



**Chilliwack
Community
Services**

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August 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

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

East Chilliwack Family Place

46551 Chilliwack Central Road
Thursday mornings 9:30-11:00am
(closed June 20th for Summer—
reopening in Sept.)

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
Tuesdays 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 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 have lots of great things planned this 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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*DFP Downtown Family Place *SFP Sardis Family Place						
	1 Closed— Stat. Holiday	2 DFP —Dental Hygienist	3 DFP & SFP —Wacky Water Wednesday	4 SFP —Park Day	5 DFP — Chilliwack Fair	6
7	8	9 DFP — Triple P (Drop-in Closed)	10 DFP & SFP — Wacky Water Wed. DFP — Clothing Swap Wacky Water Wed.	11 SFP —Park Day	12 DFP —Park Day	13 Dad 'n Me Breakfast Downtown Family Place 9-10:30am
14	15	16	17	18 SFP —Park Day	19 DFP —Park Day	20
Downtown & Sardis Family Place Closed (August 15-19)						
21	22 DFP — SFP —Clothing Swap	23 DFP —Triple P (Drop-in Closed) SFP — Clothing Swap	24 SFP & DFP — Dinotown Fieldtrip	25 DFP — SFP —Park Day	26 DFP —Park Day—	27 Dad 'n Me Breakfast Sardis Family Place 9-10:30am
28	29 DFP — SFP —Healthy Start	30 DFP — Making Sundaes (Bring toppings)	31 DFP —Wacky Water Wednesday SFP —Wacky Water Making Sundaes (Bring toppings)			

Dad n' Me Breakfasts

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

9:00-10:30am on August 13th (at
Downtown Family Place) and
August 27th (at Sardis Family Place)



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 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 August 15th-19th.

Special Visitors

Dental Hygienist—Tuesday, 2nd 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.

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 10th, Morning and Afternoon sessions

Have some outgrown clothing around the house? Bring them to share or trade.



DIY Demo—Thursday, 11th, 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, 29th, A short discussion time within the drop-in used to share ideas and information about a wide range of topics.

Special Programs & Fieldtrips

Chilliwick Fair, Friday 5th

Meet at free shuttle bus at Cottonwood Mall at 10am (near TD Bank) or Main doors of Heritage Park at 10:36am (parking @ fair by donation, @ Mall Free)

Pre-purchase your discounted tickets from your family place host by Aug. 3rd (tickets are \$2/more at the gates)

Gr.7 - Adult \$8 K-Gr.6 & Seniors \$5 (Free passes given with report card)

Under 6 yrs Free



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.

Breakfast will be alternating between Downtown and Sardis locations. Downtown Aug 13. Sardis Aug 27.



Dinotown Field Trip— Wednesday, 24th 10am

Meet at the gate to get the group rate. Cultus Lake opposite the waterslides. Free parking passes will be issued.

children over 35" \$5.95 Adults \$7.95 Under 35" Free

Triple P Parenting

Tuesday 9th and 23rd, 12:30-2:30pm, Free child-minding available (limited spaces) Call Sandy Seib to register 604-793-7225. Regular Drop-in Closed.

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!

Clothing Swap—Wednesday 6th, Morning and Afternoon sessions

Have some outgrown clothing around the house? Bring them to share or trade.



Making Sundaes—Wednesday Aug 31st.am and pm

We are providing the Ice-cream, Bring your favorite topping to share.

Special Programs & Fieldtrips

Chilliwack Fair, Friday 5th

Meet at free shuttle bus at Cottonwood Mall at 10am (near TD Bank)

or Main doors of Heritage Park at 10:36am (parking @ fair by donation, @ Mall Free).

Pre-purchase your discounted tickets from your family place host by Aug. 3rd. (tickets are \$2/more at the gates)

Gr.7 - Adult \$8

K-Gr.6 & Seniors \$5 (Free passes given with report card)

Under 6 yrs Free

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. Downtown Aug 13. Sardis Aug 27.

Dinotown Field Trip— Wednesday, 24th 10am

Meet at the gate to get the group rate. Cultus Lake opposite the waterslides. Free parking passes will be issued.

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Under 35" Free



Park Days—Thursdays

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 Visitors

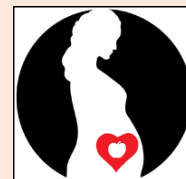
Healthy Start—Monday, 29th
12:30-2:30pm

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.



SFP & DFP will be closed from August 15-18

Aboriginal Programs:

Free Summer Camp

Cultus Summer Camps 2016

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



Rotary Pool - 46245 Reece
604-795-5562.

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

Community Activities For Families

Movies for Mothers @ Cottonwood Cinema

Aug. 10th and 24th. Alternating Wednesdays at Cottonwood Cinema. 11:30am start (11am doors open). 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. Or <http://www.cottonwood4cinemas.ca/>

Hope Depot FREE Parent and Tot Craft—August 13

Build a skateboard pencil box.

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 5-12 and their caregivers.



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



Great Heron Nature Reserve Events:

5200 Sumas Prairie Rd.

Saturday August 6th: 10-11am Family Pond Prowl

Thursday August 25th: 7:30-8:30 Twilight Stroll

Bring your binoculars. Join in these guided nature walks through the Great Blue Heron Nature Reserve in Greendale.

Community Activities For Families Cont'd

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.

Chilliwack Fair



Come and join in on the fun at the fair! There is so much to see and learn about agriculture. Live music, Motor cross show, Rodeo, Lawn Mower Racing, Hay Maze, Reptile Guy, Lego Pro... and much, much more! Free busses running to the site!

Friday, August 5th—Sunday August 7th

Pre-purchase your discounted tickets from your family place host:

Adults: \$8, Children 6 and up: \$5

(Gate sales will be \$2 extra per person)

Chilliwack Airshow

FREE Family Fun!

Come on down to the Chilliwack Municipal Airport for a FREE family oriented airshow on Sat. & Sunday Aug. 20 & 21! \$5 pancake breakfast at 8am on Sunday. Kid's Landing opens at 11am and the airshow acrobatics begin at apx. 1pm on the 21st

<http://www.chilliwackairshow.ca/>



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!



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.

Emergency Childcare First Aid

Saturday, August 20th, 2016, \$85

Register and get more details from Nicole at Child Care Resource and Referral: 604-847-2237

This full day course is ideal for parents and childcare providers.



Community Activities For Families

Garrison Village Festival, 24 Normandy Drive

The ANNUAL Garrison Village Festival will be happening August 26th from 4pm - 8pm! This is a FREE event open to the public with entertainment, merchants, food trucks and a KIDS zone!

Prospera's Movie Under The Stars

Watson Glen Park 5727 Tyson Rd. Thurs. Aug 11th.

7-10:30pm

Come and enjoy a **FREE movie** under the stars on a 3 story big screen! Zoolander is brought to you by Prospera Credit Union.



This is a Fresh Air Event (eg. blanket/lawn chair) that will start at dusk

Chilliwack Quintessence Breastfeeding Challenge

Saturday, October 1st 9:00am –11:30am

Location: NLC located at 46361 Yale Rd

You can register at bit.ly/chwkbchallenge

Do donate a door prize E-Mail: chwkb.bf.challenge@gmail.com
<http://www.facebook.com/chilliwackbreastfeedingchallenge>

•Mothers and children unite at different sites around the world to compete in the annual Quintessence Breastfeeding Challenge to set a record for the most children breastfeeding at one time. The Challenge strives to increase public awareness of the normality of breastfeeding, the benefits to mother, child and community and the ways in which women need support to achieve the recommended duration for breastfeeding. Awesome door prizes available. Nursing portraits donated by local photographers. Also, 'swag bags' for the first 200 registrants.



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.

More than Music

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!

Chris Hamilton

Chilliwack Library: Wednesday, Aug 3, 2 pm – 2:45 pm

Yarrow Library: Wednesday, Aug 10, 10:30 am – 11:15 am

Sardis Library: Friday, Aug 12, 11 am – 11:45 am **This is a ticketed event. Please pick up your tickets at the Sardis Library a week before the event.**

Get ready to jump, sing and groove with Musician Chris Hamilton. Chris' lively songs for kids tell tales of real and imaginary places and spaces. Laugh and dance to old and new favourites, including some from Chris' critically acclaimed CDs. A musical extravaganza that is sure to delight!

Andy the Musical Scientist

Chilliwack Library: Thursday, August 11, 11 am – 11:45 am

Sardis Library: Thursday, Aug 11, 2 pm – 2:45 pm **This is a ticketed event. Please pick up your tickets at the Sardis Library a week before the event.**

Yarrow Library: Tuesday, Aug 16, 2 pm – 2:45 pm

Discover the world of musical science. Andy the Musical Scientist amazes audiences by creating instruments out of recycled items. His show is a meeting place for the worlds of music and science. Using homemade, invented instruments, world music, and humor, along with a pro recycling message, Andy entralls young audiences with a truly unique performance!



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.

Learn to Fish @ Cultus Lake

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

Meet at 10am at Maple Bay Amphitheatre.

Friday Aug 12,

Friday August 19th

Friday August 22nd.



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)

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, August 18th 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.

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>

