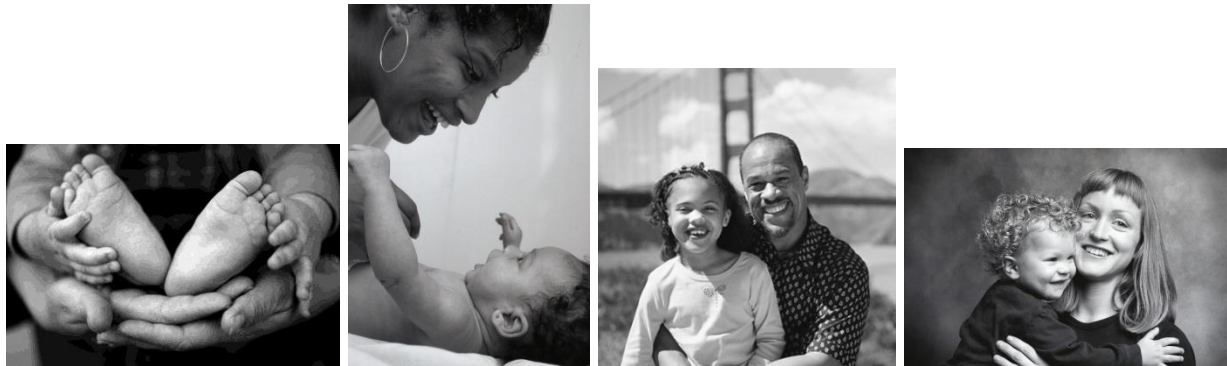


Directory of Parenting Resources in East Vancouver

Information, support, programs and community resources for parents and caregivers of babies and children birth to age six, and beyond



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PARENTING PROGRAMS / SUPPORT GROUPS

Please note that many agencies offer multiple programs aimed at helping parents of young children. Their contact information is listed throughout.

Shorter Term Programs (10 weeks or less):

Nobody's Perfect Parenting Program

A free **6-8 week** program, for parents with children birth-5, offered in English, Cantonese, Mandarin, Vietnamese, Spanish, Punjabi, Korean, Kurdish and other languages. Meet with other parents of young children; share questions, concerns and ideas about being a parent; learn about child development, health and behaviour; discuss real-life parenting situations; work together with the support of two trained facilitators; discover positive ways of parenting. Parents decide the issues THEY want to talk about. Child-minding and healthy snacks are provided.

Agencies offering Nobody's Perfect Programs and some of the languages they offer it in (click on each agency name to go to their website):

<p><u>Collingwood Neighbourhood House</u> 5288 Joyce Street Tel: 604-435-0323 English, Punjabi, Cantonese</p>	<p><u>South Vancouver Family Place</u> 7710 Nanaimo Street Tel: 604-325-5213 English, Punjabi, Cantonese</p>
<p><u>Eastside Family Place</u> 1655 William Street Tel: 604-255-9841 English, Spanish</p>	<p><u>South Vancouver Neighbourhood House</u> 6470 Victoria Drive Tel: 604-324-6212 Vietnamese, Cantonese, English, Punjabi, Korean</p>
<p><u>Frog Hollow Neighbourhood House</u> 2131 Renfrew Street Tel: 604-251-1225 Cantonese, English</p>	<p><u>Strathcona Community Centre</u> 601 Keefer Street Tel: 604-713-1838 Cantonese and Mandarin</p>
<p><u>Kiwassa Neighbourhood House</u> 2425 Oxford Street Tel: 604-254-5401 English, Cantonese and Mandarin</p>	<p><u>S.U.C.C.E.S.S.</u> 28 West Pender Street Tel: 604-684-1628 Cantonese and Mandarin</p>
<p><u>MOSAIC</u> 1522 Commercial Drive Tel: 604-254-9626 Vietnamese, English, Kurdish, Korean</p>	<p><u>YWCA Crabtree Corner</u> 533 East Hastings Tel: 604-216-1652 English</p>
<p><u>Mt. Pleasant Neighbourhood House</u> 800 East Broadway Tel: 604-879-8208 English, Spanish, Cantonese and Mandarin</p>	<p><u>Mount Pleasant Family Centre</u> 2910 St. Georges St. Tel: 604-872-6757 English</p>
<p><u>Ray-Cam Community Centre</u> 920 East Hastings Tel: 604-257-6949 English</p>	<p><u>Cedar Cottage Neighbourhood House</u> 4065 Victoria Drive, Tel: 604-604-874-4231 English</p>
<p><u>REACH Multicultural Family Centre</u> 1145 Commercial Drive Tel: 604-254-6468 English, Vietnamese, African-ESL</p>	

Parent-Child Mother Goose (& similar rhyme and song programs)

The very popular **Parent-Child Mother Goose** (often just called Mother Goose) program is **10 weeks** and is for parents/caregivers and children (babies or toddlers). P-C Mother Goose provides a fun and relaxed group experience for parents and their babies, toddlers or pre-school children to focus on the pleasure and power of using rhymes, songs and stories together- often in their first language. New ways of dealing with cranky and fussy times are learned. Confidence is gained. The bond between parent and child is strengthened. Parents see that they can positively affect how their children behave and learn. Children gain self esteem and develop social skills. The group is taught to the parents and the children participate at their own level and ability. A repertoire of rhymes, songs and stories is learned and taken home. It is a chance to share and network with other parents. Some different languages are offered.

The following is a partial list of community agencies that deliver P-C Mother Goose (refer to the agency list above as well for contact details):

Neighbourhood Houses: (unless noted, see contact info in table above) Kiwassa, Collingwood, South Vancouver, Mt. Pleasant, Frog Hollow, Cedar Cottage
Hastings Community Centre 3096 E. Hastings, 604-718-6222
Strathcona Community Centre (Chinese) 604-713-1838
Britannia Community Education, 1001 Cotton Dr (English, Spanish) 604-713-8273
Family Places: Eastside, South Vancouver, Mt. Pleasant Family Centre
Etc: most family resource programs and libraries offer Mother Goose style rhyme and song programs!

For more information on PCMG:

BC Council for Families: www.bccf.bc.ca click on “programs”

National website: www.nald.ca/mothergooseprogram

Vancouver Public Library Family Baby & Toddler rhyme, song and story programs:

www.vpl.vancouver.bc.ca/ 11 branches in East Vancouver! (www.vpl.vancouver.bc.ca/branches/)

Every branch of the VPL hosts baby and toddler programs using rhymes, songs and stories, such as Babytime and Toddler time; Preschool Storytime; Family Storytime; **Man in the Moon** (for dads and other male caregivers).

VPL Branches in East Vancouver:

Britannia Branch 1661 Napier Street Tel: 604-665-2222	Carnegie Branch 401 Main Street Tel: 604-665-3010	Champlain Heights Branch 7110 Kerr St. Tel: 604-665-3955
Collingwood Branch 2985 Kingsway Tel: 604-665-3953	Fraserview Branch 1950 Argyle Drive Tel: 604-665-3957	Hastings Branch 2674 East Hastings Street Tel: 604-665-3959
Kensington Branch 1428 Cedar Cottage Mews 604-665-3961	Mount Pleasant Branch 1 Kingsway, between 7 th and 8 th Ave (new MP Com Centre) Tel: 604-665-3962	Renfrew Branch 2969 East 22nd Avenue Tel: 604-257-8705
Riley Park Branch 3981 Main Street Tel: 604-665-3964	South Hill Branch 6076 Fraser Street Tel: 604-665-3965	Strathcona Branch 592 East Pender Street Tel: 604-665-3967
	Central Library 350 West Georgia Street Tel: 604-331-3603	

Parenting Children 6-12 year olds:

My Tween and Me

MTM is a **6-week program** for parents with school-aged children, with the emphasis on pre-teen children 12 and under. Contact BC Council for Families www.bccf.bc.ca for listing of upcoming programs. Tel: 604-678-8884.

Kiwassa Neighbourhood House offers MT&M programs in English: 604-254-5401

Longer Term and On-Going Support Groups

Collective of Parents Empowered (COPE) Parenting Group

COPE is an educational and experiential support group for parents. This program is unique to Eastside Family Place. COPE participants meet for **three- ten week sessions (30 weeks total)**, through the fall, winter and spring. They discuss topics relevant to parents living in the Eastside Community. Childminding is provided for children aged 18 months to early 6 years. Pre-registration is required. Please contact the staff for more information. The COPE program is provided at no cost to participants and is for parents of children 0 - 6.

Contact: Tracey Barker
tbarker@eastsidefamilyplace.org

Tel: 604-255-9841
www.eastsidefamilyplace.org

Life as a Parent (LaaP) Parenting Group- 8 weeks

LaaP is a support group for parents of children aged 0-5 years that runs exclusively out of South Vancouver Family Place. It's free and free onsite child-minding is provided for aged 18mos and up. The facilitator designs each program's agenda based on input from the parents. "Life as a Parent" is facilitated in the philosophy that everything going on in our lives affects how we parent, so any subject about everyday life is considered relevant. The program runs three times a year. There is a wait list for this popular group.

Contact: South Vancouver Family Place
fampla@telus.net

Tel: 604 325 5213
www.southvan.org

For Single Mothers:

YWCA Single Mothers Support Groups- on-going

Single Mothers' Support groups are held weekly in various neighbourhoods in East Vancouver. The groups serve women of all ages and are designed to give single moms the space to discuss the ups and downs of life, build networks and be part of a community of single moms. This is a longer term support group that you can attend for up to 24 months. The YWCA also publishes the "Single Moms Hot Sheet" newsletter (print and web based- email as below to be put on mailing list). Has annual single moms' conference as well as summer picnic where all groups come together for a day of celebration and fun. Free child-minding. If you go to the Y's website at www.ywcavan.org, click on the tab at the top: "Programs Services Event" for "Women and Their Families," then click on "Single Mothers Services" from the menu on the left (also note the many other resources here). There you'll find more information on all their support programs for single mothers, including a Resources page with links to many other agencies and programs.

Note: participants of support groups must call or email to register, *not* a drop-in.

FOR MORE INFORMATION and TO REGISTER please call 604-895-5797, or email singlemoms@ywcavan.org or singlemothers@ywcavan.org (both addresses are listed)

Some locations of YWCA single moms' groups in East Vancouver:

Collingwood Neighbourhood House, 5288 Joyce Street

Little Mountain Neighbourhood House (Regular and Spanish Speaking) 3981 Main Street

South Vancouver Neighbourhood House, 6470 Victoria Drive

YWCA Crabtree Corner, 533 E Hastings Street

Immigrant Single Mothers Connect to Success - Downtown Vancouver NEW program - contact as above to learn more, located at YWCA Program Centre, 535 Hornby Street

NEW! Baby & Me - Single moms' group for first time new moms and expectant moms. Click [here](#) for more details.

Single Mother's Guide (book is free to individuals), published by Vancouver Status of Women, www.vsw.ca, call 604-255-6554 to order latest version (2006- still relevant). Pick up a copy from their office at 2652 East Hastings Street.

Single Mothers Breakthrough Program, one year FREE- Presented by: The Salvation Army, Vancouver Community and Family Services 3213 Fraser Street, Vancouver, Tel #: (604) 872-7676 ex 225. The Single Mothers' Breakthrough Program is a year-long learning program focused on facilitating single mothers' independence by sharing information and skills in a stable, supportive, environment.

Its goal is to help single mothers develop the communication skills, coping strategies, knowledge base and confidence they need to support their children and themselves— financially, emotionally and practically. Contact the Project Coordinator to register or get information: Mona El-Masry, mona_el-masry@shawcable.com or call the number above. <http://singlemothersbp.wordpress.com/>

Parent Support Circles- on-going, parents of children 0-12

Parent Support Circles are free, confidential, weekly meetings of parents who wish to learn new ways to nurture and protect their children. Open to parents with children aged 0 - 12. Each circle is led by two trained facilitators. One of the most important things about Parent Support Circles is that they respond to the needs expressed by the parents who attend them. Childminding and transportation assistance is available with *some* Circles. Registration takes place through a central phone number for all type/language groups. Mandarin parents can call another number directly to register in Mandarin. They also offer groups aimed at Aboriginals and Grandparents parenting their grandchildren; and step parents.

To register in all languages - 604-669-1616

To register in Mandarin - 604-435-0323

Website: www.parentsupportbc.ca

Parent Support Circles locations in East Vancouver

(Call first to get updated information)

Mount Pleasant Area - Mount Pleasant Family Centre -604- 669-1616

Steparent Support Circle - Pacific Community Resource Center 604-669-1616

Filipino Support Circle - Collingwood Neighbourhood House - 604-669-1616

Mandarin Support Circle - Collingwood Neigh. House - 604-435-0323 (in Mandarin) or 604-669-1616

Cantonese Support Circle, South Vancouver Neighbourhood House - 604-324-6212

Latin American Support Circle - Kiwassa Neighbourhood House - 604-254-5401

Parents Together- on-going support groups for parents of teens 12-18 years old

Tel: 604-325-0556

Email: parentstogether@bgc-gv.bc.ca

Self-help support program for parents experiencing problems with their teenagers. Parents meet weekly in small groups with a facilitator who assists them in identifying problems and charting a course of action. There is a minimal registration fee.

Fathering

Man in the Moon: Library, rhymes and songs for male caregivers of babies and toddlers. Go back to the page on Parent Child Mother Goose for the list of libraries. (Page 2)

Collingwood Young Fathers Program. The program welcomes ALL young and youthful fathers to share experiences and learn about what it means to be on a Father's Journey. Includes talking circles, cultural outings, tips on parenting and sports outings. For further information, contact Nancy Sweedler at 604-435-0323, ext. 231.

For Immigrant Dads:

Connecting Fathers, immigrant fathers of 0-6 program at MOSAIC- connectingfathers@mosaicbc.com 604 254 9626 or 604 636 4712 childminding and light supper provided. FREE. *Note that this program was a pilot project and may no longer be available.*

Aboriginal Family Support

Amlatsi Family Place, (“A House to Learn and Play”) at Collingwood Neighbourhood House 5288 Joyce St, Tel: 604-435-0323 local 265, www.cnh.bc.ca/amlatsti/ Aboriginal focused (stories, rhymes, songs, crafts) weekly drop in- Fridays 12-1:30

Also, see info above on Parent Support Circles. They offer Aboriginal groups. Call 604- 669-1616 for information.

Métis Family Services website: www.metisfamilyservices.com/ (located in Surrey BC)

Vancouver Aboriginal Child and Family Services Society (VCFSS)

Website: www.vacfss.com/ multi focused agency serving Greater Vancouver

Aboriginal Intake and Family Services, 471 E. Broadway, Tel: 778-331-4500, After Hours: 604-310-1234

Aboriginal Family and Child Support Services, (ACFSS) Phil Bouvier Centre, 717 Princess St. 604-602-7558.

Family Support Workers provide services to isolated families by connecting them with resources, such as accompanying them to court, advocacy and related issues, housing, parenting. They also refer them to agencies that can help them with furniture, food & other necessities. They work out of Ray-Cam and Britannia Comm. Centres, Collingwood, South Vancouver, Cedar Cottage and Kiwassa Neighbourhood Houses (all listed above). Also provide parenting programs specifically for Aboriginal parents.

Aboriginal Health at Vancouver Coastal Health, Programs and Services

<http://aboriginalhealth.vch.ca/programs.htm> Aboriginal people are over-represented in many negative health statistics. That is why VCH and its Aboriginal Health Team are working with Aboriginal communities to positively address individual and community health issues in a way that is inclusive of Aboriginal people's input and cultural beliefs, identifies any barriers that may exist, and incorporates successful strategies.

YWCA Crabtree Corner, 533 E Hastings St, Tel: 604-216-1650 Not exclusively Aboriginal, but its location in the Downtown Eastside means it helps many Aboriginal mothers and children. Programs: housing, emergency childcare centre, hot meals, clothing donations, advocacy and outreach, FASD prevention program, Single Mothers Support Group, Single Parents food bank run, Saturday Family Activity program, violence prevention, Aboriginal Infant Development Program, CAPC Parent Action Committee, Nobody's Perfect Parenting Program.

Helping Spirit Lodge -3965 Dumfries St, (*One block east of Kingsway & Knight*) Tel: 604-872-6649

Multi-service agency- has a broad range of programs offering safe housing, education and healing to the Aboriginal community. Includes a pre-employment program called Choices, long term housing for women and children fleeing abuse; EAGLES: a six week parenting program for Aboriginal Parents and children.

BC Aboriginal Child Care Society 604-913-9128 www.acc-society.bc.ca

Offers support, training and resources to early childhood programs serving Aboriginal families and children. The resource library provides culturally appropriate resources. Their website offers many resources as well.

They also operate the Eagle's Nest Aboriginal Preschool, where culture and traditions are used in a preschool program, parent and elder participation encouraged. Located at 618 E. Hastings St. Tel: 604-253-3354

Vancouver Native Health www.vnhs.net 604-254-9949 see web for more information on their different parent and other support programs as below:

Aboriginal Building Blocks This program is targeted for families with children 0-5 years of age. This program is an early intervention, home visiting program designed to support, maintain and enhance individual and family functioning by improving birth outcomes and parenting skill, enhance child development and provide families with access to early intervention services.

Aboriginal Infant Development Program This program is targeted for families with children 0-6 years of age. This program is intended to support families to provide a full range of social, educational and community

experiences for their infants. The worker engages with parents and or caregivers to provided advocacy, parenting/life skills training, and links the family to community base activities and services.

Fetal Alcohol Spectrum Disorder This program is for families with children 0-19 years of ages. The FASD Support Worker supports parents and caregivers that have a child living with FASD.

Sheway provides comprehensive health and social services to women who are either pregnant or parenting children less than 18 months old and who are experiencing current or previous issues with substance use. The program consists of prenatal, postnatal and infant health care, education and counseling for nutrition, child development, addictions, HIV and Hepatitis C, housing and parenting. Sheway also assists in fulfilling basic needs, such as providing daily nutritious lunches, food coupons, food bags, nutritional supplements, formula, and clothing. 533 East Hastings Street, (same building as Crabtree Corner). Phone: 604-216-1699 email sheway.sheway@vnhs.ca

Vancouver Native Health Society East Side Dental Clinic - emergency and preventative care

Monday's 9-4 Pm and Friday's 9 -12 noon- please call 604-254-9900.

From VNH website, "We **do not** limit our services to those who are collecting welfare or status or immigration. Many who are on **social assistance** have experienced neglect, because they have been asked to pay the difference for what their benefits do not cover. Should your ministry or other benefits limit run out, this does not affect our decision to treat or care for you. However, for those who do have a source of income, your **donations** are much appreciated as we could not exist without them. Our staff is mostly volunteer, and includes dentists, certified dental assistants, hygienists, and students. We believe that to be effective in our mission, we must be respectful and culturally sensitive to all individuals and provide our services in a safe, clean, supportive and equitable environment."

Aboriginal Mother Centre. Newly renovated building and child care centre. Call 604-558-2627 for more information on programs. 2019 Dundas St.

Aboriginal Legal Rights information website www.lss.bc.ca/aboriginal/legalRights.asp Has an introduction and overview of Aboriginal legal rights, or [Gladue](#), a guide to the [Indian Residential Schools Settlement](#), and links to the **Native Courtworker Association of BC**, this new site promises to be an important new resource for Aboriginal families and individuals.

PARENTING & OTHER SUPPORT, ONLINE RESOURCES and TELEPHONE LINES (including other languages)

ONLINE PARENTING SUPPORT & INFORMATION

Vancouver Family Connections, www.vancouverfamilyconnections.org/ EXCELLENT!

Find parenting support and other family and community programs online! *Also available in Spanish, Chinese, Vietnamese and Punjabi.* Maps included so you can easily find the programs listed.

Parents Matter, www.parentsmatter.ca Wonderful website from the Canadian Assoc. of Family Resource Programs, with over 3 dozen printable resource sheets on parenting issues. “Links” page lists many other parenting websites. [link to multilingual parenting resource sheets in 13 languages!](#)

Best Chance www.bestchance.gov.bc.ca/ online and much expanded version of Baby’s Best Chance from the BC government. Up-to-date and practical information, useful tools and resources for women, expectant parents, and families with babies and toddlers up to 3 years of age. Links to free or low-cost resources included.

Best Start www.beststart.org/resources/other_languages/index.html links to many free, downloadable resources in English and *several other languages as well.* Topics range from health before pregnancy, pregnancy health and issues related to child health.

OTHER USEFUL ONLINE RESOURCES

There is lots of great **Legal Information** from Legal Services Society (LSS) www.lss.bc.ca Complete list of all publications from LSS, www.lss.bc.ca/publications/default.aspx *some can be downloaded in different languages, or ordered (free).*

ClickLaw www.clicklaw.bc.ca for legal information and self-help resources.

Family Law info, www.familylaw.lss.bc.ca forms, self-help kits and information, where to go for help.

Family Law Line: www.familylaw.lss.bc.ca/help/who_telephoneAdviceLine.asp free legal advice on basic family law, to see if you qualify for legal aid, click on: http://legalaid.bc.ca/legal_aid/dolQualifyAdvice.asp

YWCA Single Mothers Services list of online community resources: go to www.ywcavan.org and type “resources” into the search box at the top. For their **single moms programs**, click on “women and their families” tab at the top of main page. They have many locations for their long-term single moms’ groups.

Battered Women’s Support Services, www.bwss.org support and programs for family violence issues.

Tenants Resource and Advisory Centre, www.tenants.bc.ca lots of info on your rights as a tenant, they publish the well-known **Tenant Survival Guide**.

BC Housing, www.bchousing.org including information on **Rental Assistance Program** for low-income renters: [Info now available on the R.A.P. in different languages!](#)

HEALTH INFORMATION

www.health.gov.bc.ca/cpa/1-800.html is a link to a comprehensive list of 28 phone support numbers on a wide variety of health related programs, topics and issues. (Ministry of Health for BC website)

Health Link BC, www.healthlinkbc.ca Or, dial 811. [Download health files in other languages.](#)

Healthy Eating www.healthlinkbc.ca/healthyliving/healthyeating/index.html offers professional info from Registered Dietitians on food and nutrition for you and your children. [Email a Dietitian](#) (follow link)

Safe Kids Canada, www.safekidscanada.ca information and tips on how to prevent common childhood injuries: falls, drowning, road, product, home, poisonings, etc. from Sick Kids Hospital in Toronto. Call 1-888-SAFE TIP (723-3847). [Download their publication on preventing injuries in Punjabi and Chinese.](#)

NOTE: This and the next page can be used as a stand-alone handout!

TELEPHONE SUPPORT, INFORMATION & REFERRAL LINES

NEW! “2-1-1” information service - 24 hours, 7 days a week- 211 helps link people quickly and easily to the services they need, avoiding the stress and confusion of searching for programs and services. Certified Information and Referral Specialists help callers to determine their needs and options. Calls to 211 are free; services are **multilingual** and available 24 hours per day, seven days a week.

Parent Helpline at Information Children, www.sfu.ca/infochild Tel: 778-782-3548
Email: infochild@sfu.ca Telephone or email support for parents with child-rearing concerns. Offers information, referrals and support. Calls are followed up with free written material.

Parent Support Circles: ongoing FREE, weekly support groups for parents of children 0-12. English 604-669-1616; [Cantonese 604-408-7266](tel:604-408-7266); [Mandarin 604-435-0323](tel:604-435-0323). [Groups also in Spanish and Philipino/Tagalog.](#)

Pacific Post Partum Support Society 604-255-7999 phone support, groups and also publish “Postpartum Depression & Anxiety” self-help booklet.

VictimLINK 1-800-563-0808 is a 24 hour multilingual victim assistance phone line. They also have information on transition houses in your community.

Chinese Language Support: S.U.C.C.E.S.S. Crisis Line Open 7 days a week from 10 am to 10 pm
Cantonese: 604-270-8233 Mandarin: 604-270-8222
Provides sincere and caring support as well as information and referrals. Parents can call with concerns.

HEALTH INFORMATION

HealthLink BC NEW!! Dial 8-1-1 -> *130 languages available!*

Many existing health information services are now available through the new 811 service. For example: **Registered Nurse line** 24 hours a day, for all health enquires. Also, you can talk to a pharmacist.

Dial-a-Dietitian (now called **Healthy Eating Services**) Provides information on food and nutrition from professional dietitians. 8:00 a.m. to 8:00 p.m., Monday to Thurs, and 9:00 a.m. to 5:00 p.m. Fridays.

Poison Control 1-800-567-8911 Provides information on poisons and treatment. Vancouver Emergency: 604-682-5050 in an emergency, CALL 911 first!

Physical Activity Line 604-241-2266 is a free resource for practical and trusted physical activity and healthy living information. Website: [The Physical Activity Line http://physicalactivityline.com/](http://physicalactivityline.com/)

The information includes:

- guidance to help you become more physically active, overcome your barriers and stay motivated
- up to date physical activity and health information
- links with health professionals, and community health and fitness programs.

GOVERNMENT

1-800-0-CANADA (1-800-622-6232) 8AM-8PM (local time) Mon-Fri

A direct line to the Government of Canada. Answered right away by a real human being! Up-to-date information on programs designed for Canadians. Callers can enquire about how to apply for the GST credit, Child Tax Credit, or a Social Insurance Number, get information about passport applications and taxes, Indian Affairs, EI, student loans and locate their Member of Parliament, etc.

Enquiry BC 604-660-2421/ 1-800-663-7867 7:30-5:00 Mon-Fri. Similar to the OCANADA line, this one is also answered by a real human being, and can help with information on provincial services and programs. Example: applying for premium assistance from Medical Services Plan or the Healthy Kids Program.

3-1-1 City of Vancouver Direct Information Line- anything to do with Vancouver.

EARLY LEARNING, EARLY LITERACY

StrongStart BC Centres <http://www.vsb.bc.ca/strong-start-centres>

These centres are an initiative through the Ministry of Education and are located in schools throughout B.C. Strong Start Centres are located in elementary schools and offer a program for young children (ages birth to 6) and their parents or caregivers. In many schools the Strong Start program looks very much like a family drop-in program, where at others tend to look more like a preschool class. However, in either case, the parent or caregiver has to attend with the child. The differences depend on a variety of factors but probably the biggest one is the experience and philosophy around programming and staffing of the community agency. Programs may have more of a focus on school readiness for 3 and 4 year olds, and others may focus on the whole family regardless of children's ages. There are similarities between SS's and Family Resource Programs (such as Family Places): they both regard parenting as key to a child's early learning and both programs have objectives that include the physical, social, emotional and language development of young children. *Currently there are about 20 StrongStart Centres in East Vancouver. Contact the school board 604-713-5000 or your closest elementary school to find one in your area.*

H.I.P.P.Y. (Home Instruction for Parents of Preschool Youngsters).

Home visitors go to homes of parents with children aged 3-4 in their language group, to deliver early literacy program, guiding parents to be the child's first teacher. Free workbooks provided, plus crayons, scissors, etc. Operates out of Britannia Community Education. Languages/cultures: English, Spanish, Cantonese/Mandarin, Vietnamese, African. Register in Sept for 10 months. Follows the school year. Tel: 604-713-8273. For more background, see the HIPPY Canada website: www.hippycanada.ca

Aboriginal H.I.P.P.Y. Same curriculum as multicultural HIPPY, but with Aboriginal focus. Administered by the Phil Bouvier Family Centre. Call Osiris at 604-602-7558 ext. 325 registration every September.

Vancouver Public Library www.vpl.vancouver.bc.ca/ 11 branches in East Vancouver! See page 2. Host many baby and toddler programs, focused on early literacy/learning such as Baby/Toddler time: rhymes, songs, Preschool Storytime, Family Storytime, Man in the Moon (for dads/male caregivers, & babies to 18 months).

Parent-Child Mother Goose- 10 week program learning rhymes, songs and stories to use with your baby and toddler, to help them learn the language, experience being in a group and learn how to socialize with other very young children. See listing and explanation on page 3. *Available in many languages besides English.*

LEAP- Literacy, Education, Activity and Play

DOWNLOAD *free* online sheets that show you how to play easy and fun games and do physical activities with your birth-5 year old that help develop the child physically and intellectually, in order to support life-long healthy lifestyle and learning. <http://decoda.ca/children-families/leap-bc/>

There are 3 resources for parents: **MOVE** with Me from Birth to Three, and **HOP**: Healthy Opportunities for Preschoolers. **TALK** is a series of illustrated cards with activities encouraging early literacy and language development in infants and toddlers. You can print out the pages a few at a time, to try out the activities at home. Makes great party games too!

Parents As Teachers Program 3998 Main Street, Tel: 604-873-3664

This is an early childhood parent education and family support program designed to empower all parents to give their children the best possible start in life. The program provides parents with timely information on child development, prenatal to age five; involves them in parent-child activities that encourage language development, intellectual growth, social development and motor skills; and strengthens parent-child relationships. Currently only available in the mid-Main area of East Vancouver.

FAMILY RESOURCE PROGRAMS FAMILY PLACES AND PARENT-CHILD DROP-INS

Family resource centres, like Vancouver's many Family Places, host programs including Nobody's Perfect, Mother Goose etc as mentioned above. Besides this, they have regular drop-in hours where parents can attend with their young children (0-5). There, they can help their children socialize and join in creative play with other children, and get support from other parents, and staff. Some offer childminding so parents can get a break, go to a fitness class etc. Parent drop-ins at community centres, elementary schools (see section on StrongStart) and Neighbourhood Houses have similar set ups, with a wide variety of days and hours.

BC Association of Family Resource Programs website: www.frpbc.ca/ OR: Vancouver Family Connections website: www.vancouverfamilyconnections.org/

Locations of Family Places/ family drop-ins- CALL each place for days and times!

Cedar Cottage Neighbourhood House 4065 Victoria Drive, Tel: 604-604-874-4231 They also host drop-ins at 5 neighbouring schools: Dickens, Laura Secord, Selkirk, Lord Beaconsfield, Queen Alexandra	Mount Pleasant Neighbourhood House 800 East Broadway, Tel: 604-879-8208
Collingwood Neighbourhood House Family Place 5288 Joyce St, Tel: 604-435-0323 Also, weekly Amlatsi Family Place, Aboriginal focused (stories, rhymes, songs, crafts) weekly	Ray-Cam Community Centre Family Place 920 E. Hastings St, Tel: 604-257-6949
Eastside Family Place (near Britannia Comm. Cnt) 1661 Napier St, Tel: 604-255-9841	South Vancouver Family Place -call first- 2295 East 61 st Ave, Tel: 604-323-5213 Also run programs at: Champlain Annex, Trudeau Elementary, Moberly Elementary and Henderson Annex
Frog Hollow Neighbourhood House Family Programs 2131 Renfrew St, Tel: 604-251-1225 They also host drop ins at 2 schools: Chief Maquinna and Garibaldi	South Vancouver Neighbourhood House 6470 Victoria Drive Tel: 604-324-6212
Grandview Terrace Childcare Family Place 2065 Woodland Street, Tel: 604-718-5846	Thunderbird Family Place (at Th. Comm. Cnt) 2311 Cassiar St, Tel: 604-713-1818
Hastings Community Family Enrichment Centre 3096 East Hastings St. Tel 604-718-6222	Tonari Gumi- Japanese Community Family Drop- in-weekly (Wed's) 511 E Broadway Tel: 604-687-2172
Kiwassa Neighbourhood House Family Place 2425 Oxford St, Tel: 604-254-5401	REACH multicultural Family Centre 1145 Commercial Drive Call for more details: 604-254-6468 Focus: Spanish, African, Vietnamese family support
Little Mountain Neighbourhood House 3981 Main Street Tel: 604-879-7104	Westside drop in locations - Marpole- Oakridge FP, 1305 West 70th Ave 604-263-1405 & Westside FP, 2819 West 11th Ave, 604-738-2819
Mount Pleasant Family Centre 2910 St. Georges St. Tel: 604-872-6757 also includes Kimount Boys and Girls Club Drop-In	

YOUNG PARENTS

Besides all the other supports listed here that are aimed at all parents, there is also:

VCH Youth Pregnancy And Parenting Program

www.vch.ca/infantchildyouth/youth_pregnancy.htm 604.675.3983

In Vancouver, young mothers can access medical and support services at **Grandview-Woodland Community Health Centre, 1669 East Broadway**, (now called **Robert and Lily Lee Family Community Health Centre**). The program provides youth-friendly pre and postnatal care and education programs for youth and teens up to 22 years old in a fun, casual environment. Bus tickets available as needed.

Participants and partners can:

- See a physician
- Join in prenatal or parenting groups
- Talk to counsellors
- Meet with other youth in a group setting
- Share a nutritious meal
- Participate in recreational activities & special events
- Attend prenatal classes

BC Alliance for Young Parents- Young parent programs provide young parents with an opportunity to enhance parenting skills, further their education and increase employability in a supportive environment. Through a network of partnerships and referrals around the province, The BC Council for Families coordinates with 40 recognized, school-based young parent programs in BC to address the unique needs of young parents.

Childcare is the essential component of young parent programs linked with secondary school completion and parenting information and education. With this centralized approach, the program aims to reduce risks to children and youth and strengthen their capacities as young families.

Coordinated through BC Council for Families: www.bccf.bc.ca or call 604-678-8884.

PREGNANCY AND BIRTH/POST-PARTUM

Also: see section below on Health Resources for link to Vancouver Coastal Health's programs

Healthiest Babies Possible, (a Pregnancy Outreach Program). Healthiest Babies Possible supports women to have healthy pregnancies and improved lifestyles, with a focus on nutrition. The staff believes that each woman's situation is unique and that she is the expert in her own life. Aboriginal, youth and refugee/immigrant support are all available. *Many languages available*. New phone number is HBP: 604-675-3982. www.vch.ca/media/HealthyBabies_ev_english.pdf for the brochure, (but note new phone number above).

Healthy Connections, You and Your Baby

Email: healthyconnections@fsgv.ca

Therapeutic program that assists pregnant women who have been traumatized as children to work through issues that can interfere with their ability to parent their children. -Individual/family counseling at reduced rates/based on income.

The Pacific Post Partum Support Society

200 - 7342 Winston Street

Burnaby, BC V5A 2H1

Tel: (604) 255-7999

Web Site: www.postpartum.org

Help line and support groups. Volunteer-run. Have publication "Postpartum Depression and Anxiety: A Self-Help Guide for Mothers" which is available through their website, or through community agencies.

Building Blocks Vancouver- (home-based support 0-5)

BB is a home-based parenting support program providing regular home visits, in many languages, to first time parents of infants less than 6 months of age. Building Blocks helps new parents, and they can participate in the program from as early as the last trimester of the pregnancy, up until the first-born child reaches age 5. Currently delivered through: MOSAIC, Kiwassa Neighbourhood House, Mt. Pleasant Neighbourhood House, South Vancouver Neighbourhood House.

The home visitors are mother-mentors and are all experienced parents themselves. *They speak the following languages: Hindi, Punjabi, Vietnamese, Spanish, Cantonese, Mandarin, other/multicultural*. Clients can refer themselves, or be referred, to the program. Call 604-254-9626 for more details. Brochures are available in the *different languages* for distribution. Besides the home visitors, the team also includes community health nurses and social workers.

Breastfeeding Support

Contact your local **health unit** (see below in section on Health Resources) for schedule of well-baby drop-ins and breastfeeding support. In an emergency call your health provider, the newborn hotline, 604-737-3737 or 811 for the 24 hour nurse support line.

La Leche League: volunteer organization offering one to one (mother to mother) telephone support as well as monthly drop-in groups: Vancouver Tel: 604- 520-4623 or send an email to: ofm@lllc.ca website:

www.lllc.ca/

Their website is comprehensive, with the most up to date help and information on breastfeeding, including online chats, podcasts, downloadable info sheets, etc. *The website also has information in other languages, including:*

Chinese www.llli.org/Chinese.html?m=0,0,4,0

Spanish www.llli.org/LangEspanol.html?m=0,0,4,1

Monthly drop-ins:

The groups are led by trained leaders, themselves mothers, and generally follow a schedule of four topics that rotate year-round: Meeting 1: The Advantages of Breastfeeding to Mother and Baby; Meeting 2: Baby Arrives: The Family and the Breastfed Baby; Meeting 3: The Art of Breastfeeding and Avoiding Difficulties; Meeting 4: Nutrition and Weaning.

East Vancouver monthly drop-in group: call 604- 520-4623 for latest times and locations.

Newborn Hotline: 604-737-3737

Family Support and Resource Centre, free lending library, BC Children's Hospital 604-875-2345 x 5102 www.bcchildrens.ca/fri borrow books and videos via the mail, postage paid (100% free to you)- a few recommended videos for new parents or parents of small children: (Note also that they have many resources on specific diseases and disorders in children and offer support if your child is in the hospital).

Some Books and Videos from their library:

"Happiest Baby on the Block" Calming your baby/ helping baby sleep better, or visit their website: www.thehappiestbaby.com/

The **"Simple Gift"** series of 3 videos- on comforting babies, on children's feelings, and ending the cycle of hurt (for parents who have experienced trauma).

Ultimate Breastfeeding Book Of Answers by Dr. Jack Newman (international breastfeeding advocate and educator).

Baby Sleep Book: The complete guide to a good night's rest for the whole family by Dr. William Sears, Bringing baby home: From birth to six months: a how to guide for new parents

Child Of Mine: Feeding With Love And Good Sense , by Ellyn Satter, (www.ellynsatter.com), internationally recognized authority on early eating and feeding. A practical, guide to nutrition and feeding of young children.

Hold On To Your Kids: Why Parents Matter by Drs. Gordon Neufeld and Gabor Mate. This book is an excellent & essential primer for parents to understand how attachment actually works, and how they can use this instinctual behaviour in children to enhance and enrich their relationships. Also borrow Relationships Matter, a video available at the VPL. www.gordonneufeld.com for more details.

Best Chance: government website for pregnancy to age 3 years- support and information: www.bestchance.gov.bc.ca/

International Cesarean Awareness Network- ICAN of the Lower Mainland: 778-737-0510

ican@playvancouver.com www.icanlowermainland.com Meetings are open to anyone including those who have had a cesarean, pregnant women who are planning a VBAC, first time moms hoping to avoid a cesarean, doulas, doctors, midwives, anyone passionate and concerned about the state of maternity care and the high cesarean rate in our community. Led by volunteers- mother-to-mother. Third Wed of the month, Kiwassa Neighbourhood House, 2425 Oxford.

MULTI-PROGRAM AGENCIES

All the agencies listed previously have many programs, here are a few more not listed earlier, or listed in more detail:

Family Services of Greater Vancouver

Tel: 604-874-2938

Website: www.fsgv.ca

Programs such as:

- Parenting Skills, various topics and locations throughout calendar year in many languages
- Healthy Connections: You and Your Baby - support to pregnant or new moms who have experienced trauma in their lives; also trains them as volunteers to in turn help other new moms
- Parenting in Canada support group for newcomers
- Individual/family counseling at reduced rates/based on income
- Latin American family counseling
- Family preservation and reunification (by referral)
- Youth programs
- African moms ESL and preschool program
- Community Kitchens

Besides English, services available in Cantonese, Mandarin, Spanish, French, Hindi, Korean, Punjabi, Russian, Tagalog, Vietnamese.

West Coast Family Resources Society, Tel: 604-873-0500- by referral only

Provides a variety of services to help families in need, addresses challenges in parenting and family life with the intent of addressing safety and security issues for children and their parents. Works with the community and assists family members to reach personal and collective goals.

Programs build on the strengths of parents. Families who are referred to WCFRS learn strategies and coping skills. Participants are put in touch with important community services to help create an umbrella of support. Through an Integrated Case Management model, families, workers and other support works towards positive change and independence. While in the program parent works on increasing skills and enhancing self-esteem.

YWCA Crabtree Corner Family Resource Centre, 533 E Hastings St, 604-216-1650 Offers: housing, Emergency Childcare Centre, hot meal program, clothing exchange, FASD prevention program, Single Mothers Support Group, single moms food bank run, Saturday Family Activity program, violence prevention program, Aboriginal Infant Development Program.

YWCA “A Clean Slate” debt relief program for women. Did you know that the YWCA has a program designed to help you start fresh financially? If you have debts and creditors weighing you down, be sure to call the coordinator of Crabtree Corner's **Clean Slate Program**. The coordinator can be reached at Crabtree Corner at 604-216-1662 or 604-216-1650. She will tell you how to apply.

Big Brothers of Greater Vancouver, 102-1193 Kingsway 604-876-244 www.bigbrothersvancouver.com/

They offer friendship-based mentoring programs for boys and girls and provide volunteer opportunities for men and women. Traditionally, they have matched boys who have limited to no contact with their fathers with carefully screened and trained adult male volunteers. Times have changed, as have the volunteers and the needs of our community. In response, they have developed a menu of programs to suit the diversity of the communities and the busy schedules of volunteers.

Big Sisters of the Lower Mainland 34 East 12th Avenue 604-873-4525 www.bigsisters.bc.ca their stated mission is to enhance the confidence, self-esteem and well-being of girls through supportive friendships with caring women.

Salvation Army

Vancouver Community and Family Services

3213 Fraser Street Tel: 604-872-7676 they offer emergency welfare assistance, emergency disaster services and family and personal counselling. Professional counselling is available at the Vancouver centre. Also: Annual Christmas toy/food hamper program registration starts in November of each year.

CHILDCARE RESOURCES

Westcoast Child Care Resource and Referral (CCRR) 2772 East Broadway Tel: 604-709-5661

Website: www.wstcoast.org/

Westcoast Child Care Resource Centre provides information, referrals, training and resources to families, individuals and organizations who are seeking the best care and early learning for children. Has lending library.

Vancouver Coastal Region government childcare information website: www.childcareresource.ca: here you will find information about child care, family support services and locations of Child Care Resource and Referral CCRR programs in the Van. Coastal Health Region. Or call 1-888-338-6622

YWCA Crabtree Corner Family Resource Centre has an Emergency Childcare Centre, contact 604-216-1650.

Province of BC Child Care Subsidy Information website: Find out if you qualify for subsidy! Download application forms!

www.mcf.gov.bc.ca/childcare/subsidy_promo.htm OR call toll free 1 888 338-6622

HEALTH RESOURCES & INFORMATION “811”

BC Health Link DIAL 811 24 hours a day, 7 days a week, to be connected to the BC Nurses phone information line. Services in many languages are available. Or go online to www.healthlinkbc.org for comprehensive information and searching capabilities on all topics related to health and prevention, medications, nutrition, healthy weights etc. *Download info in English, Farsi, Chinese and Punjabi.*

Medical Services Plan: Care Card- premium assistance- For information on how to apply contact MSP 604 683-7151 directly or toll free 1.888.788.4357.
See the MSP website for application forms. www.health.gov.bc.ca/insurance/index.html

Vancouver Coastal Health (VCH) main website: www.vch.ca

Vancouver Coastal Health Infant & Early Childhood Program seeks to optimize the health of all infants and young children ages 0 - 5 years by using a wide range of community health care strategies with children, their families and caregivers. Their section of the vch website is at:
http://vch.ca/your_health/infants%2C_children_%26_youth/infants_%26_children (or do a search on vch.ca for “child”) The website has many resources and links to other programs.

They also offer a number of services for parents including pre and postpartum support, the safe babies program, breastfeeding support and more.

The services offer support on:

- Physical development
- Communication and cognitive development
- Emotional development
- Social development
- Sexual development

Newborn Hotline: Tel: 604-737-3737

Babies Best Chance website, Key Resources. See LATEST INFO ON SAFE SLEEP AND PREVENTING SUDDEN INFANT DEATH SYNDROME. <http://www.bestchance.gov.bc.ca/tools-and-resources/key-resources/index.html> *download Safe Sleep resource in many languages.*

Family Support and Resource Centre Library, 604-875-2345 local 5102 www.bcchildrens.ca/frl Located in BC Children’s Hospital in the new Ambulatory Care Wing. Has many books and videos/DVDs on babies’ and children’s health, from general to specific conditions. Resources can be ordered online, and they will ship the books/videos to you with a free return mailing envelope! Is open Mon-Fri, 9:00-4:00. Onsite, if your child is in hospital this is a good place to get some information, take a break, get some support. See p. 15 for more information.

BC Health Files

The BC HealthFiles are easy-to-understand fact sheets on over 180 health and safety topics such as: common illnesses, environmental health concerns, problems with pests, and health and safety tips. They are regularly updated with the latest BC health advice. The Health Files are available from their website at: www.healthlinkbc.ca/healthfiles/index.stm or ask at your local health unit.

Multi-lingual health info:

www.bcchildrens.ca/KidsTeensFam/FamilyResourceLibrary/Multilingualhealthinfo.htm

Caring For Kids: “Well-beings, a Guide to Health in Child Care”- online resources from Canadian Pediatric Society. Lots of downloadable checklists and information for parents about child health, development, behaviour, etc. *Some are translated into Chinese.*

Local Health Units

Community Health Centres (units) are a good place to go for primary health services and information on health concerns. A visit to the doctor, nutritionist, or a visit from a public health nurse are examples of primary health care services. Many offer support to new parents, such as well-baby clinics, breastfeeding support, baby and toddler drop-ins, parent educational series, etc. Call the one nearest you for info:

Downtown Eastside: 569 Powell Street, Tel: 604-255-3151

Collingwood: 3425 Crowley Drive, Tel: 604-872-2511 (offers youth pregnancy and parenting support 707-3604)

Grandview-Woodland: Robert and Lily Lee Family Community Health Centre 1669 East Broadway 604-675-3980. Also hosts Healthiest Babies Possible and the Alan Cashmore Centre at this site.

Chinatown: 59 West Pender Street, Tel: 604-669-9181

Mt. Pleasant: 2450 Ontario Street, Tel: 604-709-6400

South: 6405 Knight Street, Tel: 604-321-6151

Nurse Practitioner Neighbourhood Health Care Clinics

LOCATIONS: Community Centres: Strathcona and Ray Cam. Schools: Britannia, Grandview, Seymour, Strathcona; Other: Phil Bouvier Family Centre, (717 Princess St.), North Health Unit.

Operates 5 days a week, rotating above locations. Schedule changes, so call first to book appointment: 604-875-2345 x 5485 (English, Cantonese and Mandarin speaking secretary). This service is provided by a certified Nurse Practitioner employed by BC Women's Hospital. They provide regularly scheduled and easily accessible primary healthcare clinics and specialized health services for children, youth, and families in Vancouver's inner city, specifically Grandview-Woodland, Strathcona, and Downtown Eastside.

Services include:

- Assessment, treatment (including prescribing medications and ordering tests), and follow-up of common, predictable health conditions affecting children, youth and their families.
- Episodic illness care.
- Mental health screening and referral to appropriate resources.
- Developmental screening and referral for assessment at Sunny Hill Health Centre for Children.
- Outreach developmental consultation provided by developmental pediatricians. Referral for this service is open to all community primary care providers (Family Physician or Nurse Practitioner).

Mental Health Resources

Crisis Line- 24/7: 610-6789 Mental Health Information and Support

Vancouver Coastal Health Child and Youth Programs

The Child and Youth Program serve children, youth and their families with serious mental health difficulties and/or social, emotional or behavioral disturbances. The services are committed to the critical importance of earlier intervention in preventing or moderating serious disorders as well as their recurrence. In addition to direct client services, staff provides consultation to referring agencies, education, training and support, and liaison with schools and community agencies.

To access services for children and youth, call our referral line at 604-709-111, Monday to Friday, 8:30 am 4:30 pm. Or call your local team:

Mental Health Teams serving Vancouver

Grandview Woodland Mental Health Team 1669 E Broadway, 604- 215-2300

Midtown Mental Health Team 3rd Floor - 2450 Ontario St, Tel: 604-872-8441

Northeast Mental Health Team 2750 East Hastings Street, 604-675-3890

South Mental Health Team 220-1200 West 73rd Ave, Tel: 604-266-6124
Strathcona Mental Health Team 330 Heatley Ave, Tel: 604-253-4401
Westend Mental Health Team, 1555 Robson Street, 604-687-7994

Multicultural mental health liaison program:

Chinese Community, contact Grandview Woodland or North East
Aboriginal: contact Strathcona
Latin American, contact Midtown

Vancouver Child and Youth Mental Health Services Central Intake at Telephone Access 604-675-3895. Provides a single point of access to Child and Youth Mental Health Services in Vancouver.

Non-governmental Mental Health Resources

Kelty Resource Centre, The free, provincial mental health and substance use resource centre for children, youth, parents and families. www.bcmhas.ca/keltyresourcecentre , 875-2084 located at BC Children's Hospital. New resource centre for parents. Will prepare resource packages, based on your specific needs or issues. Also at BC Kids: **Family Support and Resource Centre Library**, 875-2345 local 5102
www.bcchildrens.ca/frl

F.O.R.C.E. Society for Kids' Mental Health: provides support, advocacy, education and information in meeting the mental health needs of children and youth. Phone: 604-878-3400 **Email:** theforce@forcesociety.com or go online to www.bckidsmentalhealth.org/

Multi-lingual health info

www.bcchildrens.ca/KidsTeensFam/FamilyResourceLibrary/Multilingualhealthinfo.htm

Canadian Mental Health Association, BC www.cmha.bc.ca/

Vancouver office: #110-2425 Quebec St. Tel. 604-872-4902 Mental Health Guide- Vancouver Coastal Edition: can be downloaded at <http://vancouver-burnaby.cmha.bc.ca/get-informed/local-resources> or picked up at their local branch offices as above or email info.vb@cmha.bc.ca

CMHA offers free DVDs in English, *Cantonese and Mandarin*, and phone coaching service (5 sessions) for people who feel a bit down and anxious caused by life circumstances: www.cmha.bc.ca/bounceback

You can call them and request a DVD. If you need phone coaching, you need a doctor's referral. Phone coaching is run by their staff members who are social workers or have training in the related field.

Mental Health Crisis Line If you are in crisis and/or distress and require an immediate response, call the **Crisis Line at 310-6789. (Do not enter 604, 778 or 250 area codes)**. This free service is available 24 hours a day, seven days a week, with no wait or busy signal. This network links crisis lines across the province to provide mental health information and support to the people of BC. For more information, visit www.crisislines.bc.ca.

Mental Health Information Phone Line (pre-recorded info): Vancouver 604-669-7600 (1-800-661-2121)

The Mental Health Information Line offers free, trustworthy information on mental health and BC mental health services, from anywhere in the province - **24 hours a day, seven days a week**. At the touch of a button, you'll find **pre-recorded** information on:

- mental health services across BC
- symptoms and causes of various mental illnesses
- treatments, support groups, and publications available
- what family and friends can do to help

Anxiety BC website: www.anxietybc.com includes information for parents on childhood anxiety, clinginess, etc. Here, you will find practical strategies and tools to help you manage your child's anxiety, whether your child is just beginning to show symptoms, or has been diagnosed with an anxiety disorder. Check to find out more about anxiety -- how it looks, how it works, and how to recognize if it is problematic. Also has resources for parents experiencing anxiety.

Here to Help: www.heretohelp.bc.ca/ A group of 7 B.C. mental health non-profits host this website that provides evidence-based information and support for mental health and substance use issues. *They also have many resources in 11 other languages!*

Behavioural and/or Emotional Challenges Support

PACE Program Child and Family Society

1524 W 65th Ave, Tel: 604-266-3141

Therapeutic centre for families with young children ages three to ten with significant emotional and/or behavioural challenges. Provides an intensive day program, family counselling, play therapy, parent education, in-home support, and follow-up. Outreach service to daycares and preschools includes hands-on support for children, and consultation and training for service providers. Office hours are 8 am to 4:30 pm Monday to Thursday, and 8 am to 12 noon Fridays.

Alan Cashmore Centre

At the new Grandview-Woodland Health Centre, (Lee Family Health Centre) 1669 E Broadway, call (604) 675-3996.

Early childhood mental health team offers treatment services to children from birth to five years and their families, where significant social, emotional, and/or behavioural concerns have been identified. Also offers mental health consultation and education to community agencies and to early childhood centres and preschools with children who have emotional/behavioural problems. Multidisciplinary staff includes child psychiatrists, child and family mental health therapists, early childhood educators, and speech pathologists

Autism Society of BC

Suite 301, 3701 E Hastings St. Burnaby, BC Tel: 604-434-0880

This group provides support and information to families with Autism and Asperger's Syndrome.

Rainbows Canada fosters emotional healing among children grieving a loss from a life-altering crisis. These losses, among others, include separation, divorce, death, incarceration and foster care. Rainbows provides a safe and supportive environment for participants to process their feelings, build self esteem and learn positive coping tools to last a lifetime -- because 'it doesn't need to hurt forever'. This is accomplished through our unique free 12 week peer support programs available from pre-school through to adult. www.rainbows.ca/ National grief help organizations link: www.rainbows.ca/national.aspx

Dental Health--free or lower cost

Strathcona Community Dental Clinic, Tel: 604-713-4485

(non-profit) located next to Strathcona Community Centre and School, 601 Keefer Street, serves children and their parents. They accept all dental plans, including Ministry of Health (for those on Social Assistance, Disability etc- many dentists won't accept these). www.strathcona-health.ca/

Vancouver Community Dental Health Program (from VCH) at:

1669 E Broadway, Tel: 604-675-3981 or enquires via email: dentalhealth@vch.ca

This program offers many services as follows: They provide dental care and advice about dental health for babies and preschool aged children. They are presently seeing children grade seven and under for check-ups in their public health dental clinic. There are some limited services provided for pregnant women. They can help your family prevent tooth decay. They also work with schools and community groups around Vancouver. For information on their public health dental clinic or upcoming outreach clinics please contact them at the above number.

Emergency Dental Care For Children

They also offer emergency dental care for any child school age or younger living in Vancouver who is without a dentist and in need of urgent treatment. Please call **604-675-3981**, as above.

Healthy Kids Program 1-800-748-1144

The Community Dental Health Program can check to see if your child qualifies for the BC Ministry of Health "Healthy Kids Program" dental coverage. Anyone receiving any level of MSP premium assistance may be eligible for dental coverage. If he or she qualifies, they can provide a referral to a private dentist for dental treatment.

(For more information on how to apply for premium assistance, contact: MSP directly @ 604-296-4677 or toll free 1-888-788-4357).

Knee to Knee clinics

Children **3 years and under** can get a free check-up by attending one of their "Knee to Knee" clinics offered at various community settings. At this clinic, the parent sits knee-to-knee with the dentist, with their child lying on their lap. The dentist checks for signs of tooth decay. The child will also receive a simple fluoride treatment and they will show the parent how to care for the child's teeth at home. **Tel: 604-215-3935** for details on the next Knee to Knee clinic planned for your area.

Vancouver Native Health Society East Side Dental Clinic - emergency and preventative care

Monday's 9-4 Pm and Friday's 9 -12 noon- please call 604-254-9900.

From VNH website, "Our staff is mostly volunteer, and includes dentists, certified dental assistants, hygienists, and students. We **do not** limit our services to those who are collecting welfare or status or immigration. Should your ministry or other benefits limit run out, this does not affect our decision to treat or care for you. However, for those who do have a source of income, your **donations** are much appreciated as we could not exist without them. We believe that to be effective in our mission, we must be respectful and culturally sensitive to all individuals and provide our services in a safe, clean, supportive and equitable environment."

CHILDHOOD SAFETY

Learn to Reduce the Risk of Unintentional Injuries

Many people are surprised to learn that unintentional injury is the leading cause of death - more than ALL DISEASES COMBINED- among children and youth in Canada... many of these injuries occur in the home. These are preventable deaths! Injury is the number one reason for hospital emergency room visits in children. Most injuries are preventable.

Government Resources/Information:

Health Canada Product Safety Hotline: 1-866-662-0666 Call if you have a problem with a product or to find out if it has been recalled. This means you should not use it anymore!

From Health Canada website: www.hc-sc.gc.ca/hl-vs/child-enfant/securit/index-eng.php

Children are more vulnerable to changes in their physical, emotional and social environments because of their rapid physical and mental health growth and smaller body size. The health and well-being of children depends on the safety and quality of their physical/natural environments, built environments and social environments -- at home, at school and in the community. Children also need to be in environments that protect them from violence, abuse, exploitation, injuries and neglect.

Many people are surprised to learn that injury is the leading cause of death among children and youth in Canada. What's even more surprising is that many of these injuries occur in the home. Many injuries could be prevented if parents and caregivers become more aware of how to make their child's environment safer. The following will help you learn more about child safety:

Go to the Public Health Agency of Canada homepage at www.phac-aspc.gc.ca Click on "English" to enter the site, then click on "Children" in the menu on the *right*. There you will come to the Child Health page, and you can click on the Safety link from the menu (and other topics as well). There you will find lots of information on how to make your child's everyday life safer, including preventing injuries in the home and car.

Safe Transportation

Motor vehicle passenger and pedestrian injuries are a leading cause of death of children and youth. Also, among Canadians under the age of 20, cyclists account for about a quarter of hospitalizations for road vehicle injuries. Although railway injuries are less frequent, the devastating nature of these injuries almost always results in death. Check the Public Health Agency website as mentioned above to help you and your family stay safe while driving in a car, or riding bikes.

Physical Environment

Natural and built environments play a crucial role in the healthy growth and development of children and young people, and enhance their quality of life. The physical environment within which children and young people live includes the air they breathe, the water they drink, the food they eat, the products they use, and the settings in which they live, learn and play - homes, day cares, schools, malls, parks, playgrounds and communities.

Children and young people are particularly vulnerable to environmental contaminants due to their unique physiology, behaviours and exposures. Children are not little adults. From conception on, the fetus, infant, child and adolescent are in dynamic states of growth. As the brain and nervous system develop, they are extremely sensitive to exposures at critical times. Adults and children differ in behaviour, physiology, metabolism and diet. Kilogram for kilogram of body weight children breathe more air, drink more fluids and consume more food than adults proportionately increasing their exposure to whatever contaminants may be present. Generally, children are more active than adults and engage in a range of behaviours that can place

them at higher risk of exposure. Again, look at the Public Health Canada website as above for more information on environmental safety.

Non-Governmental Environmental Safety Resources and Websites

Children's Environmental Health Network- Download their free resource guide: www.cehn.org/ it is a national multi-disciplinary organization whose mission is to protect the fetus and the child from environmental health hazards and promote a healthy environment.

The **Institute for Children's Environmental Health**, www.iceh.org/ is a nonprofit educational organization working to ensure a healthy, just and sustainable future for all children.

Toxic Toys Database

Michigan-based Ecology Center has just released new research on over 1,500 toys in collaboration with the Washington Toxics Coalition and other leading environmental health groups. Parents will be able to easily check how products rank from highest to lowest in terms of lead, cadmium and other chemicals that are associated with reproductive problems, developmental and learning disabilities, hormone problems and cancer. Toys made with PVC, or polyvinyl chloride, were also tested. See www.healthytoys.org

Search the Health Canada website www.hc-sc.gc.ca/ for alerts and recalls of children's toys and products. Click on "consumer product safety" -includes new information on toxic plastic baby bottles.

Car Seat Safety- It's the LAW! And it SAVES CHILDREN'S LIVES!

Did you know? 1,400 children under 9 are injured or killed in car crashes every year in British Columbia. **Car seats and booster seats reduce the risk of serious injury or death by 60%!** Car seats and booster seats for your baby, toddler and younger school-age child SAVE LIVES- and they're the law, including the new "youth" booster seat law (until they are 4 foot nine inches (145 cm) or 9 years old). There are many local resources to learn about the car seat law, the stages of car seat use (from infant to preteen) and how to properly use/install car seats. On Jan 1, 2012, **new child restraint system and booster seat requirements became mandatory.** Check here for details: <http://www.tc.gc.ca/eng/roadsafety/safedrivers-childsafety-faq-1131.htm>

Call the BCAA Child Seat Info Line **1-877-247-5551** to speak with a certified child passenger safety educator (Monday to Friday, 9 a.m. to 5 p.m.) or go to <http://www.tsfbcaa.com/11.aspx> BCAA's Road Safety Foundation website on car seats for all the information in easy to understand format. Find the *Child Passenger Safety Program* to find free car seat installation workshop all over the Lower Mainland.

First Ride, Safe Ride. BC Children's Hospital has a program that trains post-partum nurses to show parents the correct car seat use for baby's first ride home. If you give birth there, ask ahead of time to be sure you can access it. You can also call Safe Start's (at BC Children's) child passenger safety technician at 604-875-3273.

Make sure you have the right seat with the right type of restraint for you child. Call ICBC for information and to have them check your car seat at 1-877-247-5551 or go to www.icbc.com/road-safety/safer-drivers/child-seats and download their brochure.

Also, car seats are often recalled due to discovered safety flaws. Check with the above agencies for the latest list of recalled car seats. Never use a used car seat if you don't know the previous owners. If a car seat has been involved in a car accident, even if the car seat seems undamaged, it should NOT be used.

Canada's Has New Car Seat Regulations!

Transport Canada has issued new car seat regulations on all car seats sold in Canada, and they came into effect on January 1, 2012. The regulations stipulate that all new car seats must adhere to the new design and testing standards, with include greater weight limits, and wider and longer seats. Babies will remain rear-facing, until 10kg, while forward-facing seats will be required to kids up to 30kg. If you're planning on using a

pre-used or pre-purchased model, no need to panic. The car seat doesn't need to be replaced before its expiry date unless it's been involved in a car accident, as above. If you have concerns, contact the manufacturer directly. The expiry date is right on the car seat on a label.

Safe Start is the injury prevention program of **BC Children's Hospital**. Call 604-875-3273 e-mail: ssation@cw.bc.ca web: www.bcchildrens.ca to get to safety info, click on *Health Topics* tab at top of page, then click on *Child Safety* from menu on left, then click on *Safe Start*. You can watch (and order a copy of) a free safety DVD along with other information and resources.

Safety Station at BC Children's- learn how to child/baby-proof your home 604-875-2244 BC Children's Hospital Lobby

Open: Monday through Friday 9:00 a.m. to 7:00 p.m. Saturday & Sunday 10:00 a.m. to 4:00 p.m.

www.preventable.ca Safe Start partner's with preventable.ca to raise awareness about preventable injuries. In British Columbia, **1200 people die every year because of injury** and 400,000 are seriously injured! Visit preventable.ca to learn more about preventable injuries, exchange ideas and engage with others. By changing our attitudes, together we can prevent these injuries.

Safe Kids Canada www.safekidscanada.ca 1-888-SAFE TIP (723-3847) Great website from Sick Kids Hospital in Toronto, covering all aspects of child safety, injury prevention. [Download information packages in English, Punjabi, Chinese and Portuguese](#). Covers home, road, car, water, product etc safety tips.

Poison Control Centre 1-800-567-8911

Locally: Vancouver Emergency: 604-682-5050

Vancouver Non-Emergency: 604-682-2344

24-hour phone line offering emergency advice and information on the treatment of poisoning or overdose of medications, chemicals, street drugs, or other hazardous or toxic substances. These people would have more knowledge than phoning something like the Nurse Line, which is more general.

Always call 911 first, then the poison control number if it is an emergency!

ANTI-VIOLENCE, VIOLENCE PREVENTION, CRISIS LINES AND SERVICES

Many of the above listed community agencies have violence prevention programs, for example: YWCA Crabtree Corner has a violence prevention outreach worker. Kiwassa Neighbourhood House also has a domestic violence prevention program. Call you local agency and ask the receptionist if there is a violence prevention program in your language at their centre.

VictimLINK 1-800-563-0808 is a 24 hour multilingual assistance phone line. They also have information on transition houses in your community.

Battered Women Support Services (BWSS) www.bwss.org/ for victims of domestic violence or survivors of child sexual abuse. **Crisis & Intake Line: 604-687-1867** (Monday to Friday 10 am - 5 pm & Wednesdays 10 am - 8 pm)

The BWSS Crisis & Intake Line workers are knowledgeable and compassionate. They are available to provide emotional support, information on resources in the community, to provide information about coping and to help create a safety plan for women who are dealing with violence and/or the effects of abuse.

The BWSS Women's Support Group Program provides a safe place for women to connect with each other in order to alleviate isolation, share information, raise awareness, heal by developing coping and recovery skills and plan for a life free from abuse. For more information or to sign up for a group, call 604-687-1867 (we accept collect calls) or email supportgroups@bwss.org

Rape Relief and Women's Shelter www.rapereliefshelter.bc.ca/
604-872-8212- 24 hour crisis line for victims of sexual assault and domestic abuse

They also: operate a transition house, run a free legal clinic for women dealing with legal issues related to violence, hold support groups.

WAVAW Rape Crisis Centre www.wavaw.ca
604-255-6344- 24 hour crisis line
Also run support groups, including Aboriginal focused.

MOSAIC Multicultural Victim Services Program- free and confidential help for female and male newcomers, immigrants and refugees who experience assault, robbery or abuse. **Call 604-254-9626.**

Atira Women's Resource Society www.atira.bc.ca 604-331-1407 - is a community-based organization that supports all women, and their children, who are experiencing the impact of violence committed against them and/or their children. Through education, advocacy and outreach, Atira is an active voice in the struggle to end violence against women and their children. The also operate transition homes.

Atira's Vancouver programs include:

Legal Advocate: (604) 331- 1407 ext. #105. Tenant Issues, Custody Issues, Welfare/ Disability Issues, Criminal Advice & Police Complaints, Signing Legal Documents & Affidavits, Agency Referrals, etc.

Stopping the Violence Counselling: (604) 331-1407 ext. #106. One to one support and counselling for women who have or are experiencing violence or abuse.

FOOD & NUTRITION PROGRAMS AND RESOURCES

Check under general Health info above for resources around nutrition, example: the Health Units have community nutritionists on staff; Healthiest Babies Possible gives out food vouchers to pregnant women. Here are some other resources:

Dial-A-Dietitian now called Dietitian Services Free Nutrition Information website and phone line: www.healthlinkbc.ca/dietitian/ or call 811 Mon-Thurs 8-8, Friday 9-5.

Dial-A-Dietitian specializes in easy-to-use nutrition information for self-care, based on **current scientific sources**. Our registered dietitians can provide brief nutrition consultation by phone. If you need more in-depth counselling, they will guide you to hospital outpatient dietitians, community nutritionists or other nutrition services in your community. This service does not replace the medical counsel of your doctor. **They have interpreter services available in 130 languages!**

Eating Well with Canada's Food Guide: There is no quick link to the Food Guide, so go online to Health Canada's main page, www.hc-sc.gc.ca/ then click "English", then enter "Food Guide" into the search box. Here you find not only the basic food guide, but also one for children, including what a proper serving size is for children of different ages, for Aboriginal diets, for the elderly. **Ten languages besides English** also available for download. (or order paper copies). It has a feature that you can enter your preferred foods, and it will provide you with a personalized Food Guide! (example: Kosher, Vegetarian, or, just certain preferences).

Better Together: www.bettertogetherbc.com Is a new website that promotes families eating together and gives practical tips, advice and tools, such as menu and shopping planners, easy recipes, etc.

Benefits of family meals to parents are:

- Mealtime provides a way to teach values and traditions
- You eat healthier food
- You save money by eating out less often
- You model healthy eating to your children

Children who eat meals with their families:

- Have improved communication with their parents
- Have fewer behaviour problems
- Have better school performance
- Have greater vocabulary
- Are less like to smoke, use drugs, alcohol or have disordered eating
- Develop a sense of belonging, feel more secure and stable
- Tend to eat more fruits and vegetables, less fried foods
- Are more likely to try new foods and enjoy a greater variety of foods

Food Security-- What is it?

"Community food security is a condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance and social justice".--Mike Hamm and Anne Bellows

Greater Vancouver Food Bank: call for location & schedule of nearest Food Bank: 604-876-3601
Community Kitchen project of GVFB: 604-876-0659 ext 118 www.communitykitchens.ca lists community kitchen locations, Also: Food Safe training, community kitchen leadership training.

Many of the community agencies already listed here have food security programs, such as food bank depots, free or low cost meals, community kitchens and/or cooking skills for families, cooking with kids, community gardens, etc. Use the contact list above to find out more in your local community.

Free Food Program -Food for Families, Every Thursday at 10:30 at **"The Warehouse":** 604-254-2489, 2650 Slocan Street, near corner of Broadway, across from Van Tech High School, just behind Broadway Church.
Weekly food bank for families with children. Also on Thursdays, they have **community kitchen and cooking skills for families,** on 4-week cycles. Not only cook together, but learn more about nutrition, cooking on a budget, best foods and snacks for school children. Also - workshops on container gardening and other topics.

Quest Low-Cost Grocery Program: call 604-602-0186, 3 locations (see below). You must get a referral from the Ministry (if you are on welfare) or from a community agency. Then, you can purchase food at a greatly reduced cost compared to grocery stores.. Three “market” locations: 2020 Dundas Street, 611 East Hastings Street, 604-605-0735, and in Surrey: 13890 104th Ave. 604-588-3476. Open 6 days a week.
www.questoutreach.org/

If you receive Income Assistance, you can enter a program through the Ministry. They will issue up to a 45.00 credit to Quest each month and *deduct 45.00 (or whatever amount you decide) from your I.A. cheque*. Quest will then issue you gift certificates for the total value as above. The advantage of this is the huge cost savings vs. spending your welfare money at big grocery store chains. The downside is that the food quality and quantity at Quest varies. To enroll in this program, please contact Pardeep Khrod at pkhrod@questoutreach.org or by phone at 604-999-2247.

Community Food Security Groups:

Grandview-Woodland Food Connection: funded by VCH, this program helps bring food resources to people through a newsletter, potluck dinners, bulk buying clubs, canning workshops and the like. Contact Ian for more information 604-718-5895. To subscribe to the GWFC newsletter, email: gwfcnetwork@gmail.com

Trout Lake Cedar Cottage Food Security Network: www.ffcf.bc.ca/TLCC/ email: tlccfoodsecurity@gmail.com information on free food, free meals, resources. Operates the new low-cost, fresh produce “Pocket Markets”. Call for info.

Renfrew-Collingwood Food Security: (Collingwood Neighbourhood House) www.cnh.bc.ca/foodsecurity/ 604.435.0323 ext: 237- community garden, roof top garden, kids’ kitchen, community kitchens, training and leadership.

Vancouver Coastal Health Food Security Information and Resources
www.vch.ca/your_health/population_health/food_security/food_security

VCH- list of free meals, download: <http://www.vch.ca/media/ListoffreeandcommunitymealsinVancouver2011.pdf>

HOUSING

Housing Information and Tenant’s Rights

Tenants Resource and Advisory Centre, TRAC www.tenants.bc.ca/main/?home
Call the Infoline: 604-255-0546 8-4pm service in English only, but they have many [PRINTED resources in 15 other languages](#). Download BC’ s “most read legal publication”, **Tenant Survival Guide** by clicking on the link on their site. If you are reading this online, [click here](#) to download. The guide provides you with information on different types of housing, your legal rights and obligations, and step-by-step procedures to secure the proper assistance you need. Available in English, Chinese and Spanish.
TRAC is an educational charity that provides information about residential tenancy law in BC. They deliver this information through their website, multilingual publications, the Tenant Infoline, as well as providing public legal educational workshops. Their website has a vast amount of information on all aspects of housing. Example: finding housing, co-ops, bedbugs, evictions, dispute resolution, and much more.

BC Housing www.bchousing.org search for affordable/subsidized housing opportunities in BC, as well as information on the Rental Assistance Program. <http://www.bchousing.org/Initiatives/Providing/RAP> RAP is available to working, low-income (under 35, 000.00) families with children under 18, who are **not** on welfare, disability or already live in affordable housing or a housing co-operative. Download their information and application form from the website.

Co-op Housing information www.chf.bc.ca

Co-operative housing is not the same as social housing (i.e. “BC Housing”) rather, it is a mixture of market-rate and subsidized units. You have to purchase a membership share to join, (acts as a security deposit) and members participate in the running of the co-op, through committee work and chores such as cleaning and mowing the lawn. Co-ops are a good choice for a young family that wants to be part of a community. Due to the lack of government support, unfortunately, most co-ops these days offer little or no subsidy. If you require subsidized housing, it is best to get on the BC Housing and other non-profit housing waiting lists (as above).

YWCA Housing for Single Mothers is accepting applications for its 2 new long-term housing developments for single mothers and their children and is taking names for the waiting list for their 2 current housing sites. For info go to: www.ywcavan.org/content/New_Housing_Developments/1394

IMMIGRANT SETTLEMENT AGENCIES SERVING EAST VANCOUVER

...from Welcome BC website www.welcomebc.ca Government of British Columbia website for newcomers, also look at the **Newcomers Guide** which is available to download or order, in 11 languages! Lists programs, projects and service providers, as well as info on immigration.

<u>S.U.C.C.E.S.S.</u> Pender Street Office 28 West Pender Str Tel: 604 684-1628 5834 Fraser St. Tel: 604-324-1900	<u>Immigrant Services Society of B.C. -</u> <u>Drake Street Office</u> 530 Drake St. Tel: 604- 684-7498 <u>Terminal Ave Office</u> #501 - 333 Terminal Ave. Tel: 604- 684-2561
<u>Mt. Pleasant Neighbourhood House</u> 800 East Broadway Ave. Tel:604-879-8208	<u>Kiwassa Neighbourhood House</u> 2425 Oxford St. Tel: 604- 254-5401
<u>Riley Park Community Centre</u> 50 East 30th Ave. Tel: 604-257-8545	<u>MOSAIC - Grant Street Office</u> 2nd Floor -1720 Grant St. Tel: 604- 254-9626
<u>Multicultural Helping House Society</u> 4802 Fraser St. Tel: 604- 879-3277	<u>Progressive Intercultural Community Services Society</u> <u>- Vancouver Office</u> #102 – 8159 Main St. Tel: 778- 371-8552
<u>Collingwood Neighbourhood House</u> 5288 Joyce St. Tel: 604-435-0323	<u>South Vancouver Neighbourhood House</u> 6470 Victoria Dr. Tel: 604- 324-6212
<u>Frog Hollow Neighbourhood House</u> 2131 Renfrew St. Tel: 604-251-1225	<u>Little Mountain Neighbourhood House</u> 3981 Main St. Tel: 604-879-7104
<u>Employment: Skills Connect For Immigrants</u> 501-333 Terminal Ave. Tel: 604-684-2561 1522 Commercial Dr. Tel: 604-575-3800	

Settlement Workers in Schools Program (SWIS)

Sponsored by the Vancouver School Board (www.vsb.bc.ca)

Office Tel: 604-713-5698, 8 am to 4 pm Monday to Friday

Many elementary schools in East Vancouver have SWIS workers. Contact your local school for information or referral. Provides settlement services for immigrant and refugee students attending Kindergarten to Grade 12 and their families. Helps immigrant and refugee families adjust and integrate into community, home, and schools in Vancouver. Settlement workers serve newcomers in English, but have cultural and language expertise in Arabic, Cantonese, Farsi, Filipino, French, Hindi, Korean, Mandarin, Punjabi, Spanish, and Vietnamese. Accepts school- and self-referrals.

YMCA Connections Program

www.vanymca.org/cs/connections.html Tel: 604-685-8066

Program helps new immigrants* adjust to life in Canada by matching them with local volunteers, called “Intercultural Hosts.” Through one-to-one matches, newcomers learn more about Canadian life and culture and practice English conversation. The hosts have the opportunity to learn about other cultures and develop strong intercultural communication skills.

The relationship between host and newcomer is similar to friendship. There is no homestay component to the program; instead, matches meet at times that are mutually convenient and participate in social activities together. Valuable learning takes place while matches go for coffee, sightsee, or learn about services available in the community. The YMCA offers optional monthly social activities for all participants, including a Conversation Club, various workshops, and special events.

*A newcomer is anyone who comes to Canada under the refugee or immigrant classification. The program accepts individuals, couples or families. Priority is given to newcomers who have been in Canada one year or less, but exceptions are made based on the needs of the new immigrant.

MOSAIC Multicultural Victim Services- multi-lingual program for newcomers provides free and confidential, culturally sensitive support to female and male immigrants, refugees and newcomers of all backgrounds, who are victims of assault, robbery or abuse.

Their services include:

- Emotional support by listening and helping you deal with trauma
- General information on welfare, childcare, housing, etc
- Legal information and options for your safety, legal aid
- Practical assistance and support in completing any forms, applications and letters you require
- Advocacy (help with phone calls so you can speak with the appropriate person example: your employer, the welfare office, emergency shelter, lawyer, the police etc- whatever you say you need)
- Accompaniments by a worker to a Vancouver courthouse, legal-aid office, police station, law firm, etc.
- Referrals to, and help accessing, other community resources

For more information or to book an appointment call: 604-254-9626 or *to download brochures in many languages, ([Chinese](#), [Vietnamese](#), [Spanish](#), [Japanese](#), [Korean](#), [Punjabi](#), [Persian](#)) go online to www.mosaicbc.com/family-programs/family-programs/multicultural-victim-services-program* Or go to www.mosaicbc.com and enter search term “victim support” to be directed to the page.

REACH Multicultural Family Centre, 1145 Commercial Drive, 604-254-6468. Offers programs and services in Spanish, Vietnamese and African languages. (example: Nobody’s Perfect Parenting).

FUN THINGS TO DO

Parks and Playgrounds...Recreation Programs...Camps....Free or Low Cost

Community activities with your young child: Check your local school, Neighbourhood House, Community Centre or Family Place already listed above for a schedule of their FREE or low cost family and child activities such as: arts and crafts, sports, family-night dinners, cultural events (Christmas, Chinese New Year, Easter etc), family outings and trips, summer camping (Neighbourhood Houses organize these every year), winter and spring break camps, summer sports or arts camps and many more. There are lots of great opportunities for you and your children, often for free. These are offered in languages other than English too.

City of Vancouver Community Calendar - Event listings, including classes, workshops, conferences, family events, swaps meets ... you name it, they have it. You can search by date, event or any community in the City of Vancouver. http://vancouver.ca/community_profiles and **click on community calendar** on top right.

Find Family Fun - Community event listing for all over greater Vancouver. Bonus: Go to their "Index of Activities" page for discount coupons. www.findfamilyfun.com

Vancouver Community and Recreation Centres vancouver.ca/parks/

Many skating rinks and swimming pools offer at least one session a week that is FREE or very low cost (example: Loonie/Toonie skating or swimming). All accept **Leisure Access Cards** for low-income residents. See next page on how to get one for you and your family.

To find your nearest Community Recreation Centre, look in the Blue Pages under City of Vancouver, Parks and Recreation, Community Centres, Swimming Pools, Skating Rinks.

Community Centres in East Vancouver

East Vancouver-

Strathcona Community Centre- 601 Keefer Street, 604-713-1838; arts and education oriented- no pool or rink, focus on Chinese families and seniors; library in school

Ray-Cam Community Centre- 920 E Hastings, 604-257-6949- no pool or rink, lots of family programs, in Chinese and English, Also: cheap hair cuts by hairdressing students (\$6)

Britannia Community Centre- 1661 Napier, 604-718-5800- both a swimming pool and ice rink, library

New! Trout Lake Community Centre- 3350 Victoria Drive, (at 16th) 604-257-6955- brand new centre now open! The lake is open in the summer for swimming (lifeguard present).

North East Vancouver-

Thunderbird Community Centre- 2311 Cassiar Street, 604-713-1818, no pool or rink

Hastings Community Centre- 3096 East Hastings, 604-718-6222 indoor pool at Templeton School

Renfrew Park Community Centre - 2929 East 22nd Avenue and Renfrew St, 604-257-8388- pool

Central Vancouver -

New! Hillcrest Community and Aquatic Centre (formerly Riley Park)- 4575 Clancy Loranger Way, Vancouver at the former site of the curling events for the 2010 Winter Olympics and Paralympic games. (off Main St.) 604-257-8545- rink and NEW indoor-outdoor aquatic centre.

Kensington Community Centre 5175 Dumfries Street, (at Knight and 33rd) 604-718-6200- pool

Mt. Pleasant Community Centre- #1 Kingsway, 604-257-3080 (on 16th) 604-713-1888

South Vancouver-

Killarney Community Centre- 6260 Killarney Street (at 45th) 604-718-8200- pool, (rink closed for renewal)

Champlain Community Centre- 3350 Maquinna Drive (54th and Kerr) 604-718-6575- no pool or rink

Sunset Community Centre- 6810 Main Street, (near 51st) 604-718-6505- ice rink

How to Get a Leisure Access Card

Low-income residents of Vancouver can apply for a **Leisure Access Card** which will get you into many Vancouver recreation and parks activities for **FREE!** or half price (call or go online for details):

To apply: If you are on social assistance, or if you are a new immigrant and have a settlement worker, your worker can give you a form that they have stamped. Bring it with photo id and proof of residency to any recreation centre. If you work and are low-income, you can also apply, but you must meet their guideline on what is “low income”, (listed on the form) and show proof of income using your most recent year’s Income Tax assessment. You have to fill out a form in English, which can be picked up at any recreation centre, or online at vancouver.ca/parks/rec/lac/index.htm

You can also try to apply directly to each centre for subsidies on programs you’d like you and/or your child but can’t afford, even if you don’t qualify for a LAC. Many rinks and pools have Loonie or Toonie times.

Sports Subsidies and Funding for Children

MoreSports- has free (or very cheap) sports and dance (etc.) programs throughout Vancouver for all ages. www.moresports.org

KidSport: if you child’s team is registered with SportBC you can get a subsidy. www.kidsportcanada.ca/index.php?page=british_columbia_welcome download form.

Athletics for Kids- apply for funding. Download application form at: www.a4k.ca/ 604-221-PLAY (7529)

Let Kids Play - Children under 18 can apply for a grant of max \$200 towards registration/equipment for sports. Call 604 650 7529 or go to www.letkidsplay.ca/.

Canadian Tire Jump Start funding: <http://cantire.ca/jumpstart/funding.html> Call 1-877-616-6600

Summer Camps

Camp Phoenix Summer Camp for Low-Income Families. Sponsored by the BC Youth Parliament, Camp Phoenix has been around for 40 years, and strives to give children with financial or social hardships a place to have fun and develop a sense of community and belonging. The cost is \$200 per camper, but full and partial bursaries are available for some. For more information please visit <http://www.bcp.org/campphoenix/>

Camp Potlatch Boys and Girls Clubs www.bgccan.com/content.asp?L=E&DocID=50 Canoeing, Kayaking, Row Boating, Swimming, Fishing, Hiking, Rock Climbing, Rappelling, Orienteering, Ropes Course, Archery, Ecology Studies, Arts and Crafts, Out Trips. Children and youth, ages 7 to 17, weekly camps from the last weekend in June to the last weekend in August. For more information, contact: Camp Director at camp@bgc-gv.bc.ca or at 604-324-2267.

YMCA Summer Camp Subsidies and extended payment plans assist those whose financial circumstances would prevent them from affording a YMCA summer camp. Contact 604 939 9622.

UGM's 2010 Summer Camp Experience! Apply for the Union Gospel Mission's Camp Sponsorship program. Call Jennal at 604 253 3323 ext. 331 or email jamundson@ugm.ca.

Neighbourhood Houses have a summer camp called **Sasamat Outdoor Centre**. www.sasamat.org/ Each NH takes turns operating a family camp each summer. Check with your nearest N.H.

Summer Camping Bureau part of Christmas Bureau. 604-253-7191 They offer funding for low-income families to send their kids to camp, but families must apply directly through the camp they want to go to. For a list of camps that the Christmas Bureau supports, go to www.bccamping.org/ For example: The YMCA (www.vanymca.org/ click on the “camps” tab) has many summer camps for children and youth.

Welfare: If you receive Income Assistance, go to office to apply in person for subsidy for summer camps

Special Needs Recreation

Heart of Sailing - takes families with special needs kids sailing. the fees are by donation.
<http://heartofsailing.org/regional8.asp>

Family Support & Advocacy, Developmental Disabilities Association, tel: 604.301.2831 www.develop.bc.ca

Community Centre Programs Summer Sports Festival: Adapted Golf, Adapted Kayaking, Trail Rider Hike, Dragon Boating, Canoeing - Bonnie Friesen 604-257-8500 bonnie.friesen@vancouver.ca

Supported Day Camp (6-12) Champlain 604-257-8315, Dunbar 604-222-6060, Hastings 604-718-6222, Killarney 604-257-8545.

Supported Youth Programs (13-19 and some under 13's) Britannia Saturday Unlimited 604-718-5800, Dunbar Stars 604-222-6060, Kitsilano 604-257-6903, Marpole Oakridge 604-257-8180, Riley Park- for under 13's 604-257-8545, Champlain Heights 604-718-6575

Summer Unlimited Program for youth with special needs. Britannia Community Ctr - Please contact Summer Unlimited office staff at Britannia Community Centre to register. Ph: 604-816-1502
From the program: “We are always looking for new participants. We usually meet the family and participant beforehand to make sure our program is a good fit.” The cost for the program is \$100 per week, except for our overnight camp week which is \$120. We offer 7 week long programs. The camp runs Monday-Friday.

Swim & Gym Program Renfrew Community Centre Pool 604-257-8388

Based on the Aqua Percept program Ideal for children with learning disabilities who are experiencing motor coordination difficulties and/or ADHD Ages: 6 to 9 years old (one session per week)

WATER PARKS & WADING POOLS IN EAST VANCOUVER

(or close to E. Van and worth going the distance to) - summer months only!

There are playgrounds at all these parks, too. Try somewhere different and have a picnic!

WATER/SPRAY PARKS: Spray parks are operated by you - push the timer buttons! Water parks are bigger & operated by staff	
Clark Park 1500 E 14th Ave, corner of Commercial Dr, across from Croatian Cultural Centre	CRAB Park at Portside in Downtown Eastside 101 E Waterfront Road foot of Main Street by Port of Vancouver and Sea Bus
Garden Park 1851 Garden Dr, corner of East 3 rd , and Templeton	Grandview Park 1657 Charles St at Commercial Dr near Britannia
Granville Island Water Park 1318 Cartwright Street Next to False Creek Community Centre- one of the biggest water parks in the City	Hastings Community Park 3000 E Pender Street by the PNE and Hastings Community Centre
MacLean Park 710 Keefer St in Strathcona (Chinatown), 2 blocks east of Strathcona School, corner of Heatley and E. Georgia	Stanley Park 2000 W Georgia Street Along seawall by Lumberman's Arch, fairly near Aquarium
WADING POOLS: (scheduled and supervised play/crafts- but not babysitting: parents must be there, too).	There are many more wading pools than water parks, there is bound to be one very near your home!
Bobolink Park 2510 Hoylake Ave- off Nanaimo, in South Vancouver's Fraserview area, corner Muirfield Dr	Brewers Park 4175 Victoria Dr, near Cedar Cottage N. House, corner of E 26 th Ave
Burrard View Park 650 North Penticton St, at Wall Street and Slocan, (North of Hastings, along the water)	Clinton Park 2690 Grant St at corner Slocan
Collingwood Park 5275 McKinnon St, corner of Euclid	Falaise Park 3434 Falaise Ave near Grandview Hwy and Rupert St.
Grays Park 4850 St. Catherines St (near Knight), at E. 33 rd Ave,	Killarney Park 6205 Kerr St- Killarney Comm. Centre
Memorial South Park 5950 Prince Albert St, (near Main) corner E 41 st Ave	Nanaimo Park 2390 E 46th Ave at Nanaimo St
Norquay Park 5050 Wales St, corner Kingsway, near E 38 th Ave	Pandora Park 2325 Franklin St corner of Nanaimo St.
Renfrew Community Park 2929 E 22nd Ave at Renfrew Comm. Centre	Riley Park 50 E 30th Ave off Main at Riley Park Comm. Centre
Robson Park 599 Kingsway, corner St. Georges, between Fraser & Main	Ross Park 7402 Ross St at E 59 th Ave
Slocan Park 2750 E 29th Ave, at Slocan	Sunrise Park 1950 Windermere St, corner Rupert & E. 5 th Ave
Woodland Park 705 Woodland Dr, corner Adanac, and north of Venables, between Clark and Commercial	

WEBSITES FROM THIS DOCUMENT

Listed Alphabetically: (if you are reading this online, control/click on the links to go directly to the website)

Aboriginal Child Care www.acc-society.bc.ca
Amlatsi Aboriginal Family Drop in, Collingwood N.H. www.cnh.bc.ca/amlatsi/
Anxiety BC www.anxietybc.com
Atira, Women's Support, Housing and Advocacy www.atira.bc.ca
Battered Women's Support Services www.bwss.org/
BC Camping Association: www.bccamping.org/
BC Care Card - how to apply www.health.gov.bc.ca/insurance/index.html
BC Children's Hospital- info on safety proofing home www.bcchildrens.ca
BC Council for Families www.bccf.bc.ca
BC Health Files <http://www.healthlinkbc.ca/healthfiles/index.stm>
BC Housing www.bchousing.org
Best Chance www.bestchance.gov.bc.ca/
Better Together www.bettertogetherbc.ca
Big Brothers www.bigbrothersvancouver.com/
Big Sisters www.bigsisters.bc.ca
Canada Food Guide (Health Canada) <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>
Bounce Back www.cmha.bc.ca/bounceback
Canadian Mental Health Assoc. www.cmha.bc.ca/
Canadian Tire Jump Start <http://cantire.ca/jumpstart/funding.html>
Caring for Kids, (Pediatric Physicians Society) www.caringforkids.cps.ca/wellbeings/index.htm
Child Encyclopedia www.child-encyclopedia.com
Children's Environmental Health Network www.cehn.org/
Click Law www.clicklaw.bc.ca online legal information
Community Kitchens program site www.communitykitchens.ca
Co-op Housing Federation of BC www.chf.bc.ca
Crisis Line- 24 hours: www.crisislines.bc.ca
Dental Clinic, Strathcona <http://www.strathcona-health.ca/>
Dial-a-dietitian www.healthlinkbc.ca/dietitian/ now at HealthLink
Eastside Family Place www.eastsidefamilyplace.org
Family Law Website www.familylaw.lss.bc.ca
Family Resource Library website www.bcchildrens.ca/frl
Family Resource Programs BC www.frpbc.ca/
Family Services of Greater Vancouver www.fsgv.ca
Happiest Baby on the Block: www.thehappiestbaby.com/ video
H.I.P.P.Y. home-based early learning www.hippycanada.ca/hippycanada.php
Health Canada- navigate to information on health, safety, product recalls etc www.hc-sc.gc.ca/
Health Canada, child safety information www.hc-sc.gc.ca/hl-vs/child-enfant/securit/index-eng.php
Health Link BC, "811" nurse hot line www.healthlinkbc.org
Healthy Connections (healthy pregnancy) healthyconnections@fsgv.ca
Here to Help www.heretohelp.org Mental health and substance use information and support
ICBC child car seat safety www.icbc.com/road-safety/safer-drivers/child-seats
Information Children at Simon Fraser Univ www.sfu.ca/infochild
Institute for Children's Environmental Health www.iceh.org/
Invest in Kids: www.investinkids.ca
La Leche League (breastfeeding support and information) www.lllc.ca/
LEAP BC Literacy Education Activity and Play activities downloads <http://decoda.ca/children-families/leap-bc/>
Let Kids Play <http://www.letkidsplay.ca>
Metis Family Services www.metisfamilyservices.com/
MOSAIC www.mosaicbc.com Multicultural Victims Services and many other family programs
Pacific Post Partum Support www.postpartum.org
Parent-Child Mother Goose BC www.bccf.ca/families/programs/parent-child-mother-goose

Parent-Child Mother Goose national website www.nald.ca/mothergooseprogram
Parent Guide www.parentguide.ca/
Parent Helpline links www.parenthelpline.ca/revised_2006/linklibrary_eng.html
Parents Matter, including the Making Choices Inventory of Parenting programs www.parentsmatter.ca
Parents Support Circles (ages 0-12) www.parentsupportbc.ca
Parents Together (support for parents of teenagers) email parentstogether@bgc-gv.bc.ca
Partnerships in Hope food coop www.partnersinhope.ca/services/food-co-op
Public Health Agency of Canada www.phac-aspc.gc.ca
Rape Relief and Women's Shelter www.rapereliefshelter.bc.ca/
Renfrew Collingwood Food Security Network www.cnh.bc.ca/foodsecurity/
Safe Kids Canada www.safekidscanada.ca
Single Mothers Breakthrough Program <http://singlemothersbp.wordpress.com/>
Strong Start Centres www.bced.gov.bc.ca/early_learning/strongstart_bc/
Tenants Resource and Advisory Centre, TRAC www.tenants.bc.ca/main/?home
Toxic Toys database www.healthytoys.org
Transport Canada- car seat info, www.tc.gc.ca/eng/roadsafety/safedrivers-childsafety-faq-1131.htm
Trout Lake Cedar Cottage Food Security Network www.ffcf.bc.ca/TLCC/
Vancouver Aboriginal Child and Family Services www.vacfss.com/
Vancouver Coastal Health Baby, Child and Youth health
www.vch.ca/your_health/population_groups/infants%2C_children_%26_youth/
Vancouver Coastal Health Food Security Resources
www.vch.ca/your_health/population_health/food_security/food_security
VCH- list of free meals, download pdf: www.vch.ca/media/free_meals_VCH.pdf
Vancouver Coastal Health Youth Pregnancy support www.vch.ca/infantchildyouth/youth_pregnancy.htm
Vancouver Family Connections www.vancouverfamilyconnections.org/
Vancouver Native Health www.vnhs.net
Vancouver Parks Board home page- lists of community centres vancouver.ca/parks/
Vancouver Parks Board- how to get Leisure Access Card vancouver.ca/parks/rec/lac/index.htm
Vancouver Public Library branches www.vpl.vancouver.bc.ca/branches/
Vancouver Public Library main page-(links to other languages at top) www.vpl.vancouver.bc.ca/
Vancouver School Board, navigate to Settlement Workers in Schools (SWIS) www.vsb.bc.ca
Vancouver Status of Women www.vsw.ca
Watari Survival Manual online survivalmanual.org/
Welcome BC www.welcomebc.ca
Westcoast Childcare Resources and Referral (government website) www.childcareresource.ca
Westcoast Childcare Resource Centre www.wstcoast.org/
Women Against Violence Against Women (WAVAW) rape crisis centre www.wavaw.ca
YMCA Immigrant Connections program www.vanymca.org/cs/connections.html
YWCA Single Mothers Support Groups singlemothers@ywcavan.org or online: www.ywcavan.org/

Canada's Food Guide Now Available in 10 Additional Languages Online ordering page:

(if you are reading a print copy of this resource guide, google Canada Food Guide and follow links to other languages).

Eating Well with Canada's Food Guide has been translated into 10 different languages in addition to English and French! www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php or Google: Canada Food Guide



Learning more about *Canada's Food Guide* will help you and your family know how much food you need, what types of foods are better for you, and the importance of physical activity in your day.

Help on accessing alternative formats, such as PDF, MP3 and WAV files, can be obtained in the [alternate format help section](#).



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SOURCE: [Health Canada](#)