



FREE BURNABY *FALL-WINTER PROGRAMS 2020

Agency	Visit website for details	Program Name(s)	Program Description	When	Registration Required - Details
Burnaby Family Life	https://bflgrowscommunity.org/	Monthly Guest Speaker Series	Family Well Being Webinars	Starting October 2020- Details to follow	Email: bfl_info@burnabyfamilylife.org
Burnaby Family Life	https://bflgrowscommunity.org/	<p>ONLINE FAMILY PROGRAMS:</p> <ul style="list-style-type: none"> - Circle Time - Healthy Families, Healthy Minds - LTTP for Korean speaking families - Mother Goose - Baby and Me (second stage) <p>ONLINE FAMILY EDUCATION:</p> <ul style="list-style-type: none"> - Nobody's Perfect - STEP - Parenting for Immigrants - Healthy Habits for Families <p>IN PERSON:</p> <ul style="list-style-type: none"> - Outdoor LTTP- Confederation park - Outdoor LTTP- Central park - Indoors LTTP at McKercher and Edmonds - Immigrant Women's Support Group 	<p><i>Registration required for all programs</i></p> <p><i>Limited spaces for all in person groups.</i></p> <p><i>Visit website for details.</i></p>		<p>Email: bfl_info@burnabyfamilylife.org</p>

For more information on Burnaby COVID 19 activities, supports and services for children 0 to 6 years old and families go to COVID 19 Resources & Supports at: www.kidsinburnaby.ca



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Burnaby Neighbourhood House	https://burnabynh.ca/programs/family/	Family drop-in programs, family support services, monthly cultural dinners, and more ...	<i>Visit website for details</i>		
Burnaby Pacific Grace Church	https://bpgc.org/events/mothergoose/	ONLINE Parent Child Mother Goose	For children 0 to 18 months. Enjoy one hour of rhymes, songs, and stories with your child. Learn new ways to cope. Meet other parents.	Fridays: Oct 23 – Dec 11 1:00-2:00 pm	Go to website to register: https://bpgc.org/events/mothergoose/
Cameray Child and Family Services	http://cameray.ca/parent-support-program-may-online-group-calendar/	Circle Time (different types), Circle of Security, parenting program and more ...	For Burnaby and New Westminster residents with one or more children under the age of 5 years old. Online family groups, activities for children and families and supports for parents	<i>Visit website for online calendar</i>	Email: pspgroupsignup@cameray.ca

*** All online and in-person programs are for children from birth to 6 years old, unless otherwise indicated**

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Information Children	http://www.informationchildren.com/event/circle-of-security-9/	Circle of Security	<i>Visit website for details</i>	<i>Visit website for details</i>	<i>Follow website link to register</i>
S.U.C.C.E.S.S.	N/A	Mother Goose Online Group (Mandarin, Cantonese and English)	Songs, Rhymes and Story-telling in Mandarin. For children birth to 4 years old.	8 sessions, on Tuesdays: Oct 6 – Nov 24 10:30 - 11:30am	Call Teresa Hsieh at: 604-318-2731 or E-mail: teresa.hsieh@success.bc.ca
S.U.C.C.E.S.S.	N/A	Mother Goose Program (Korean and English)	Songs, Rhymes and Story-telling in Korean For children birth to 4 years old.	8 sessions: on Tuesdays, Oct 27 - Dec15 10:00-11:00am	Call Monica Lim at: 604-330-8068 or E-mail: monica.lim@success.bc.ca
S.U.C.C.E.S.S.	N/A	Nobody's Perfect	To help parents recognize, understand and deal with their parenting concerns, such as health, safety, child development and behaviors.	6 sessions, on Wednesdays: Sep 9 – Oct14 10:30am - 12:00pm	Call Teresa Hsieh at: 604-318-2731 or E-mail: teresa.hsieh@success.bc.ca

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S.U.C.C.E.S.S.	N/A	Nobody's Perfect	To help parents recognize, understand and deal with their parenting concerns, such as health, safety, child development and behaviors.	6 sessions, on Tuesdays: Sep 15 – Oct 20 10:00 - 11:30am	Call Monica Lim at: 604-330-8068 or E-mail: monica.lim@succes.bc.ca
S.U.C.C.E.S.S.	N/A	Nobody's Perfect	To help parents recognize, understand and deal with their parenting concerns, such as health, safety, child development and behaviors.	6 sessions, on Saturdays: Sep 5- Oct 10 10:30am - 12:00pm	Call Teresa Hsieh at: 604-318-2731 or E-mail: teresa.hsieh@succes.bc.ca
S.U.C.C.E.S.S.	N/A	Parenting Club (Korean)	Parents share, discuss and have workshops on topics like: child safety, child development, discipline and etc.	Every first & third Thursday 10:30 - 11:30 am	Call Teresa Hsieh at: 604-318-2731 or E-mail: teresa.hsieh@succes.bc.ca

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S.U.C.C.E.S.S.	N/A	Parenting Club (Mandarin)	Parents share, discuss and have workshops on topics like: child safety, child development, discipline and etc.	Every second & fourth Thursday 10:30 -11:30 am	Call Monica Lim at: 604-330-8068 or E-mail: monica.lim@success.bc.ca
Information Children	https://www.informationchildren.com/event/the-first-months-the-first-year-online/	New Parents group – First Months	Educational Parent support group for New Parents with babies 0-6 months.	6 sessions on Tuesdays: Sept 29 – Nov 3 10:30am-12:00 pm	Email: info@informationchildren.com or call 778 -782-3548
Information Children	https://www.informationchildren.com/event/parenting-the-middle-years/	Parenting the Middle Years	Supportive and educational series for parents of children ages 6 to 12 years.	6 sessions on Tuesdays: Sept 29 – Nov 3 1:00-2:30pm	Email: info@informationchildren.com or call 778 -782-3548
Information Children	https://www.informationchildren.com/event/circle-of-security-using-zoom/	Circle of Security	Evidence based parenting series based on Attachment Theory. In collaboration with Parent Support Society of BC	7 sessions on Tuesdays: Oct 6 – Nov 12 10:00-11:45am	Preregistration/questions: Daniela.alvarado-torres@parentsupportbc.ca or call 669-1616 ext 106

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Information Children	Eastside Family Place: http://eastsidefamilyplace.org/programs/	Circle of Security	Evidence based parenting series based Attachment Theory. In collaboration with Eastside Family Place	8 sessions on Fridays: Oct 26 – Dec 11 1:00 -3:00pm	Pre-registration/questions, call Gaye Ferguson at Eastside Family Place: 604-255-9841
Information Children	Burnaby Neighbourhood House: https://burnabynh.ca/get-involved_family/	Parent group for Spanish Parents	Parent group for Spanish speaking parents with children 0-5 years in collaboration with Burnaby Neighbourhood House	6 sessions on Thursdays: Oct 15 – Nov 19 2:30-4:30pm	Visit website www.burnabynh.ca or email: northinfo@burnabynh.ca
Information Children	https://www.informationchildren.com/event/a-walk-and-talk-in-the-park/	Walk and Talk in the Park – individual Parent Coaching	An individual Parent Coaching Session with a Parent Educator	Throughout Fall, weather permitting	Contact info@informationchildren.com or call 778-782-3548
YMCA Child Care Resource & Referral	http://www.ymcastronfoundations.org/Programs/Child-Care/Child-Care-Information-and-Referrals	Parent Child Mother Goose (Online)	A program for parents and their babies or toddlers focusing on the pleasure of nurturing through rhymes, songs and stories.	5 sessions on Wednesdays: Oct 7 – Nov 4 10:00 - 10:30am	To register email Susan Raynes susan.raynes@gv.ymca.ca

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