LICENSED CHILD CARE CENTRES

BURNABY SOUTH CHILD CARE CENTRE (children 8 weeks to 3 years)

The Young Parent Program provides a supportive environment for pregnant and parenting students while they continue their secondary school education. This child care centre is licensed and operates in partnership with **Burnaby South Secondary School**. Additional spaces that are not being utilized by the YP program are available to the community. The community spaces are initially available on a monthto month basis when new families start, but can become permanent depending on availability. This program has been selected as a Universal Child Care Prototype site where parents pay a maximum of

- Hours of Operation: 7:30am to 5:30pm (Mon-Fri)
- The centre is closed for 5 maintenance days and 4 professional development days during the calendar year.
- To register as a secondary student call 604-296-6880 ext.
- Community families can register for the child care waitlist on our website
- · Morning and afternoon snacks and one hot lunch per week are provided
- Client fees: Five days \$200
- Additionally, families may be eligible for the Affordable Child Care Benefit. To determine if you qualify for it, visit www.gov.bc.ca/affordablechildcarebenefit

MONTECITO CHILD CARE CENTRE (children 30 months to 5 years)

Provides quality licensed child care for 30 months to 5 years old at Montecito Elementary School. The staff are licensed Early Childhood Educators that provide a safe, nurturing environment for the children to learn and develop at their own pace.

- Opening Spring 2020!
- Morning and afternoon snacks are provided.
- Hours of Operation: 7:30am to 6:00pm (Mon-Fri)
- The centre is closed for 5 maintenance days and 4 professional development days during the calendar year.
- Reduced client fees: Two days: \$450, Three days: \$635, Five
- Additionally, families may be eligible for the Affordable Child Care Benefit. To determine if you qualify for it, visit www.gov. bc.ca/affordablechildcarebenefit.

SUMMER CAMP

Offered for children who will complete kindergarten in 2020 through 10 years of age. Full activity schedule and weekly themes available on our website in March.

Location: Metrotown, McKercher

- July 6, 2020 September 4, 2020
- Hours of operation: Monday Friday 8am-6pm
- Prices: week with statutory holidays \$180 and full weeks \$225
- For more information or to register, email to occ@ burnabyfamilylife.org

Burnaby South Child Care Centre: 5455 Rumble Street, Burnaby McKercher, Metrotown: 6140 McKercher Ave., Burnaby Morley Child Care Centre: 7355 Morley St., Burnaby Montecito Child Care Centre: 2176 Duthie Ave., Burnaby

MORLEY CHILD CARE CENTRE

At Morley Elementary School three licensed programs are offered. The Centre is closed for 5 maintenance days and for 4 professional development days during the calendar year. You can register for each programs waitlist on our website.

In these three programs below, families may be eligible for the Affordable Child Care Benefit. To determine if you qualify, visit www.gov.bc.ca/affordablechildcarebenefit.

3-5 Child Care provides quality care for children ages 30 months to 5 years. (For children under 36 months there is an additional fee). This program is part of Child Care Fee Reduction Initiative and five day client fees have been reduced by \$100 and by \$350 for children under 36 months, or proportionally.

- Hours of operation: 7:30am-5:30pm (Mon-Fri)
- Reduced client fees: Two days: \$385, Three days: \$535, Five days: \$800

Preschool offers play-based learning environment for children 30 months to 5 years. Runs 12 months long (closed for 2 weeks over spring break, 2 weeks over winter break and all other school

- Hours of operation: 9:00am-12:30pm (Mon-Fri)
- Two days: \$240, Three days: \$315, Five days: \$490
- The preschool is open during the summer! Ongoing registration through the year.

Out of School Care is a safe and fun program before and after school for children from Kindergarten to grade 5 September to June who attend Morley Elementary School.

- 7:30am-9:00am or 3:00pm-5:30pm (From 2pm on Wed.)
- Before and After School Care: \$465 (includes full day for Pro-D days, winter break and spring break)

OCCASIONAL CHILD CARE (children 18 months to 5 years)

Flexible hourly care on a first come first served basis. Bookings are done on our website.

Location: Metrotown, McKercher

- Hours of operation: Monday Saturday 8am-6pm
- Cost: \$50 annual membership fee per family, and \$15 per hour per child
- Package prices 20 hours for \$280 and 40 hours for \$510
- Minimum 1 hour to maximum 8 hours in one day and maximum 40 hours in a 30 day period
- Head Start Program: play based learning program (9:00am-12:00pm or 12:30pm-3:30pm) for \$190/month twice a week and \$245/month for three times a week. (Maximum 13 sessions per month)
- For more information email occ@burnabyfamilylife.org

What activities will children participate in?

- Arts and crafts (clay, painting, drawing)
- Storytime to promote English language development
- Sensory play (sand, water, playdough)
- Manipulative toys (Lego, puzzles, magnetic builders)
- · Dancing and movement
- Look for other special happenings posted on social media

www.burnabyfamilylife.org





Spring-Summer 2020

April-August, Program Guide

Our annual Kids Challenge is June 13th. Please visit our website for more details.

We are excited to announce the opening of our new Montecito Child Care Centre- see back cover for more details.

Get involved and volunteer in our child care programs. For more information please call 604-312-3243.

FAMILY RESOURCE PROGRAMS

THERE IS AN ANNUAL \$10 PROGRAM FEE THAT IS INCLUSIVE TO ALL BURNABY FAMILY LIFE FAMILY RESOURCE PROGRAMS

Parent-Child Mother Goose (Fee: \$10/family annual program fee)

A group experience for parents of children up to 24 months old, focusing on the pleasure and power of using rhymes, songs and stories together. Call 778-858-0485 to register.

Location: BNH, North (10 sessions) Wednesdays, 10am-11:30am, starting April 1, 2020

Location: Pioneer (9 sessions) Thursdays, 9:45am-11:15am, starting April 2, 2020

Baby & Me Second Stage (Fee: \$10/family annual program fee)

This is a weekly educational support group for parents with babies aged 6 to 18 months. Topics include challenges of parenting, infant development, infant health and nutrition. Enjoy a healthy snack, group discussions and make new friends. Call 604-659-2205 or 778-858-0485 for more information.

Location: Edmonds Resource Centre, Room 205 Fridays, ongoing, 9:30am-11:30am (except June 19)

Brentwood Learning Centre: 1899 Willingdon Ave., Burnaby Burnaby Neighbourhood House: 4460 Beresford St., Burnaby Burnaby Neighbourhood House- NORTH: 4908 Hastings St., Burnaby Edmonds Resource Centre: 7355 Canada Way, Burnaby Pioneer Resource Centre: 4535 Kingsway, Burnaby

Family Drop-Ins (Fee: \$10/family annual program fee)

Come and spend fun-filled hours with your children while socializing and meeting other parents. Your child will develop new skills and make

Location: BNH South, Family Place Room

- Mondays, ongoing, 12:30pm-2:30pm (except April 13, May 18, &
- Wednesdays, ongoing, 9:30am-11:30am (except July 1)
- Fridays, ongoing, 9:30am-11:30am & 12:30pm-2:30pm (except April 10 & June 19)

Learning Together Through Play Drop-Ins

(Fee: \$10/family annual program fee)

Come and spend fun-filled hours with your children and experience some different activities that promote English language development and vocabulary through songs, rhymes, stories and puppet play.

Location: BNH South, Family Place Room

- Tuesdays, ongoing, 3:30pm-5:30pm
- Saturdays, ongoing, 10am-12pm

Location: Edmonds Resource Centre, Room 205 Wednesdays, ongoing, 9:30am-11:30am (except July 1)

Location: Brentwood Learning Centre Saturdays, ongoing, 10am-12pm

PREGNANCY OUTREACH PROGRAM

Pregnancy Outreach Program

(Free, ongoing, call 604-659-2225 to register)

A weekly support group for pregnant women experiencing emotional, social, financial and health challenges. The group offers a nutritious lunch, one hour education session, and infant weight gain monitoring with the support of a dietitian, public health nurse, and outreach worker. This is not a drop in program, registration is required.

Location: Olivet Church Tuesdays, 12:00pm-2:00pm

Location: Edmonds, Room 104 Wednesdays, 11:30am-2:00pm

Baby & Me

(Free, ongoing, call 604-659-2225 to register)

A weekly support group for mothers experiencing emotional, social, financial and health challenges with infants 0-6 months. The group offers a nutritious lunch, one hour education session, and infant weight gain monitoring with the support of a dietitian, public health nurse, and outreach worker. Food coupons, vitamins, bus tickets and child care are available. This is not a drop in program, registration is required.

Location: Olivet Church Tuesdays, 10:30am-1:00pm

Location: Edmonds, Room 104 Thursdays, 11:30am-2:00pm

Edmonds Resource Centre: 7355 Canada Way, Burnaby Olivet Baptist Church: 613 Queens Ave., New Westminster

www.burnabyfamilylife.org

FAMILY LIFE EDUCATION PROGRAMS

Immigrant Women's Support Group (10 sessions. To register call: 604.659.2205)

Finding yourself feeling down and missing your relatives? Feeling lost in Canadian Society? Come and meet other immigrant woman and learn about your community, education, employment, healthcare etc. while sharing your stories in a safe and supportive environment. Practice your English and meet new friends.

<u>Location: Pioneer Community Resource Centre, 5th Floor</u> Fridays, 9:30am-11:30am, starting April 24, 2020

Facilitator: Maya Mihajlovic

Fatherhood, A Journey (8 sessions- To register call 604.659.2205)
Come and meet other fathers to learn about raising children in today's world. Topics include modern parenting techniques, how to notice and provide encouragement, modeling affection through communication, and age-appropriate expectations. We will also look at some effective strategies for positive discipline and communication. Other topics may be included to meet the specific needs of the attending fathers.

Location: BNH North

Wednesdays, 6:30pm-8:30pm, starting April 22, 2020

Facilitator: Roland Boutin

Healthy Habits for Families (8 sessions- register online or call 604-659-2205) Raising children is one of the most important jobs there is, but often, it can be difficult and stressful. Join other parents in these weekly sessions to share strategies and ideas that will help create calm and joyful moments. Learn how to build life-long skills and habits for your preschool and elementary school aged children. Topics are kept flexible in order to meet the specific needs of the attending parents/caregivers but might include: Mealtimes, Bedtime, Screen-time

Location: TBD

Fridays, 12:30pm-2:30pm, starting April 24, 2020

Facilitator: Kathryn Dula

Anger Management for Men- Understanding Your Anger

(8 sessions, \$65 paid in advance, register online or call 604-659-2205, please note there is no child care available for this program)

A group for men that want to gain an understanding of the causes and effects of their anger. After completing this group you will have a better understanding of the source(s) of your anger, the effect of your anger on your family and friends, how anger negatively affects your life and health, identifying and managing triggers and stress, expression of other emotions in a safe manner.

<u>Location: Holdom Community Resource Centre</u> Thursdays, 6:30pm-8:30pm, starting April 23, 2020

Facilitator: Roland Boutin

Parenting for Immigrants (8 sessions, by donation- Register online or call 604.659.2205)

Raising children in a new country is a difficult task. Come and learn useful information on child development, the Canadian school system, child-care options, positive discipline, healthy nutrition and much more while meeting other parents and sharing your experiences.

<u>Location: Pioneer Community Resource Centre, 5th Floor</u> Thursdays, 12:30pm-2:30pm,starting April 23, 2020

Facilitator: Maya Mihajlovic

With pre registration in our FLE Programs (unless otherwise stated), snacks and free child care is available for children 18mo-10 years.

Systematic Training for Effective Parenting (STEP)

(7 sessions Register online or call 604-659-2205)

Systematic Training for Effective Parenting is a 7-session program for any care provider of children between the ages of 2-12 years. You will learn: Parenting/care pro-viding methods; Why children misbehave; How to respond to this misbehavior; When to intervene and ignore a child's behavior; How to use effective discipline to establish and maintain boundaries; How to use communication to build respect and cooperation.

Location: TBD

Saturdays, 3:00pm-5:00pm, starting May 2, 2020

Facilitator: Roland Boutin

Location: McKercher

Tuesdays, 6:30pm-8:30pm, starting May 5, 2020

Facilitator: Roland Boutin

Nobody's Perfect 1 (8 sessions, free. Register online or call 604.659.2205) An educational and support program for parents with children under age six who haven't had a chance to explore parenting ideas in a group setting. Transportation is provided, if required.

1. English

<u>Location: Pioneer Community Resource Centre, 5th Floor</u> Tuesdays, 12:30pm-2:30pm, starting April 21, 2020 Facilitator: Maya Mihajlovic

2. English

Location: BNH, North- New location!

Wednesdays, 12:30pm-2:30pm, starting April 22, 2020

Facilitator: Kathryn Dula

3. Farsi

<u>Location:Edmonds Resource Centre, Room 104</u> Fridays, 10am-12pm, starting April 24, 2020 Facilitator: Shugoofa Paikar

3. Mandarin

<u>Location: McKercher</u>

Thursdays, 10am-12pm, starting April 23, 2020

Facilitator: Claire Chiang

Single Mothers' Support Group (Ongoing, free, in partnership with YWCA) Come and meet other single moms, connect with resources, share stories and support in a friendly space while enhancing your independence. To register call Joann McKinlay at 604-219-8952 or email singleMoms@ywcavan.org

Location: BNH, South- Gladys and Family Place Rooms

Wednesdays, 6:30pm-8:30pm Facilitator: Ana Machado

<u>Location: McKercher</u> Saturdays, 1:30pm-3:30pm Facilitator: Soo Sen Lee

Burnaby Neighbourhood House- North: 4908 Hastings St., Burnaby Burnaby Neighbourhood House- South: 4460 Beresford St., Burnaby Edmonds Community Resource Centre: 7355 Canada Way, Burnaby Holdom Community Resource Centre: 2101 Holdom Ave., Burnaby McKercher, Metrotown: 6140 McKercher Ave., Burnaby

Pioneer Community Resource Centre: 4535 Kingsway, Burnaby

STOPPING THE VIOLENCE COUNSELLING PROGRAMS

Individual Counselling

(Free, ongoing. Call 604-659-2217 for more information)

Individual counselling is offered by qualified professionals. Eligibility: women and transgendered women ages 19 years or older, who reside in Burnaby and have a history of sexual, financial, physical, emotional abuse, and/or witnessed domestic violence in their life time. Service is open to New Westminster residents if there is a history of childhood sexual abuse. Sufficient safety and stabilization is required if in recovery from substance abuse. A telephone interview is conducted to determine eligibility.

Counseling Program has a reserved emergency time for Burnaby women and female youth who have experienced recent abuse. The purpose is to provide immediate support, discuss possible options and provide referrals. Contact the Supervisor of Counselling Services directly at 604-659-2217.

Group Counselling

(By donation. Call 604-659-2217 to register)

Adult Survivors of Sexual Abuse (ASSA)

This is a 3-level group that starts September 2020. It offers psychoeducation on the impact of sexual abuse, processing of childhood abuse memories and integration of the learning throughout the group by fostering member's ability to live in the present without being overwhelmed by the thoughts and feelings of the past. By the end of this group the person affected by trauma recognizes the impact of the victimization but are now ready to take concrete steps towards empowerment and self-determined living. Participants are required to commit to all levels and must have a one-to-one therapist. A screening interview is required to determine eligibility, prior to the September start, so please call ahead to be put on the waitlist.

Discovery and Empowerment

This experiential group will address the impacts of childhood sexual abuse through a creative format. Re-discover yourself, gain skills to cope with the effects of trauma and explore new ways to be empowered. Group starts in September 2020. Please call in advance if you are interested in order to be put on a waitlist for screening interviews.

Mindfulness for Survivors

Mindfulness is the practice of moment to moment awareness. This skill building group will assist survivors of sexual abuse to feel more grounded, peaceful and connected to their mental, physical and emotional experiences. In a safe and supportive environment with an addition of yoga exercises you will learn a variety of relaxation, breathing, and meditation techniques to stay focused in the present moment where healing and change can occur. Group starts in January 2021.

We are grateful for our funders











P.E.A.C.E PROGRAM

Prevention. Education. Advocacy. Counselling. Empowerment.

Programs for children and youth experiencing violence.

Individual Counselling

(Free, ongoing. Call 604-659-2217 for more information)

PEACE program helps children between the ages 3 to 12 years to understand the impact of abuse/violence and learn new ways of coping. In addition to the services directed towards children, counsellors also provide support and information to parents/care¬givers.

Youth Exposed to Abuse (YEA) program is counselling program for teens who have been exposed to domestic abuse or violence. It is created in the format that best suits youth needs in the envi¬ronment where they feel comfortable exploring the impact of trauma.

Group Counselling

(Free. For more information or to register, call 604-659-2217)

Open Art Studio

The Hub Open Studio is a program created by Burnaby Family Life in partnership with the Burnaby Youth Hub. Hub Open Studio is a place where youth can explore creating art with a range of materials, in a non-judgmental and nurturing environment. It represents a space where art can be used as a vehicle for expressing emotions and creativity. It runs every Wednesday afternoon 1pm-3pm at Burnaby Youth Hub location. All youth and service providers are welcome!

Burnaby Schools

Burnaby Family Life offers psycho-educational workshops and pre-sentations, as well as counselling groups like "Keeping Cool" and "Creative and Strong I", to Burnaby elementary and secondary schools. We are also funded to facilitate Violence if Preventable program. If your school is interested in receiving these programs, contact 604.659.2217 to be placed on the waiting list.

MOVING AHEAD

This is a collaborative, case management service approach that serves refugees and immigrants who face multiple barriers in their process of settlement. This program offers outreach and in home consultations in order to reach and support isolated newcomer populations. Some of the services provided are: Needs Assessment, Wrap Around Support Plan, Individual Case Management, Social and Emotional Support, Settlement Information, Life Skills and Supported Access to Services.

BFL partners with MOSAIC and serves clients, from Burnaby and other cities across Metro Vancouver that speak these languages: Dari, Farsi, Hindi, Urdu, English, French, Kirundi, Kinyarwanda, Swahili and Lingala. This program is funded by IRCC.

For referrals and self-referrals please contact our Program Assistant at 604.659.2205.

www.burnabyfamilylife.org