

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 month-to-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 \$200 a month.

- 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. 510641
- 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: Full time only \$200/monthly
- 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)

Now Open! 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.

- 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:** Five days: \$950, Three days: \$635, Two days: \$450
- Additionally, families may be eligible for the Affordable Child Care Benefit. To determine if you qualify for it, visit www.gov.bc.ca/affordablechildcarebenefit.

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: 7230 Camarillo Pl, 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 fees: Five days: \$845, Three days: \$560, Two days: \$405**

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 closure days)

- Hours of operation: 9:00am-12:30pm (Mon-Fri)
- **Five days: \$515, Three days: \$330, Two days: \$250**
- 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: \$485 (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 - Friday 9am-3:30pm
- 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)
- The centre is closed for 2 professional development days
- 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
- And much more!



**BURNABY
FAMILY LIFE**
A PLACE TO GO... A PLACE TO GROW!

Spring 2021 Program Guide April-June

FAMILY LIFE EDUCATION PROGRAMS

Please call 604-659-2205 or email bfl_info@burnabyfamilylife.org with any questions about Family Life Education programming.

Systematic Training for Effective Parenting (STEP)

(7 sessions)

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 providing 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: ONLINE ONLY

Tuesdays, 6:00pm-8:00pm, starting April 13, 2021

Saturdays, 1:30pm-3:30pm, starting April 10, 2021

Facilitator: Roland Boutin

Please visit www.bflgrowscommunity.org to register

Nobody's Perfect 1 (8 sessions) 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.

Location: ONLINE ONLY

Tuesdays, 12:30pm-2:30pm, starting April 13, 2021

Facilitator: Maya Mihajlovic

Fridays, 12:30pm-2:30pm, starting April 16, 2021

Facilitator: Kathryn Dula

Calm and Confident Parenting (8 sessions)

Raising children is one of the most important jobs there is, but often, it can be difficult and stressful. The pandemic has increased these stresses for families creating more anxiety, isolation and uncertainty. 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.

Location: ONLINE ONLY

Wednesdays, 12:30pm-2:30pm, starting April 14, 2021

Facilitator: Kathryn Dula

Please visit www.bflgrowscommunity.org to register

Fatherhood, a Journey (8 sessions)

Come and meet other fathers to learn about raising children in today's society. You will be able to offer and receive support from other fathers that are experiencing the same struggles as you.

Location: ONLINE ONLY

Wednesdays, 6pm-8pm, starting April 14, 2021

Facilitator: Roland Boutin

Please visit www.bflgrowscommunity.org to register

Support Group for LGBTQ2SIA+ Parents- NEW! (8 sessions)

A support group for LGBTQ2SIA+ parents. This group will provide a safe, welcoming, and inclusive space for meaningful dialogue and learning. In this 8-session program, they will also explore parenting ideas and build a community of support, learning and compassion. Under the guidance of the facilitator, participants will choose weekly topics for discussion and learning. Topics are kept flexible to meet the specific needs of the attending parents/caregivers and must be relevant to parenting, for e.g. mealtimes, screen-time, behavior challenges, parenting struggles, etc.

Location: ONLINE ONLY

Wednesdays, 7pm-9pm, starting April 14, 2021

Facilitator: Meaghan Spencer

Please visit www.bflgrowscommunity.org to register

Parenting for Immigrants (8 sessions)

Raising children in a new country is a difficult task and the pandemic has increased the stresses for families creating more anxiety, isolation and uncertainty. 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.

Location: ONLINE ONLY

Thursdays, 12:30pm-2:30pm, starting April 15, 2021

Facilitator: Maya Mihajlovic

Please visit www.bflgrowscommunity.org to register

Anger Management for Men- Understanding Your Anger

(6 sessions, \$65 paid in advance)

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

Location: ONLINE ONLY

Thursdays, 6:30pm-8:30pm, starting April 15, 2021

Facilitator: Roland Boutin

Please visit www.bflgrowscommunity.org to register

Immigrant Women's Support Group (8 sessions)

Finding yourself feeling down and missing your relatives? Feeling lost in Canadian Society? Come and meet other immigrant women 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.

Location: ONLINE ONLY

Fridays, 9:30am-11:30am, starting April 16, 2021

Facilitator: Maya Mihajlovic

Please visit www.bflgrowscommunity.org to register

We are grateful for our funders



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Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada

www.burnabyfamilylife.org



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FAMILY RESOURCE PROGRAMS

Circle Time

A fun filled hour of singing songs and rhymes, storytelling and sharing resources for families and children. These activities will help support children’s language development, social emotional development, and literacy skills. You will help your child to become self-confident and motivated learners. For families with children up to 6 years old. Visit www.bflgrowscommunity.org to register.

- **Online**, Mondays, ongoing (except April 5 & May 24), 10am-11:30am

Parent-Child Mother Goose (10 sessions)

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. Visit www.bflgrowscommunity.org to register.

- **Online**, Tuesdays, 10am-11:30am, starting April 6, 2021

Learning Together Through Play

In these play and learn sessions we will explore science, nature and basic math using different materials such as blocks, sand, water, colors and food. Children will develop new skills and learn how science and math are a part of our daily lives.

- **Online**, Tuesdays, ongoing, 3:30pm-4:30pm
- **Online, Korean Speaking-** Thursdays, ongoing, 12:30pm-1:30pm

Playful Learning for Families

Come with your children and experience different activities that promote English language development and vocabulary through songs, rhymes, stories, puppet play and felt stories. Learn about useful community resources and other helpful information for your family. Register at www.bflgrowscommunity.org

- **Online, for Korean Speaking Families, Tuesdays, ongoing, 11:30am-12:30pm**
- **Online**, Wednesdays, ongoing, 9:30am-10:30am

Healthy Families, Healthy Minds

Building healthy relationships is the key to raising happy and confident children. Join us to learn how you can support the development of trust, empathy, compassion and generosity in your children through loving everyday interactions. Together we will learn to understand the social and emotional milestones of our children and learn how to strengthen our nurturing relationship with them. Register at www.bflgrowscommunity.org

- **Online**, Wednesdays, ongoing, 10am-11am

Songs and Rhymes (10 sessions)- **NEW!**

This is a group experience for parents and their young children, up to 5 years, focusing on the pleasure and power of using rhymes, songs, and stories together. We will also add movement and dance to make it more exciting for our growing children. Visit www.bflgrowscommunity.org to register.

- Online, Thursdays, starting April 8, 10am-11am

Creative Learning for Preschool Children

A weekly fun-filled program for children 18m to 6years to experience creative activities that promote the English language development and vocabulary through songs, rhymes, puppet play and felt stories. www.bflgrowscommunity.org to register

- **Online**, Thursdays, ongoing, 10am-11am

Online Fun and Games

These sessions aim to increase physical movement and active play is crucial for the overall healthy development of our children. In these interactive sessions we will use every day experiences from home to the market to introduce movement and active play that will help your child to learn how things work, how to use their bodies, how to solve problems, and how to get along with others. Register at www.bflgrowscommunity.org

- **Online**, Thursdays, ongoing, 2:30pm-3:30pm

Bringing Outdoors Indoors

Crete projects from every day experiences like going for a walk, chemistry lab in your kitchen, noticing the trees outside your window and the spiders living in the nooks crannies of your surroundings to help children learn how science and nature are part of our daily lives. Register at www.bflgrowscommunity.org

- **Online**, Fridays, ongoing (except Apr 2), 2:30pm-3:30pm

Baby & Me Second Stage

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. Register at www.bflgrowscommunity.org

- **Online**, Fridays, ongoing (except Apr 2), 10:30am-12:00pm

Creative Play for Families

A weekly session for learning creative arts and crafts using household items. Please visit www.bflgrowscommunity.org to register

- Online, Saturdays, ongoing (except Apr 3), 10am-11:30am

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/caregivers.

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 environment where they feel comfortable exploring the impact of trauma.

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

Let it Out

Let it out is an interactive 8-week online support group for kids ages 9-11 years old for building resiliency, learning coping strategies, emotional expression and connection. For more information or to register contact 604-419-6916.

Burnaby Schools

Burnaby Family Life offers psycho-educational workshops and prevention, 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.

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 2021. It offers psycho-education 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 January 2022 and will be delivered via Zoom. 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 September 2021.

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.

PRE & POST NATAL SERVICES

Pregnancy Outreach Program (POP)

(Free, ongoing, call 604-659-2225 or email popoutreach@burnabyfamilylife.org to register)

A weekly support group for pregnant women experiencing emotional, social, financial and health challenges. The group offers weekly education sessions, nutrition & weight gain monitoring with a dietitian, and outreach worker support. Access to food coupons, vitamins, bus tickets, and monthly Good Food Bag. This is not a drop in program, registration is required to attend one of the two time slots.

ONLINE ONLY, with once a month resource pick up
Tuesdays, 1:00pm-2:30pm
Wednesdays, 1:00pm-2:30pm

Baby & Me

(Free, ongoing, call 604-659-2225 or email popoutreach@burnabyfamilylife.org to register)

A weekly support group for mothers experiencing emotional, social, financial and health challenges with infants 0-6 months. The group offers weekly education sessions, access to our dietitian, and the support of an outreach worker. Access to food coupons, vitamins, bus tickets, and monthly Good Food Bag. This is not a drop in program, registration is required to attend one of the two time slots.

ONLINE ONLY, with once a month resource pick up
Tuesdays, 10:30am-12:00pm
Thursdays, 1:00pm-2:30pm

Healthy Care Pregnancy Program (HCPP)- **NEW!**

(Free, ongoing, call 604-404-4777 to register)

The Healthy Care Pregnancy Program provides services to pregnant and newly parenting women who use or have used substances and are experiencing risks to their health and wellness.

Our HCPP in-reach worker supports women and their families by providing wrap around care. She will meet with women throughout their pregnancy and/or postpartum (0-7 months). The in-reach worker walks alongside perinatal women on their journey and supports them to gain access to basic needs, transitions in and out of the hospital (acute care) and to connect with positive supports and resources in the community.

Individuals can enroll in the Pregnancy Outreach Program or Baby & Me group sessions at the same time as participating in HCPP.

To refer with consent, or to self-refer, please contact Gloria Tam at 604-404-4777 or inreach@burnabyfamilylife.org.