

## Community Services

### The Community Connections Project/Building Welcoming and Inclusive Neighbourhoods (BWIN)

This program is an extension of the Community Connections program. Activities will include ongoing Monday and Friday workshops and get-togethers, community kitchens, gardening and sustainability groups, monthly pot luck dinners and other activities as determined by the group. If you are a Frog Hollow community member and are interested in community development please visit us and share your ideas and recommendations.

If you are interested in this new, exciting and creative program, please contact Eva at 604-251-1225.

### The Food Support Program

If you are having difficulty providing your family with adequate food, we can provide information regarding free or low cost food resources in the community.

For more information please contact Eva at 604-251-1225.



### Clothing Exchange

Everyday 9:00-5:00

Second Floor (next to the elevators)

We have both children and adults' clothes and small household items. Families are welcome to take what they need or bring in clothes for others to take.

### Libraries

Everyday 9:00 - noon

We have a parenting library with books and videos in English and Chinese and children's library with books in Vietnamese, Chinese, French and English. For help with the libraries please ask to see Family Program staff.

### Information and Referrals

Families requiring information about community services or who need help with referrals can ask to see Amy, Lea, Eva or Manda.



*We gratefully acknowledge the support of the Province of British Columbia.*

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## Frog Hollow Neighbourhood House



### Family Programs Guide



January to March 2010

# BIENVENIDOS

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## Every Family is Welcome!

Families with children from birth to 6 years of age are invited to join in our many free programs and activities.

# CHÀO MỪNG

## Frog Hollow Neighbourhood House

2131 Renfrew Street

Vancouver

604-251-1225



# Fáilte



- The purpose of the Frog Hollow Family Programs is to provide a supportive and relaxing atmosphere where parents, caregivers and children can meet and socialize.
- All Family Programs are designed to promote positive child development, foster early literacy and social skills, and introduce families to the resources and supports in their community.
- At Family Programs we believe that children learn best through play. Our environments are set up to encourage children and their caregivers to learn by trying new activities, exploring a variety of toys and equipment, learning songs and rhymes and listening to stories and books.
- The Family Programs staff is here to welcome you to Frog Hollow, to answer any questions you may have about parenting or child development, to offer resources such as books, toys or information about community resources.
- If you have any questions about the Family Programs, simply ask to speak to a Family Programs Staff Member.
- Please call Lea at 604-251-1225 or visit us at Frog Hollow Neighbourhood House, 2131 Renfrew Street, Vancouver.



*Please note: We ask that families purchase a \$1.00 membership for the Frog Hollow Neighbourhood House. If you have any questions about memberships please ask to see Lea, Eva, Manda, Ruth, Jessica, Carrie, Amy.*

## Programs in the Community

### Garibaldi School Programs 1025 Slocan Street

#### Frog Hollow Family Drop-in

Tuesdays 9:00 - 11:30 Begins January 12. (no program Mar 9 & 16)

For more information about this program call Manda at 604-251-1225 ext 245.

This parent and child program is designed for families who live in the Garibaldi School neighbourhood. Families can enjoy early literacy activities such as songs, stories, rhymes, play time as well as meet other families from their neighbourhood.

#### ESL Classes - with Pacific Immigrant Resources Society

Monday and Wednesday 9:00 - 11:30 Begins January 11

Please register with Amy at 604-375-9974 or 604-251-1225 ext 237

This class is for immigrant women and young children (18 months to 6 years old.) Parents will take classes to learn English while their children join a preschool teacher and child minder in a preschool program. The English classes will focus on parenting skills for parents of young children.

#### Mother Goose

Wednesday or Thursday 1:30 to 3:00 Start date to be determined

Please register with Amy at 604-251-1225 ext 237.

Join Amy and a librarian from Vancouver Public Libraries and sing songs, listen to stories and read books with your child. Introduce your child to the joy of reading.

### Chief Maquinna Annex School - Strong Start 2882 E. 4<sup>th</sup> Avenue

Monday 12:30 to 3:15, Tuesdays to Friday 9:00 to noon Begins January 11.

The program will run from September to June. Families can join at any time in the year.

Children and their parents or caregivers can enjoy activities such as playtime, arts and crafts, stories and songs.

Activities are designed to promote early literacy and preschool readiness. Parents are asked to bring fruit to share at snack. Registration is requested for this program. Parents can register with program staff after they have attended their first session

### Lord Nelson School - Strong Start 2235 Kitchener Street

Monday to Friday 8:45-11:45 Begins January 11

The program runs from September to June. Families can join at any time in the year.

Children and their parents or caregivers can enjoy activities such as playtime, arts and crafts, stories and songs.

Activities are designed to promote early literacy and preschool readiness. Parents are asked to bring a piece of fruit to share at snack. Registration is requested for this program. Parents can register with program staff after they have attended their first session.

### Dr. A.R. Lord School Programs 555 Lillooet Street

#### Spanish Songs and Rhymes

Monday 10:00 - 12:00 Begins January 18

Please register with Ruth at 604-251-1225 ext 237

Families will have fun singing and playing together in Spanish.

#### Vietnamese Frogs Ready to Read

Wednesday 10:00 to 12:00 Begins January 20

Please register with Ruth at 604-251-1225 ext 237

Families will have a time for fun activities such as playing together, reading stories and learning songs.

## Parenting and Grand Parenting Classes

### Grandparenting Group

For more information and to register please call Amy at 604-251-1225 ext 237

This program supports grandparents to raise their grand children, enrich their lives and learn new skills and build up connections with other grandparents.



### Parenting Programs

We provide a number of parenting programs including Positive Parenting and Nobody's Perfect.

For more information and to register please call Amy 604-251-1225 ext 237 or Eva at 604-251-1225 ext 238

### Financial Literacy

Begins March 15 9:30 to 11:30.

In this 4 sessions course you will learn about banking, budgets, consumerism and credit. For more information and to register please call Eva at 604-251-1225 ext 238.

## Family Programs

### Frog Hollow Family Drop-In and Family Resource Program Begins Tuesday January 12, 2010

Tuesday to Thursday, 9:30 - 11:30 *(there is no Drop-in on Monday or Friday)*

Room #1 Registration is not necessary.

For more information, please call Lea or Manda at 604-251-1225.

*The Drop-in will be closed from March 8 to March 19 for Spring Break.*

Children and their parents or caregivers can enjoy activities such as playtime, arts and crafts, stories and songs. Activities are designed to promote early literacy and preschool readiness. A nutritious lunch is included.

*Please note: The maximum limit for the program is 25 children. When the limit has been reached, the program doors will be closed although new families are always welcome to come in. Please let staff know if your child has an allergy.*



### Kids in the Kitchen

Wednesday 10:00 to 11:00

Every Wednesday a group of 5 children and their caregivers can join Carrie in the kitchen to help prepare the lunch. If you and your child would like to join in this activity please see Carrie on Wednesday mornings during the drop-in.



### Cooking with Carrie

One Monday morning per month Each month Carrie will hold a cooking class for 5 children (3 years and older) and their caregivers. Families will learn to cook a delicious and healthy lunch and then enjoy it with the group. For more information please see Carrie during Drop-in hours. This program will begin in January.

All Family Programs will be closed: March 8 to 19 for Spring Break.

## Special Events

### Smile to Smile Dental Visit

Date to be announced

*For children under 3 who have never visited a dentist.*

*You must register with Family Program staff.*

### Chinese New Years Celebration

Wednesday, February 10

10:00 to 11:30

*You must register for this activity. Families will enjoy participating in a parade, share a meal and watch a lion dance and Chinese traditional dance. Please call Lea, Manda or Jessica to register*



### Health Fair

Wednesday April 28

10:00 to noon

*Everyone is welcome to visit the FREE Health and Information Fair to learn about community services and supports.*



For more information regarding these and other special events please talk to the Family Program Staff.

## Early Childhood Programs

Please note: all early childhood programs will be closed from March 8 to 19 (Spring Break)

### Mother Goose in Cantonese

Mondays 9:30 - 11:30 Begins January 25.

Please register with Manda at 604-251-1225 ext 245

Caregivers and their young children get together to learn songs and rhymes, and listen to stories.

## Language and Cultural Programs

### Mandarin Speaking Parents and Children -Parent led Group

Monday 9:30 - 11:30 ongoing

Upstairs Family Drop-in Room

Please register with Jessica at 604-251-1225 ext 245

Mandarin speaking families get together to enjoy activities such as playtime, stories, games and snack. Children will participate in Mandarin preschool activities.

### Multi-cultural Group-Parent led Group

Monday 12:30-2:30 Begins January 11

Upstairs Family Drop-in Room

Please register with Eva at 604-251-1225 ext 238

Join families from many cultures and languages to share songs, rhymes and stories.

### Flying Solo - Parent led Group

Wednesday 3:00 - 5:00. Begins January 13.

Upstairs Family Drop-in Room

Please register with Eva at 604-251-1225 ext 238

This is a parent led program for women who are raising children on their own.

### Japanese Parent and Children Group - Parent led Group

Thursdays 10:00 - 12:00 ongoing

Upstairs Family Drop-in Room

Please register with Eva at 604-251-1225. ext 238

Japanese speaking families get together to enjoy activities such as playtime, stories, games and snack.

### Cantonese Family Drop-in

Fridays 1:30 - 3:30 Begins January 15

Upstairs Family Drop-in Room

For information please call Amy at 604-251-1225 ext 237.

Activities include parenting workshops, playtime, arts and crafts, stories and songs and snacks.

Please check with your program facilitator as some of these programs may be closed Feb 15 to 26 for the Olympics.