



## FAMILIES AND STAFF TEAM COMMITTEE (FAST)

For parents with children of 0 to 6 years old who participate in Drop-in Programs

Monthly meeting of the Families and Staff Team (FAST) Committee will gather with other parents to decide on joint activities for families and help shape the **Families Branching Out CAPC Coalition** programs offered through 4 local sites. This is a great leadership opportunity!

In **Community Action Program for Children (CAPC)**, we work with families to promote the health and well-being of young children and infants. Our programs include fun and educational activities such as family drop-in programs, parent education courses, parent-led groups and information and referral services.



## SPECIAL EVENTS

Celebrating together

Each year, Family Programs hosts special Community Events to celebrate the **Harvest Festival**, **Pumpkin Patch in the City**, **Winter Holiday Celebrations** and **Lunar New Year**.

A place to join neighbours, program participants, volunteers, and community partners in lively cultural activities.

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NEIGHBOURHOOD HOUSE  
*Creating Our Community Together*



*Family Programs*



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## FAMILY DROP-IN & RESOURCE PROGRAM

For families & caregivers with children 0-6

The program is offered 3 days per week on-site, with options to join online. Kids enjoy early literacy activities such as stories and songs, as well as playtime, arts & crafts. Parents and caregivers meet other families and build connections, children are offered a nutritious snack.

During **Kids in The Kitchen**, a group of children and their caregivers get hands on experience preparing food!

Special sessions in collaboration with community partners include **Smile to Smile** dental check, **Vancouver Public Library Storytime**, and **Guest Speakers** to talk about useful community resources. Program staff assist with **Referral Services** for families and individual support.



## FROGS IN THE PARK

Clinton Park, 2690 Grant St. Vancouver

Summer outdoor program held 3 mornings per week over 6 weeks at Clinton Park. All activities are free & for all ages!

- Family Fun Circle
  - Seniors Dance, Tai Chi & Movement
  - Indigenous Art/Cultural/Plant Workshops
  - Gardeners' Hangout
  - Library in the Park
  - Community Resource booths
- and many more ... ..

## SPANISH FAMILY DROP-IN (LA COLMENA)

For Spanish-speaking families/caregivers with children 0-6.

La Colmena – The Hive is a gathering space for Spanish-speaking families. Family drop-in activities in a welcoming First Language setting.

## JAPANESE FAMILY DROP-IN

First-language parent-led group

A parent-led group for Japanese-speaking families and children to gather for free play, stories, games, snacks, and other fun activities.

## FLU-SHOT CLINIC

Free and accessible, in your neighbourhood

In partnership with **Vancouver Coastal Health**, we host an annual flu-shot clinic for community members in a familiar and safe environment. Information and resources shared by Community Outreach staff.

## NOBODY'S PERFECT PARENTING PROGRAM

For caregivers of children 0 to 5 years old.

Explore parenting topics to and gain understanding of your child's development through facilitated discussions about behaviour, health, safety, sleep, eating, communication, and much more. Parents share their own ideas and experiences, and access new resources.

- \*Participants receive certificates after completion
- \*First-language sessions offered
- \*Child-minding and Transportation support available



All program schedules are subject to change without notice. Please call to confirm times and availability, or visit our website for the most up-to-date information.