

December 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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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 or Jackie: 604.847.2235

Family Place Drop in Hours

East Chilliwack Family Place

46551 Chilliwack Central Road Thursday mornings 9:30-11:00am LAST DAY Dec. 1. Reopening January 5th.

Sardis Family Place

7112 Vedder Road 604.847.2235 M-Thurs 9-11am Mon & Wed. 12:00-2:00

Greendale Family Place

6550 Sumas Prairie Road Wednesdays 9:00am-11:00am LAST DAY Dec. 21st. Reopening January 4th

Yarrow Family Place

4605 Wilson Road Tuesdays 8:30am-10:30am LAST DAY Dec.20. Reopening January 3rd.

Sardis Family Place Closed from December 16th to January 3rd for Christmas Holidays



Chilliwack Community Services is an independent local charity provid-

ing 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 Sardis Family Place Field Trips, Activities and Workshops

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Meet at Sardis Library @ 10:20am	6 Clothing Swap	7 Gingerbread Treasure Hunt Healthy Start 12-2pm	8 Children's Christmas Party! See Details on Poster!	9	10
11	12 DIY	13 Dental Hygienist	14 Field Trip to Petey's Xmas 5-7pm	15 Christmas Potluck! Last day open until Jan 3	16	17

Closed this week for Christmas holidays

Have a Very Merry Christmas!

Closed this week for Christmas holidays. See you when we return on January 3rd.

Petey's Country Christmas

Wed. December 14th, 2016

5-7pm @ 9423 Gibson Rd.

\$5/child with family place subsidy for 1st 50 preregistered regular family place attendees (infant siblings in arms free)

\$8/child after 1st 40 pre-registrants (& for visiting friends)

One free adult per paying child (additional adults \$4)

Dress warmly for this evening activity.

We will enjoy a train ride to see a special

Christmas light display!

Make a keepsake ornament together and enjoy a special story time & Santa visit.

Cookie & hot chocolate for children.

Bouncy Castle fun.... & more for the whole family!

Please Pre- Register with Debbie, Jackie or Lana

Children's Christmas Party

Sardis Family Place & Better Beginnings Thursday December 8th 10:00-11:30 am

Neighbourhood Learning Centre 46361 Yale Road Tickets Required. Contact Debbie, Jackie or Lana



Special Visitors

Healthy Start—Wednesdays 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.



Dental Hygienist—

Tuesday 13th

Leta will be joining us with information about helping your children maintain healthy teeth. She will also fluoride your child's teeth (for children up to 3 years old). Leta will also check older children's teeth. Please bring your child's Care Card.



Sardis Family Place—7112 Vedder Rd.

Clothing Swap—Tuesday, 6th

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

Gingerbread Treasure Hunt! Wednesday 7th

Come and bake a gingerbread cookie and then see what happens when we open the oven door!!!!

Children's Christmas Party!!! Thursday 8th 10-11:30am

Registration and ticket required . Open to regular participants of Family Place.

DIY—Monday 12th Christmas Craft Demo

Field Trip: Petey's Christmas!! Wednesday 14th

Subsidized price for regular Family Place participants who pre-register at the drop in.

5-7pm *See staff and poster for more details

Sardis' 12-2pm drop in will be closed this day.

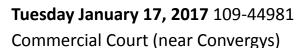
Christmas Potluck- Thursday 15th

Please being a plate of food to share at snack!

Mark your calendars:

Chilliwack Family Resource Programs' Field Trip to Fraser Valley Rhythmic Gymnastics

You and your child can enjoy balls, hoops, ribbons & more as we experience Rhythmic Gymnastics in FVRG's new facility!



10:30 am 1st 25 Regular Family Place Participants \$2/ child with subsidy Children 1 and up. Guests & Visitors: \$5/child



Christmas Activities for Families



• Join the City of Chilliwack and the Rotary clubs in Chilliwack for the Rotary Christmas Parade, December 3rd. Chilliwack's brightest night of the year.

Festivities begin at 1:00pm; the Parade starts at 5:30pm.

Bring your friends and family downtown and enjoy shopping at local merchants while experiencing an indoor market with children's crafts, an outdoor market with food trucks, two entertainment stages, Selfies with Santa, and more family fun at Five Corners Park and the neighbouring businesses. Then, find your favourite spot to watch the parade, starting at 5:30pm for a great showing of lights, colour, and sound.

Celebrate Chilliwack's brightest night of the year! For information on all of these activities and how to get involved, visit

www.chilliwackchristmasparade.com,

Free Christmas Drama—'Found' Set on a modern dairy farm

Free 5 Corners Christmas drama and musical at the Alliance Church on Dec 2-4th Free tickets available at the church office during office hours. 8700 Young Rd. 604-792-0051

Dickens Sweet Shop

- Explore Dickens Sweet Shop's delightful, free Santa's village on Alexander St. throughout the month of December.
- Free visits with Santa 1-4 Tues, Thurs & 11-4 Sat. Bring your camera to take a photo with Santa! 604.793.1981 Donations accepted for the wheelchair foundation.

Minter Country Garden Store Lights & Indoor Train Rides 10015 Young Rd.

Weekends – Dec 10 & 11 and Dec 17 & 18th. It's a another season of fun! Visit with Santa, Mrs. Claus, see the owls and raptors, take an indoor train ride through the lights and more. Bring your camera along to take a free photo in the seasonal themed photo area. The train will be running inside the garden center again this year, with new themes and tunnels to enjoy on the ride! Train ride is \$4 per person (tax included), children aged 3 and under are free. Tickets will be available from all cashiers. For group inquiries, please contact Jo Ann at 604.792.3799.

http://mintergardens.com/cg events.html



Chilliwack Cultural Centre

Chilliwack's Cultural Centre has several holiday activities going on that the family might enjoy. Info. about tickets/prices is available at http:// www.chilliwackculturalcentre.c a/tickets/?d=2015-12. Chilliwack Cultural Centre 392-8000, 9201 Corbould A Celtic Christmas – Sun Dec 4 Van Django's Cool Yule – Thurs. Dec 8 Nutcracker Suite - Sat. Dec 10 Christmas Carol – Sun. Dec. 11 Ken Lavigne's Christmas – Wed. Dec 14 Rock n' Roll Christmas – Thurs. Dec 15

& Sat. Dec 17
Cowboy Christmas Sun Dec 18
Nutcracker Ballet – Wed. Dec
21-Thurs. Dec 22

Frozen Sing Along – Fri Dec. 16

Toy Drives

Chances/Murray Honda Toy

Drive—December (Chances Chilliwack, 8180 Young Road)

RE/MAX Toy Drive—December 10th: 10am – 2pm (IHOP Restaurant, 45466 Young Road)

Chilliwack Chiefs Teddy Bear & Toque Toss—December 10th

@ 7:00pm (Prospera Centre, 45323 Hodgins Avenue)

Christmas Hampers

Are you interested in helping to sponsor a family or to provide a special gift for a child this year? If so, donations can be dropped off at Chilliwack Community Services or the Salvation Army. Your help can really make a difference.

Will you need a bit of extra help this Christmas? Help is available. When applying for a Christmas Hamper please bring along:

ID for each family member Proof of residence Proof of Income

Hamper Registration is from Nov. 12 to Dec. 10 at 46144 Yale Road, Monday to Friday from 10-12:00 & 1-3:00 Hamper Pick Up: Dec 21 & 22 at the Salvation Army Church, 46420 Brooks Ave.



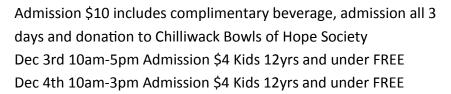


Christmas Activities for Families

Christmas Craft Markets

All Decked out (craft market)

Coast Hotel—December 2 – December 4 Dec 2 at 5 PM-9pm



Christmas Car Giveaway Nominations

Due December 2nd.

Email nominations to editorial@chilliwacktimes.com with "Christmas Car Giveaway" as the subject line or drop letter off to: Chilliwack Car Giveaway, c/o Chilliwack Times, 45951 Trethewey

Time to nominate a worthy person! Nominations for the 13th Annual Christmas Car Giveway are now open to give away a fully painted and mechanically sound vehicle to a deserving individual or family that Christmas.

If you know someone who has fallen on hard times financially, has health issues or is a single parent where the gift of transportation could make a positive impact on their lives, please send in your nomination.

In 300 words or less tell the selection committee why your nominee is worthy of this Christmas gift!

Christmas Lights Tour

For a list of "must see" Christmas lights, be sure to watch the Chilliwack Progress for info. on suggested light tour routes. You can also get info. at: www.chilliwack.com/lightstour

Cultus Lake Christmas

December 2,3 & 4 from 4-8pm

Visit with Santa from 5-8pm. Enjoy a beach bonfire where you can roast some marshmallows, enjoy Christmas music & sip on free hot chocolate! Enjoy a Christmas light display and an artisan craft market. Donations to the food bank will be accepted.

Www.cultuslakechristmas.ca





Christmas Activities for Families

Breakfast With Santa – December 3rd

Yarrow Community Hall (4670 Community St. Yarrow) 9am-12pm



8am-12:30pm

Breakfast With Santa—Sunday Dec 11th 47130 Hope River Rd. \$5

The scouts are hosting a breakfast with Santa

Hope Depot FREE Parent and Tot Craft—Dec. 10 (Gingerbread Man)

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!

All about Christmas Gift Expo

Chilliwack Heritage Park.

A fabulous Christmas Gifts Market, full of gift ideas, bargains and more from local home-based & small businesses, will be taking place on December 10th and 11th at the Chilliwack Heritage Park, from 10am til 4pm. Admission is just \$3 and children 10 and under are free.

CP Holiday Train - Agassiz

Friday December 16th 5pm-6pm

FREE EVENT! Featuring Dallas Smith and Odds Fun concert (performers are on a train car) Across from Agra Centre on Pioneer Avenue, West of Highway 9. Food bank donations welcomed!

Tobogganing

Playing in the snow can be a lot of fun in the holiday season. However, in Chilliwack we don't get a lot of snow. Luckily, the snow is within driving distance. Free toboggan runs are available to use at Manning Park Resort. It is about a 1.5hr drive from Chilliwack.

Here is the info. about free tobogganing at Manning: (rentals & tubing is also available at a cost)

http://winter.manningpark.com/tobogganing/

New Years Celebrations

Blue Heron Reserve: Annual New Years Walk

Letters To Santa

There's room for everyone on the Nice List! Santa's postal elves are ready to help Santa answer letters in more than 30 languages, including Braille! There are 3 important rules when sending a letter to Santa:

- 1. Make sure to include **your** full return address. Santa may know where you live, but his postal elves need this information to deliver your letter!
- 2. Santa really loves to read about children's favorite sports, jokes, school activities or family fun (even if Mom and Dad help with the writing). And, of course, he loves to get pictures and drawings from even his youngest pen pals!

Send your letter **soon**. December 14 is the last day to mail letters to Santa (it's a long way to the North Pole and back!).

SANTA CLAUS NORTH POLE HOH 0H0 CANADA



Skating Party—FREE Dec 4th Prospera Centre 12pm

The annual Prospera Skate Party is on December 4 and it's going to be fun!

The entire community is invited for free entertainment and an opportunity to come together and share the warmth of the holiday season.

Free admission for ice skating (skate rentals are \$4.00, cash only), a complimentary keepsake photo, free cookies and hot chocolate.

Bring a food donation, we will be collecting for the Chilliwack Salvation Army Food Bank. Every donation is appreciated as it helps to make the holidays a little brighter for everyone in our community.

Twin Rinks Food Bank Skate

Dec 5, 7, 12, 14th -3:15-4:45pm Free Skating with a donation to the food bank! Dec 17—Santa toonie skate!



Christmas Community Activities For Families Cont'd

Chilliwack Barn Dance - Sat. Dec 10

7:15-10:30 at 45835 Spadina Ave

If this is your first dance, YOUR DANCE IS A FREE DANCE!

Everyone is invited to come to our 1 year Anniversary Contra Dance! There will be cake!

All ages are welcome, and no dancing skills are required. We will teach everything you need to know, and it is really easy to do.

Cost: \$8.00/person. Family Price: \$20.00

Next Dance: Sat. Dec 10 http://chilliwackdance.com/ Doors Open at 7:15, and the lesson starts at 7:30.

FREE Family Christmas Movie Night: Sun. Dec 11. 5:30-9

46510 First Ave., Chilliwack

FREE family event, complete with train rides for kids, hot chocolate, popcorn, prizes, and Christmas wonder! We'll settle in to watch The Polar Express together at 6:15PM - If you'd prefer, there are Christmas classics like Frosty, Rudolph, & The Grinch to be watched in Theatre #2, perfect for younger kids. Everybody is welcome to attend this free, public event. Keep your eyes peeled for several Cineplex Gift Card giveaways leading up to and at the event. We can't wait to see you there!

Parent Support

Free Triple P Seminar

Raising Resilient Children: December 7 from 6:30-8:30 pm

Who should attend:

All parents of children aged 2-12 years (no child-minding provided)

Location: Neighborhood Learning Centre, Room #1007, 46361 Yale Rd

These seminars will focus on our hopes and dreams for our children and family and the realities of being a parent with a focus on relationship, expectations, and dealing with children's behaviour. Attendees will be introduced to positive parenting, the key principles behind this approach, the role of parents in laying the foundations for children's success, and emotional resilience in children: what it means, why it is important and how it benefits children.

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.

<u>www.confidentparents.ca</u> 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 preschoolage 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 (Nov 30 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

Mark your calendars!: Sat. February 25th All About Me Conference

A conference for people who care for children. (location: Abbotsford)

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



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 Dec 8th 7:30 - 8:30 pm

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

Baby Time Drop In

Every Wed. from 10-12pm 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



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.

At the Library (check websites for exclusions)

Book a Librarian—By appointment, Chilliwack, Sardis & Yarrow Libraries—Have a question? We've got experts that can help with research, computers, tablets, eBooks, the library catalogue and more! Book your personalized appointment at the Information desk.

Chilliwack Library		
Tuesdays , until – Dec 13	10:30 – 11:00 am	Storytime – Introduce kids to the love of books and language with storytime
Wednesdays, until – Dec 14	10:30 – 11:00 am	Babytime – Help your baby develop speech and language skills – enjoy bouncing, singing and rhyming with stories.
Thursdays. until – 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/play
Wednesdays, until – Dec 13	3:30 – 4:30 pm	LEGO Club – Come play, create, and experiment. We have the LEGO, you bring your imagination
Tuesday Dec 13	10:30-11:15	Special Christmas Storytime
Tuesday Dec 20	11:00-12:30	Special Children's Chirstmas Movie
Sardis Library		
Mondays, until – Dec 19	10:30 – 11:00 am	Storytime – Introduce kids to the love of books and language with storytime
Thursday Dec 8	2:00-3:00pm	Christmas music barbershop style with the Chilliwack Harmony Chorus. Light refreshments provided
Yarrow Library		
Wednesday Dec 7	10:30-11:30	Christmas Storytime & Craft. Pre-Registration required.
Wednesday Dec 21	3:00-4:00	Drop in to make Christmas Crafts after school. (an elf & more)

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.

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

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

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.



Free7 Day Pass @ Leisure Centre/Cheam Centre

 Try out a free 7 day pass valid at both Leisure
 Aquatic's Local Facilities
 (Cheam & Leisure Centre)!
 One pass per person

http://www.myreccentre.com/promo/7
-day

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