Family Place and Sardis Family Place are air conditioned?

Beat the heat in a great way while having fun playing with your kids (and getting to know your neighbors!)

Downtown Family Plan and Sardis Family Place are open all

summer!! Families Matter! Come join us for Parenting and Family Support.

Our drop-in centres welcome parents and caregivers with children from prenatal to 6 years old.

Drop-In

- Parent/Child interactive drop-in
- Parent's conversation area to share
- ideas and concerns
- Age appropriate toys
- Child development activities
- Play based learning activities
- Creative play and music

Group Education

- Parenting Workshops
- Child development
- Cooking and nutrition
- Budgeting
- Active living
- Mental wellness

Be sure to join our local family places as we explore our local parks and head out on fun field trips this summer. See page 4 & 5 for more details!

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 Canada Day— Drop In Closed	2
3	4	5 DFP —Dental Hygienist 1:00 SFP —Field Trip to Yarrow Pioneer Park—Storytime (bring a food bank donation)	6 DFP —Clothing Swap Healthy Start DFP/SFP —Wacky Water Wednesday Bring a towel and a change of clothes	7 DFP —DIY Demo Park Day 9-11am Vedder Elementary Playground (SFP if raining)	8 DFP —Park Day: Edwards Park 9-11	9 Dad ‘N Me Breakfast Downtown 9-10:30am
10	11 Closed	12 Closed	13 Harrison Children’s Festival Fieldtrip \$5	14 Park Day—Watson Glen Park at Sardis Library 9-11am. No Staff. Cancelled if raining	15 Park Day—Portage Park (no staff) Cancelled if raining	16
17	18 DFP —Parent’s Matter SFP —Teddy Bear Picnic SFP —Healthy	19 DFP —Triple P SFP —Field Trip. Dentist Office & Trail Walk (pre-registration required)	20 DFP —Healthy Start DFP/SFP —Wacky Water Wednesday Bring a towel & a change of clothes	21 Park Day—Cheam Centre Spray Park 9-11am. SFP if raining	22 Park Day—Leisure Centre Water Park 9-11am. Meet at DFP if raining	23 Dad ‘N Me Breakfast Downtown 9-10:30am
24	25 DFP —Show n’ Tell (something from nature)	26 (May be Zoo field trip—still to be confirmed)	27 DFP —Healthy Start DFP/SFP —Wacky Water Wednesday Bring a towel & a change of clothes	28 Park Day—Sardis Park 9-11am. SFP if raining	29 Park Day—Johnston Park 9-11am. Meet at DFP if raining.	30

NEW! Dad n’ Me Breakfasts!

Dads, please join us for our special Saturday morning Dad n’ Me Breakfasts!

9-10:30am on July 9th (at Downtown Family Place) and July 23rd (at Sardis Family Place)

Mark Your Calendars for next month’s exciting Family Place Network fieldtrips! More details to follow:

Friday August 5th: Chilliwack Fair Fieldtrip

Wed. August 24th: Dinotown 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.

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—46361 Yale Rd.

Wacky Water Wednesday—Wednesdays

Bring your towel and a bathing suit or a change of clothes. We are getting WET!

Clothing Swap—Wednesday 6th,

Morning and Afternoon sessions

Have outgrown clothing around the house? Bring them to share/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.

Triple P Parenting - Tuesday 19th

Drop-in Closed for Child-minding Call Sandy @ 604-793-7225 to register.

Dad 'n Me Saturday Morning Breakfast: 2nd Sat. 9:00 - 10:30am

Dad's bring your kids for breakfast and have some fun together. This program is hosted by Dads for Dads. (enter through back gate at Downtown Family Place)

Breakfast will be alternating between Downtown and Sardis locations.

PARK DAYS—Fridays

We are visiting various parks around town this summer. Check the calendar for locations. In case of poor weather we will be opening the drop-in. Our Facebook page will be updated on the morning of the park day if the weather is questionable.

Special Visitor Dental Hygienist—Tuesday, 5th 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 12:30-2:30pm

CCS's very own little person expert is in the drop-in every Wednesday. Have a question about your pregnancy? Your baby? Breastfeeding? Come meet Lana in the drop-in.



Sardis Family Place—7112 Vedder Rd.



Wacky Water Wednesday—Wednesdays

Bring your towel and a bathing suit or a change of clothes. We are getting WET!

Teddy Bear Picnic—Monday 18th am and pm

Bring your special Bear friend and let them join the fun in the drop-in. Bring a special snack to share at the picnic.

Dad 'n Me Saturday Morning Breakfast— 4th Saturday

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.

Special Programs & Fieldtrips (All Family Places)

PARK DAYS—Thursdays

We are visiting various parks around town this summer. Check calendar for locations. In case of poor weather we will be opening the drop-in.

Our Facebook page will be updated on the morning of the park day if the weather is questionable.

Greater Vancouver Zoo - Aldergrove

Cost \$10.00 Everyone 3 and up. Includes train ride. More info. to follow
Pay parking in effect, \$6 per vehicle.

Dentist Office Visit / Trail Walk —Tuesday 19th

Meet at the dentist office at 9:30am for a tour of the office.

Bring your snack and comfortable shoes because we are going on a nature walk afterwards. Limited spaces. See staff for more details.

Harrison Children's Festival. Wednesday 13th

Meet at 10:30am the playground on the beach

Charlotte Diamond is performing, tickets for the 11:45 show

Take the bus from the Downtown Exchange or carpool, parking in Harrison is \$10 Contact Staff for details. Cost \$5.00 - Everyone 4 years and up.

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 Visitors

Healthy Start—Monday, 18th 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.

Family Place will be closed from July 11th-15th (and July 1st for Canada Day)



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!

Aboriginal Programs:

Free Summer Camp

Cultus Summer Camps 2016

Caregiver Camp
July 13, 14 & 15

Youth Day Camp
July 7, 20 & 28

Natural Changes Camp
July 19-22

Family Camp
Aug 10-12

This is a summer camp experience you don't want to miss! Registration is limited, so please register quickly.

Email: Natalie.Brandon@Xyolhemeylh.bc.ca

Phone: 1(800)663.9393

Web: www.fvacfss.ca

Canada Day Celebrations

Canada Day Celebrations Townsend Park



Canada Day celebrations in Chilliwack start with the traditional Kiwanis pancake breakfast at 8:00 am at Evergreen Hall, featuring the Chilliwack Community Band and local dignitaries. \$5/each From 11-3pm enjoy free swimming at the leisure centre & free Ice skating at the Prospera centre. There will be bouncy castles, a skateboard jam, kid's shows & more. From 5:45-10:30 live music will be preformed by 5 bands. Food trucks will be onsite. The party also includes the YMCA Kids Zone, featuring face painting, crafts and games. Special performances and fireworks will round out the event around 10pm.

Chilliwack Fire Department Canada Day Pancake Breakfast July 1, 2015 - July 1, 2015

Location: Fire Hall #1 - 45950 Cheam Avenue

Contact: Chilliwack Fire Department 604.792.871

Bring the family and please join us for our annual City of Chilliwack Fire Department Canada Day Pancake Breakfast! Wednesday, July 1, 2015, Chilliwack Fire Hall #1, 45950 Cheam Avenue, 8:00 a.m. By donation. All proceeds go to our Chilliwack Firefighters Charitable Society!

Dominion Day July 1 at Kilby

Celebrate Confederation by exploring your local history! We'll be conducting fully guided tours at 12pm & 2pm to give you a chance to hear the whole story of Harrison Mills and the Kilby family, ask questions, and chat with our interpreters. Then settle down at one of our picnic tables for some live music and a tasty barbeque!

Free Movie Nights at Cultus Lake Main Beach (at Dusk) n/w corner of park

Bring your lawn chairs and beach blankets!

July 1—Jurassic Park

July 8—Saturday Night Fever

July 15—Zootopia

July 22—My Big Fat Greek Wedding 2

July 29—Star Wars: The Force Awakens

Aug 5—Jungle Book

Aug 12—American Graffiti & Grease—50's night sponsored by Coca Cola



Community Activities For Families

Movies for Mothers @ Cottonwood Cinema

Alternating Wednesdays at Cottonwood Cinema. 11:30am. Sounds will be lower and lights will be dimmed to make it easier to care for your baby while you watch the movie. Check out MoviesforMomies.com for more info.

Hope Depot FREE Parent and Tot Craft—July 9

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!

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.

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 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!

Harrison Children's Festival

July 13 from 11:00am – 4pm

\$6.00 admission. Lots of fun activities for kids of all ages. Charlotte Diamond will be performing!!

(Family place will be meeting at 10:30am the playground on the beach & entering as a group for a group rate of \$5/per person with tickets to the 11am Charlotte Diamond show. Pre-register with your family place host as tickets are limited.)

2016
Downtown Chilliwack
Party in the Park!

Come join us for Downtown Chilliwack's award winning summer festival. This event is free for the whole family. Come and enjoy complimentary live music, face painting, mini golf, bouncy

castle, children's crafts.

Enjoy dinner downtown!

Downtown Chilliwack has the best selection of ethnically diverse restaurants or grab a bite from one of the food trucks and eat your dinner in the park.

Join us in 4 Friday's in July for Party in the Park 2016!

July 8, 15, 22, 29.

Free outdoor movie nights

Decades coffee club parking lot. After some party in the parks at 9:30pm. Watch Decade's Facebook page for more info.

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.

Community Activities For Families

Learn to Fish @ Cultus Lake

FREE Learn to Fish Program. All supplies included (rods, reels etc.!).

Meet at 10am at Maple Bay Amphitheatre.

Friday July 8

Friday July 15

Friday July 22

Friday Aug 12,

Friday August 19th

Friday August 22nd.

Spirit of the People Powwow Honoring our Women

July 22,23 at 24 Tzeachten Sports Field 46770 Bailey Road, Chilliwack

Admission at entrance \$2.00/day or \$5.00/weekend

Friday—Grand opening at 7pm, Saturday—1:00–7:00pm, Sunday—1:00pm. Salmon BBQ on site, authentic Native Arts and crafts. For more info call 604.845.5234 or garyvabbott@live.com



Live 5-2-1-0

Children need to move and play as much as possible; provide the space and time for active play.

Walk or rollerblade to the park and then once you are there, play on the equipment!

Chilliwack Division of Family Practice
supporting the **Live 5-2-1-0** campaign by **SCOPE**
www.scopebc.ca



Greendale Sampler

Enjoy a little taste of what Greendale has to offer with a day of farm tours on Sat. August 20th from 10am-5pm.

**Shop Local & Support
Your Local Farmer's
Markets!!**

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

That Local Market

Every Sat. from 9:30-2:30 at
Central Park in Chilliwack (until
Oct.10th)

Come sample locally grown
products and support our local
farmers and artisans! The
benefits of eating local are
numerous!



Community Activities For Families Cont'd



Stó:lō Children's Festival

July 20th. 9:30-2:30 at 7201 Vedder Road Chilliwack,
The purpose of the Children's Festival is to invite families to a fun, summer
event that promotes Stó:lō Service Agency Services, with an emphasis on
health and wellness.

Stó:lō Service Agency welcomes the community to this free event.
Stó:lō Service Agency provides snacks, drinks, and a BBQ lunch.
It is not mandatory to stay for the whole day, but everyone is welcome to.
There will be a prize draw for those who have submitted their registration
prior to July 15, 2016 – so fill out the online registration today!
For more info. e-mail: events@stolonation1.bc.ca
<http://www.stolonation.bc.ca/childrens-festival>

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.



CCRR Provides

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.

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)

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

Parent Support

Triple P, Positive Parenting Seminar

(for parents of children 0-12 years)

The Power of Positive Parenting

Tuesday, July 19 from 12:30-2:30

Raising Confident, Competent Children

Tuesday, August 9 from 12:30-2:30pm at the Neighborhood Learning Centre (46361 Yale Road)

Raising Resilient Children

Tuesday, August 23 from 12:30pm–2:30pm

Seminar is FREE, sign up is necessary—call Sandy Seib to register at 604.793.7225 or seibs@comserv.bc.ca

Encourage behavior you like, become confident as a parent, be realistic about parenting.



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.

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.

Parent Support Cont'd

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 (June 27th this month). The number for more details is 604-702-4944



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

Support for Parents With Babies

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, July 14th 7:30 – 8:30 pm <http://www.lllc.ca/lllc-chilliwack>



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.

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!

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.

Cost Related Events

These are ticketed event.s Please pick up your tickets at the Library a week before the event.

The Great Gordini

Chilliwack Library: Tuesday, July 5, 2 pm – 2:45 pm

Yarrow Library: Wednesday, July 6, 2 pm – 2:45 pm

Sardis Library: Friday, July 8, 11 am – 11:45 am

The Vancouver Aquarium AquaZone

Sardis Library: Thursday, July 14, 2 pm – 2:45 pm

Chilliwack Library: Friday, July 15, 11 am – 11:45 am

Yarrow Library: Tuesday, July 26, 2 pm – 2:45 pm

AquaZone is coming to FVRL this summer! Examine and explore a wide variety of artifacts and some of the most hardy, live, intertidal animals found in BC waters. Discover the connection between animals, environments and ourselves.

Urban Safari Rescue Society

Sardis Library: Monday, July 25, 2 pm – 3 pm

Meet exotic animals up close and personal. These creatures have been rescued or turned over to the great folks at Urban Safari. Seeing them will encourage curiosity and build an understanding of the importance of conservation and respect for wild animals.

At the Library

Summer Reading Club 'Read to Me' (0 to Preschool)

Little ones get stickers, prizes and a medal. Keep track of the reading you do with your child. Sign up starts June 28th & continues all summer.

Storytime in the Park

Yarrow Pioneer Park, Tuesday, July 5, 10 am - 11:30 am

Bring your blankets and lawn chairs and enjoy a family-friendly and enjoy a morning with your preschool--elementary school-age children at Storytime in the Park. Let's read a story and play some games and have fun. There will be face painting, literacy activities, free book prizes, and popcorn too!

Launch your Summer Reading Club with the magic of The Great Gordini. Award winning magician The Great Gordini has fantastic magic tricks up his sleeve. See if you can unravel the magical mysteries while being hilariously entertained. This is a show the whole family will enjoy.

Tickles and Tunes

Chilliwack Library, Thursday, July 14, 2 – 2:45 pm

Songs, finger plays, tickles and tunes to delight and entertain even the smallest child. We will reach for the stars, zoom for the moon and hop like bunnies. Hannah Shira Naiman has been leading classes, workshops and concerts for babies and children of all ages for over a decade; she draws her repertoire from folk music and dance traditions in English and in French.

More than Music

Sardis Library: July 27, 11 am – 1 pm

Chilliwack Library: Aug 24, 11 am – 1 pm

This partnership program between the Chilliwack Library, The Sardis Library, The Chilliwack Arts Council and the City of Chilliwack is a reimagining of our popular Music and More program. This 2 day event promises to be bigger and better than ever!



For the Young:

July 27 from 11 am – 1 pm outside of the Sardis Library in Watson Glen Park

The Sardis Library and Chilliwack Arts Council will be on hand with interactive experiences for you to enjoy, including Magic, Balloon art, Face painting, Arts and crafts, Musical entertainment,



Book a Trip! A Strange and Froggy Journey

Chilliwack Library: Wednesday, July 27, 2 pm – 3 pm

Somewhere, someplace beyond the seven seas.... Puppeteer and Master Storyteller, Elspeth Bowers will take you places you've never dreamed of, and keep you laughing all the way! Book a trip to the library to hear stories, songs, and a puppet show!

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

'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.



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>