



## Mission Early Years Resource Sheet

Compiled by the Mission Community Services Early Years

earlyyears@missionmcss.com 604-

826-3634 33313 3rd Avenue, Mission, V2V 1J9.

Like us on Facebook at Mission Community Services

### Free Activities and Programs for Children 0 to 6 Years

#### Mission Community Services Programs For Families

##### Mission 4 Kids Family Place:

33313 3 Ave. and Horne (close to the library). Programs for dads, moms, and families with children 0-6 For more information on programs, dates and times please contact us at earlyyears@missionmcss.com 778-347-1181.

**Family Place Drop-in:** Play with toys, make a craft, sing some songs, or listen to guest speakers. Stay 10 minutes or the whole morning; for dads, moms, parents, and primary caregivers with children 0-6.

E-mail for a current calendar earlyyears@missionmcss.com

Mon: 8:30 - 11:30 in Sept, and 12:30 - 2:30

Tues: 8:30 - 11:30 and 12:30 - 2:30

Wed: "Baby Steps" 10 - 12

Thurs: 8:30 - 11:30 till Sept 22, "FVCD: PlayWorks" starts Sept 29 by registration only

"NatureWorks": outside at Heritage Park, starts Thursday, September 29, 9- 10:30 am / Fri. 8:30 - 11:30am

##### Baby Steps

Families with children 0 - 24 months can meet other families with babies and gain support and access community services.

Wednesdays from 10-12pm. 33313 3rd Ave. For more info or to register phone 604 826-6194 or email

earlyyears@missionmcss.com.

##### South Asian Parenting Group:

A parent led program for anyone parenting a child 0-6. For more information and to register please call 778 347 1181 or email earlyyears@missionmcss.com

#### Literacy In Motion Programming For Families

##### Infant Massage Instruction:

This free class is designed for children who are in the pre-crawling stage (approx. 3weeks-12 months). This course is constructed to teach parents and caregivers Infant Massage strokes (based on Swedish and Indian massage and Reflexology). The course will also provide general information on Infants and the benefits of massage in your relationship with your child. For more info. or to register please email literacyprogramreg@gmail.com

##### Mother Goose Program:

Free program where parents/caregivers can learn songs, rhymes, and stories to use at home. Families can connect with other families and build confidence in communicating with their children. This program is for families with children 0-2yrs. To register: Email literacyprogramreg@gmail.com with your name, child's name, child's age, and your phone number. Starting Monday, Sept. 27 at the MCSS Family Place 33313 3rd Ave. Time to be announced.







#### Mission Parks, Recreation & Culture:

View the Rec Update online for the latest Mission Parks, Recreation and Culture schedules, and activities. City of Mission Discount Swim: Sundays, Sept 26-Dec. 19 10:15am-12:15pm Children 3-12 years \$1, youth, adults & sixty plus \$2 Rubber Ducky Swim: Mondays & Wednesdays Sept 20- Dec 1, 10:00-11:30am Hundreds of rubber duckies, warm water and child friendly music make this the ideal time to swim with your little ones. Parent & Child: \$3.50, each additional child or adult \$1.50 Sep 20 – Dec 15 PLAY Pass Program: The PLAY Pass program provides qualified individuals free admission to the Leisure Centre. For information and the application form refer to their website.

#### Jump Smart:

A community program offered through Mission Leisure Center. Various programs to engage young minds and promote movement-based pre-K early learning skills. Registration is required and do have a cost. Jump Smart Gym Jump Smart Explore Jump Smart Art Kim Kirk, BPE, ECE Register at [www.mission.ca](http://www.mission.ca) 604-820-5350.

#### Adapted Active Play

A new physical literacy program. Learn and support gross motor skills while participating in small group activities and solo movement stations!

\$30 for 6 classes

3-5 yrs old Wednesday 2.30 -3.00pm

5-7 yrs old Fridays 3.30 - 4.00pm

8-11 yrs old Friday 4.30 - 5.00pm

Registration is Ongoing through the Rec Centre or contact Kim Kirk for more information 604 852 5547

#### Mission Public Library:

Mission Public Library: 33247 2nd Ave 604-826-6610

Pyjama Storytimes: Mondays 6:45-7:15 pm

Storytime: Tuesdays 10:30-11 am

Wiggle Time: Wednesdays 10:30-11:30 am

Baby Social: Fridays 10:30-11:30 am

Family Storytime: Last Saturday of the month, 11-11:30 am

Lego Club: Tuesdays 3-4:15 pm

Paws 4 Stories: 3rd Thursday of the month, 3-4 pm. Registration required.

See our website, [www.fvrl.ca](http://www.fvrl.ca), for many more programs!

Library hours:

Monday-Thursday 9 am – 8 pm, Friday-Saturday 10 am-5 pm, Sunday 1-5 pm

#### Future 4 Nations Head Start Program:

A licensed free preschool program for Aboriginal children. Classes for 4-year old's run Mon-Thurs. 9-12:30pm Sept to June. Located at Pekw'xe:yles (St. Mary's), 34110 Lougheed Hwy, 604-820- 4567.

#### Sq'eq'ipawtxw- a place to gather (Aboriginal Family Place):

Pekw'xe:yles(St. Mary's), 34110 Lougheed Hwy. For families raising Aboriginal children ages 0-6. Enjoy a hot lunch, light snack, activities, learning centers, crafts, (including culture/language) free play and programming. Appointment times are Monday, Wednesday, and Friday 10am-1pm. As well as Tuesday and Thursday 10am-12pm. These will be by appointment only. Please call/text (604-997-5984) between 9am-3pm the day before and a staff member will confirm your appointment time. Transportation and outreach assistance is also available. Link for January Calendar: [https://mcusercontent.com/2ea4cbea26e6c064aa5e3637e/files/b3205239-2d12-3628-1bc5-9b94ea8df5c8/January\\_2023\\_Calendar.01.pdf](https://mcusercontent.com/2ea4cbea26e6c064aa5e3637e/files/b3205239-2d12-3628-1bc5-9b94ea8df5c8/January_2023_Calendar.01.pdf)

#### Mission School District Family Programs

##### Play to Learn Outdoor Program:

A drop-in program with songs and activities for families with children 0-6yrs. Starting Sept. 19th every Monday at Centennial Park 9:30-11. We will be running rain or shine so be sure to dress for the weather! For more information, please contact Family Navigator Brianne at 604-219-3311/brianne.huish@mpsd.ca or follow the Early Years Facebook page @MissionEarlyYearsSD75.

Super-Duper Story Makers - Join Diana and Brianne, in collaboration with FVRL, MLIM and United Way, for stories, activities and a snack! Each session runs from 3:00-4:00.

January 12th - Windebank

February 9th - ESR

April 13th - Christine Morrison

Please follow our Facebook @MissionEarlyYearsSD75 for more activities and pop-up play dates!

##### Strong Start Centers:

A free Family Literacy Program, for children ages 0-5 accompanied by an adult. Families are presented with opportunities to connect with other families, to school and to their community. Starting the week of Sept. 20. <http://www.mpsd.ca/programs/strongstart.aspx>  
Windebank: 33570 11th Ave. Mon- Friday 8:30-11:30am West Heights: 32065 Van Velzen Ave. Tues-Friday 8:30-11:30am Mission Central: 7466 Welton St. Mon-Friday 12-3pm Cherry Hill: 32557 Best Ave. Mon/Tues/Wed/Friday 12-3pm Deroche: 10340 N. Deroche Rd. Mon/Wed/Fri 8:30- 11:30am Silverdale: 29175 Donatelli Rd. Tues/ Thurs 8:30-11:30am

## Resources and supports for Parents and Caregivers

### Mission Community Services

#### Child Care Resource and Referral:

Serving the Mission/Agassiz/Harrison Hot Springs areas. We are located at 33313 3rd Ave. in Mission • Assistance for Parents /Caregivers with childcare referrals, information, and Affordable childcare Benefit help. • Toy lending library for parents and childcare providers • Registering Childcare providers, consultations, online workshops, resource lending library. Contact our office at 778-201-2367 or email [ccrr@missionmcss.com](mailto:ccrr@missionmcss.com).

\*Register for workshops/ referrals and toy library online at <https://missioncommunityservices.com/programs/family-programs/ccrr/>  
Mission Community Services



#### New Directions For Women:

In person group . Join us Wednesday evenings at 6 -7 pm and connect with other Women who are working to build healthy relationships, gain insight and perspective in personal growth and in addressing personal challenges. Contact us at 604-826-3634 or at [NewDirections@missionmcss.com](mailto:NewDirections@missionmcss.com) to register.

#### Nobody's Perfect Parenting Program:

Wednesday, October 5th, 6-8 on-line. Meet other parents of young children and share ideas and questions about being a parent, while learning about child development, safety, health, and behaviors. Talk about real-life parenting experiences with the support of a trained facilitator and discover ways of positive parenting. Please contact [earlyyears@missionmcss.com](mailto:earlyyears@missionmcss.com) for more information

### Sara For Women Services

#### Baby's Best Chance:

Providing support, educational resources, and pregnancy/baby related items for women during pregnancy/postpartum and their children up to age 6. Pregnancy Outreach Workers are currently providing support at the office or through home visits and our Registered Nurse can be accessed by appointment. Support items such as prenatal vitamins, gift cards, diapers, food hampers, formula, baby clothing/supplies, resources, referrals, etc. For more information call 604-217-6309 or email [popoutreach@saraforwomen.ca](mailto:popoutreach@saraforwomen.ca)  
<http://saraforwomen.ca/services/>

#### Mission Transition House:

Crisis services and housing for women and their children. Call 604- 826-7800. Covid restrictions are in place. <http://saraforwomen.ca>

#### SARA Outreach:

Provides free confidential support to women (and dependent children) who have experienced or are at risk of abuse, threats, or violence. Outreach includes information, advocacy, support, or accompaniment to access community and/or government agencies. Outreach/Counselling is available through phone and video chat, but, if necessary, by meeting in person. Appointments can be made by calling 604-820-8455, someone will return your call as soon as possible. 33070 5th Ave. <http://saraforwomen.ca>



### Fraser Health Services

#### Mission Health Unit:

Regular immunization clinics by appointment. Infant feeding, newborn growth and development, support 6 days a week. Free fluoride varnishing for eligible children under 3 years. Speech assessments and support available for children under 5 years. Phone for more info 604-814-5500. 7298 Hurd St.

#### Reproductive Mental Health Support:

group and /or individual counselling. Psychiatric assessment and management are also available. If you are struggling at any of these phases of reproduction, we may be able to help:

**Pre-pregnancy:** If you have an existing mental health challenge/disorder and are thinking about becoming pregnant, we can help you prepare to manage the impact of your illness whilst pregnant.

**During pregnancy:** Women can experience mental health challenges or disorders during pregnancy, but some women are more at risk than others.

**Postpartum:** Whilst the “Baby Blues” is a common experience for women, there are more specific mental health challenges/disorders that may also be experienced.

#### Pregnancy Loss:

Pregnancy loss is a unique and often lonely event in a woman's life. Healing is helped through understanding and dealing with both physical and emotional changes. Contact Mission Mental Health at (604) 814-5600

#### Help For Hard Times:

A workshop series for parents/caregivers living in the Fraser area whose child or youth has had an admission to a psychiatric unit or an ER visit due to a mental health or substance use concern. As parents ourselves, we know how difficult it can be to support a child after a mental health crisis. Help for the Hard Times is facilitated by parents with lived experience. The workshops are hosted online (twice a week for 2 weeks) and include a 1-1 video conference or phone call with a Facilitator. The workshops are FREE to register:  
[www.familysmart.ca/workshops](http://www.familysmart.ca/workshops)





### Shxwt'am:etsel (Sto:lo Nation Supported Child Development Program):

Services include Aboriginal Infant Development, Aboriginal Supported Child Development and Aboriginal Family Place. These family centered programs are for Aboriginal children (0-12yrs) and their families living in Mission. Located at Pekw'xe:yles (St. Mary's), 34110 Lougheed, 604-820-6097.  
<http://www.stolonation.bc.ca/family-services>



## Family Smart

### Help For Hard Times:

A workshop series for parents/caregivers living in the Fraser area whose child or youth has had an admission to a psychiatric unit or an ER visit due to a mental health or substance use concern. As parents ourselves, we know how difficult it can be to support a child after a mental health crisis. Help for the Hard Times is facilitated by parents with lived experience. The workshops are hosted online (twice a week for 2 weeks) and include a 1-1 video conference or phone call with a Facilitator. The workshops are FREE to register: [www.familysmart.ca/workshops](http://www.familysmart.ca/workshops)



### Parent Peer Support

We provide emotional support, information, resources and help in navigating services for all parents and caregivers with a child, youth, or young adult with mental health and/or substance use challenges. Our services are free and available to families living in BC and Alberta. There is no waitlist.

### In The Know Monthly Online Events

Join us to watch a video by an expert speaker and talk with other families about what helps. Online events are facilitated by FamilySmart Parent Peer support workers.

### Winter Event Topics:

January 2023: Self Harm: There is Always Help, There is Always Hope

February 2023: For Families: A Conversation About Eating Disorders

March 2023: A Conversation for Families About Digital Wellbeing & Mental Health

### Working Well Together Training

We are happy to announce that we are offering our Working Well Together Training in October 2022. We have spots available for young adults (18 to 26 years) and parents/caring adults with lived experience, and service providers to participate in this training. Young Adults and parents/caring adults who fully participate and complete the training will receive an \$80 honorarium. Participants receive a Certificate.

## Fraser Valley Child Development Centre:

Every question is important when it is regarding your child! We specialize in child development and provide intervention and therapy for children birth to kindergarten and family support in all areas of their development. For more information or to make a referral please phone 604-852-2686 or visit [www.fvcdc.org](http://www.fvcdc.org)



## Supported Child Development - Mission Association for Community Living:

Working with families and childcare providers to enhance and support inclusive quality childcare for children 0-12 who require extra support in a childcare setting. Referrals can be emailed to: [amy.adrian@macl.bc.ca](mailto:amy.adrian@macl.bc.ca) There is currently a waitlist for service. Our Family Support Program hosts monthly family support meetings from September to June and continues to update MACL's Facebook page regularly. Meetings will start again in the fall. Contact [Family.Support@macl.bc.ca](mailto:Family.Support@macl.bc.ca) The Literacy Bus is up and running every second Wednesday and Thursday at St. Joseph's Parish on 7th Ave as well as at Family Place on Tuesday's. MACL's office is located at 33345 2nd Ave. 604-826-9080 ext. 280

## Big Brothers Big Sisters of the Fraser Valley:

Building a child's future through the friendship and guidance of mentoring. Providing volunteer mentors to children through community-based mentoring, in school mentoring and after school group mentoring programs. Services are provided virtually or socially distanced depending on the program at this time. Phone 604- 820-3337 or email Cassie at [cassie.silva@bigbrothersbigsisters.ca](mailto:cassie.silva@bigbrothersbigsisters.ca) or [www.mentoringworks.ca](http://www.mentoringworks.ca)





604-826-3634

earlyyears@missionmcss.com

British Columbia Government Programs

Crime Victim Assistance Program:

Assistance for those who have been physically or emotionally hurt by a crime. Contact cvap@gov.bc.ca or phone 1-866-660-3888

Frontrunners:

A program for parents of children ages 0-12, runs through six online meetings and offers information about managing emotional and behavior difficulties in children and ideas for attuned parent-child relationships. Registration is completed with an Intake Clinician. Intake Clinics are on Tuesday 9 am-12pm and 1pm-3pm. For more info call 604-820-4300

Mental Health Services for children 0 to 6 years:

Parent referral required through phone. Intake Clinics are available Tuesday 9am-12pm and 1pm -3pm. For more info call 604-820- 4300 and ask for the Child and Youth Mental Health Intake worker. 7364 Horne St.

Mission Early Years Navigator:

Providing free, confidential support to families with children from birth –6 years old who are looking to identify and access services in the community. For more information, please contact Brianne Huish at 604-219-311 or brianne.huish@mpsd.ca Brianne can also be found at Strong Start, Family Place and at the “Play to Learn” Outdoor program. Be sure to check the Facebook page @MissionEarlyYearsSD75.

Crisis Line:

Toll free 1-877-820-7444. “We are here to listen,” provides referrals and support.

Mission Environmental Stewardship Society:

“Junior Bug Club” offers a chance for children ages 2-12 to make a difference in their community by becoming ambassadors for litter control. More online www.messociety.org

Mission Friendship Centre Programs:

33150 A First Ave. (604) 826-1281 We are a non-profit organization focused on helping to meet the needs of indigenous people and families who are making a transition to the urban community. We provide a central and suitable facility where counselling, support and referral services can be provided. We offer daily lunch programs and weekly programs as well such as: -

Get Moving Monday (free outdoor community walk):

Monday at 1pm (meet in front of Center)

Wellness Kitchen:

Wednesdays 1pm-2.30 pm in the Main Hall

Welcome Circle (a safe place to gather in a Circle of Wellness):

Thursdays 11-12 in the

Main Hall

Drumming Circle: Fridays 1-3pm - Showers Available: Mon, Wed, Fridays 9-11:30am

Mission Hospice Society:

Provides support with managing grief and loss, including Circle of Friends for children. 32180 Hillcrest Ave. Contact 604-826-2235 ext. 13 or email childand youth@missionhospice.bc.ca http://www.missionhospice.bc.ca/

Mission Midwives:

We are registered midwives who provide primary care for you during pregnancy, labor, birth, and the postpartum period. We deliver at Abbotsford Hospital. Covered by MSP. Serving the Mission community for 10 years. We offer free pregnancy testing. 604-820-2424. 7327 Horne St. http://www.missionmidwifery.com/

Options for Sexual Health:

Tuesday's 5-7 pm, 7258 Hurd St. 1st floor. Our clinic provides birth control, counseling, low-cost contraceptives, STI screening, Pap tests, pregnancy testing and general sexual health information and referrals. Drop in available, but appointments preferred for Pap and STI testing. Phone 672-998-1904 (This is a message line and will be checked on Tuesdays) https://www.optionsforsexualhealth.org



## Public Events In Mission

### What's On:

Missions up To Date information website of what is happening in our community. It has events for all ages.  
<https://www.whatsonmission.ca/>



### Mission Arts Council:

Tuesday- Saturday 12pm- 4pm The exhibits will be on show until Jan 21st at the Mission Arts Council.

### Mission Library

#### DIY Hot Chocolate Bar

Ages 12-18 registration Required January 21st 2.30 -4pm

Create your own unique Hot Chocolate concoction using a custom mix of ingredients.

#### Riot Of Reading - Family Literacy Day

January 28th 11am -3pm



### Repair Café:

10.30-1.30pm January 21st and February 18th in Mission Library conference room. Bring your broken items, from electrical, broken plastic pieces (fixed by a 3d printer), to bicycles and clothing. Volunteers will try to fix them for you or teach you how to fix the problem yourself. Services are FREE, but donations are gratefully accepted.



### Kindergarten Registration January 16th -20th

Children born in 2018 are eligible for kindergarten registration. Registration is available online Monday, January 16, 2023 to Friday, January 20, 2023. French Immersion pre-registration is available January 9th to the 13th, 2023. It is highly recommended to register during this week if your child is going to be attending kindergarten in September. If you want to do a cross boundary registration you still need to register in your catchment school first .

