



**Chilliwack  
Community  
Services**

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September 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](mailto: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

### East Chilliwack Family Place

46551 Chilliwack Central Road  
Thursday mornings 9:30-11:00am  
(Re-opening Sept 15)

### Sardis Family Place

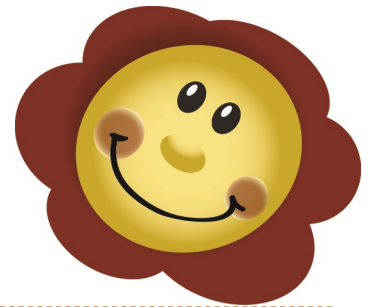
7112 Vedder Road 604.847.2235  
M-Thurs 9-11am  
Mon & Wed. 12:00-2:30  
(Closed Sept. 5-8)

### Greendale Family Place

6550 Sumas Prairie Road  
Wednesdays 9:00am-11:00am

### Yarrow Family Place

4605 Wilson Road  
Tuesdays 9:00am-11:00am  
(Re-opening Sept 13)



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



**Family Places have so much to offer!!** 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

## Upcoming Family Place Field Trips, Activities and Workshops

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*DFP Downtown Family Place *SFP Sardis Family Place						
				1 <b>SFP</b> — Park Day (Leisure Centre)	2	3
4	5	6	7	8 <b>SFP</b> — Park Day (Watson Glen Park)	9	10
<b>Drop-in CLOSED this week</b>						
11	12	13 <b>SFP</b> —Souper Tuesday	14 <b>SFP</b> —Healthy Start	15	16	17
18	19 <b>SFP</b> —Muffin Monday	20 Field trip to The Local Harvest.	21 <b>SFP</b> —Healthy Start	22 <b>SFP</b> —Sense-a- tional Science	23	24
25	26 <b>SFP</b> —DIY Demo	27 <b>SFP</b> —Lil’ Mixers Souper Tuesday	28 <b>SFP</b> —Healthy Start Show and Tell	29	30	

### A message from Karen...

In January 1998, I came to Downtown Family Place as a Practicum Student for my Social Services Diploma. Shortly after, I returned as a volunteer. I would happily organize the Clothing Exchange for hours as my preemie slept in her car seat. Eventually, she got a little too mobile and inquisitive to help with that task. So, I did the only logical thing I could...I became a participant. Like many families, we came and went over the next couple of years until I went to work and she was in daycare. Fast forward a few more years, and I was hired for the CCS casual list and randomly covered for staff in the family place drop-in.

Then that fateful day in November 2013 came... There was a posting for the Downtown Family Place Practitioner. Imagine my excitement. I applied and wowed them with my amazingness in the interview (lol).

On December 4<sup>th</sup>, 2013 I started my DREAM JOB!!!! It was like coming home. Who would not love coming to work every day to talk with amazing people, cuddle cute babies, play with matchbox cars, do crafts and sing songs that include monkeys!!!

Now, after almost 20 years of having DFP in my life in so many different ways, I am saying goodbye.



Before you get all sad, there is a book “Who Moved My Cheese” (if you haven’t read it, find a copy, I love this book and live my life by it.). I am leaving this place with much more than I came. I have gained lifelong friends and I have learned so much through my interactions with participants and staff.

Although I may not know right at this moment what is coming for me. I do know that the memories, the laughter and all those *ah ha* moments will stay with me forever.

Thank you to you all for being a part of my life journey.

Karen

## StrongStart

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.

Please Check sites for location and operation times: All sites are closed on Pro D Days

**All sites are closed for the summer and will reopen the week of September 12th.**

## Downtown Family Place Announcement

Dear Parent/Caregiver:

From its very beginnings, the Downtown Family Place has been supported by community donations and fundraised dollars through Chilliwack Community Services. In recent years, while expenses have increased donations have declined making it increasingly more difficult to meet our financial obligations. As a result, we have had to make the very difficult decision to close Downtown Family Place. August 31, 2016 was our last program day.

It has been a joy and a privilege for us to have spent so many years and wonderful moments together with you and your children. We recognize the importance of early childhood development and community connections. We encourage you to visit our East Chilliwack Family Place located at 46551 Chilliwack Central Road open Thursday mornings 9:30-11:00am or one of the four StrongStart Programs located in schools within this neighbourhood. You can visit the Chilliwack SD 33 website to find times and days of the week when the StrongStart program is being offered at McCammon Traditional Elementary School, Bernard Elementary School, Little Mountain Elementary School and Strathcona Elementary School. All of these programs focus on early childhood development and offer parent-child interactive learning and play opportunities.

We want to thank you for the many ways you have supported the Downtown Family Place. We have been delighted by your participation and encouraged by your feedback. If you have any questions please contact Jackie Ayer, Early Years Program Director at 604-793-7237 or via email at [ayerj@comserv.bc.ca](mailto:ayerj@comserv.bc.ca)

## Strong Start

School	Hours	Address
Bernard Elementary	Mon – Friday: 8:30 – 11:30 am	45465 Bernard Ave
Cultus Lake Community	Tuesday & Thursday: 8:15 – 11:15 am	71 Sunny Blvd. C.L.
Little Mountain Elementary	Mon – Friday: 8:30 – 11:30 am	9900 Carleton Street
McCammon Traditional	Mon – Friday: 8:15 – 11:15 am	9601 Hamilton Street
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-Fri: 8:45-11:45	5685 Unsworth
Watson Elementary	Mon-Fri: 8:30-11:30 am	45305 Watson Rd.

## Sardis Family Place—7112 Vedder Rd.

**Drop-in closed September 5<sup>th</sup> to 8<sup>th</sup>**

**Park Day**—Come meet your family place friends at the park!

Fri. Sept 1—Cheam Spray Park (Garrison) 9-11am

Drop in if raining

Friday Sept 8th—Watson Glen Park (no staff) 9-11 Closed if raining

**Muffin Monday:** Sept 19th



**Field Trip to The Local Harvest:** Tuesday Sept 20th—10:45am

\$5/each. Taste locally grown vegetables. Learn about soil life, pollinators, growing food, raising animals & more in this fun & educational fieldtrip.

**Sense-a-tional Science:** Thursday Sept 22

**Lil' Mixers**—Tuesday, Sept 27<sup>th</sup>

Kids love to eat the food that they have prepared themselves!



**Souper Tuesday**—Tuesday Sept 27th



*Special Visitors*



**Healthy Start**—**Wednesday Sept 7, 14, 21, 28th** 12:00-2:00pm

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.



### 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.



**Don't have a family doctor or nurse practitioner?  
Looking for one in your community?**

**CALL PAM**  
(Patient Attachment Mechanism)

**9 am to 3 pm** Monday to Friday  
**1-844-795-0034** Hope and the Fraser Canyon  
**604-795-0034** Chilliwack, Agassiz, and Harrison



**How does PAM work?**  
(Patient Attachment Mechanism)

You call and speak to our Patient Attachment Coordinator.

You fill out a Patient Intake Form. We may call you for more info once the form is submitted.

If needed, our team of family doctors and nurse practitioners will care for you until you are transitioned to a community practice.

For more information, visit [www.divisionsbc.ca/chilliwack](http://www.divisionsbc.ca/chilliwack)

**Shop Local & Support  
Your Local Farmer's Mar-  
kets!!**

**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](http://www.theecomarket.ca)

**Yarrow Twilight Farm & Art Market**

Fridays until Sept 16  
Pioneer Park—Yarrow

**That Local Market**

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

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



**Community Activities For Families**

**Hope Depot FREE Parent and Tot Craft—Sept 10**

Come on out with your parent and make a craft. Home Depot is proud to offer a fun FREE parent/child activity on the 2<sup>nd</sup> 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!

**Movies for Mothers @ Cottonwood Cinema**

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](http://MoviesforMomies.com) for more info. Or <http://www.cottonwood4cinemas.ca/>

**Children's Art Festival:** Sept 23-24 @ GW Graham School

Bring your family to GW Graham School to take part in artsy fun for children of all ages. Friday 6-8pm. New for this year! Jammin' Pyjama Party & feature musical presentation.

Sat. 10-4pm Hands on art activities & creation stations. Live performers. Music, food & fun. [Chilliwackartscouncil.com](http://Chilliwackartscouncil.com) for more details.

**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](http://bit.ly/chwkbchallenge)

Do donate a door prize E-Mail: [chwkb.challenge@gmail.com](mailto:chwkb.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 (check websites for exclusions)

### Chilliwack Library

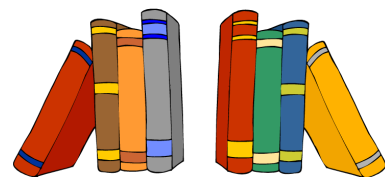
Tuesdays , Sept 20 – Dec 13	10:30 – 11:00 am	Storytime – Introduce kids to the love of books and language with storytime
Wednesdays, Sept 21 – Dec 14	10:30 – 11:00 am	Babytime – Help your baby develop speech and language skills – enjoy bouncing, singing and rhyming with stories.
Thursdays. Sept 22 – Dec 15	10:30 – 11:30 am	Toddler Meet Up (approximately 18 months through 2 years ) Bringing energy and fun to bounces, rhymes and songs we build coordination and social skills while building literacy and play
Wednesdays, Sept 21 – Dec 13	3:30 – 4:30 pm	LEGO Club – Come play, create, and experiment. We have the LEGO, you bring your imagination
Friday, Sept 23	2:00 – 4:00 pm	Pro D-Day Movies . Contact to find out which movie is playing

### Sardis Library

Mondays, Sept 12 – Dec 19	10:30 – 11:00 am	Storytime – Introduce kids to the love of books and language with storytime
Fridays, Sept 2 – Nov 4	10:30 – 11:00 am	Babytime – Help your baby develop speech and language skills – enjoy bouncing, singing and rhyming with stories.
Tuesday, Sept 6 –Dec 20	3:00 – 5:00 pm	LEGO Club – Come play, create, and experiment. We have the LEGO, you bring your imagination
Saturday, Sept 24	2:00 – 3:00 pm	Fire & Ice Science Show – Celebrate Science Literacy week at the Sardis Library with this exciting program put on by “Mad Science”. <b>This is a ticketed event. Please pick up your tickets one week before</b>

### Yarrow Library

Wednesday, Sept 21 – Nov 2	10:30 – 11:00 am	Storytime – Introduce kids to the love of books and language with storytime
Tuesdays, Sept 13	3:30 – 4:30 pm	LEGO Club – Come play, create, and experiment. We have the LEGO, you bring your imagination (please register upon



## 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

### 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](http://www.confidentparents.ca) for more info. and to print off a referral form for Physicians to fill in.

### 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, September 8

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!



### 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.

### 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](https://www.facebook.com/groups/642969582425292/719378664784383/?notif_t=group_activity)



### 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>

#### 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](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.

#### FREE Yoga Class at Studio B Yoga!

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

Register: [studiobyoga.ca](http://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.



#### 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>

#### 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](http://www.bchousing.org/Options/Rental_market/RAP)