



**MISSION
COMMUNITY
SERVICES**






January - March 2021

Mission Early Childhood Resource

Compiled by the Mission Community Services Early Years

Like us on Facebook at Mission Community Services

Free Activities and Programs for Children 0 to 6 Years

<p>Baby Steps: Families with children 0 – 24 months can meet other families with babies and gain support and access community services. Wednesdays online at 10am. For more info and to register email earlyyears@missionmcss.com or phone (604) 826-6194.</p>	
<p>Ecole des Deux-rives Strong Start: The Franc depart/Strong Start program is an initiative of the British Columbia Ministry of Education, implemented by the Conseil scolaire francophone de la Colombie-Britannique (#93). This program promotes children’s overall development and supports parents in their role as first educators. The Early Childhood Education specialist facilitates all activities using the French language. To register contact Mme Bianca Poulin by email deuxrives@csf.bc.ca or phone 604-820-5710. 7674 Stave Lk St.</p>	
<p>Family Place Programs: A family resource center for children 0-6yrs and their caregivers. Provides a mix of structured and unstructured play and social activities. All programs will be online until further notice except for Nature Works. Registration is required for all programs. Nature Works (6 week program): Families can choose either Monday OR Thursday 10-11am at Heritage Park - 7494 Mary St. Family Place : Tuesday and Friday (currently online at 10am) Experimenters: (6 weeks of science – from coloured rainbows to cloud dough, mix and make different concoctions) Thursdays starting Jan. 14 at 12:30-2pm. Books for Bedtime (6 week program): Mondays starting Jan. 11 at 5-6pm. Books to calm little sleepy heads.</p> <p>For more info on program details and to register phone 778-347-1181 or email earlyyears@missionmcss.com</p>	
<p>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. No classes for 3-year old's at this time. Register your 3-year-old for the 2021/2022 year. Located at Pekw'xe:yles (St. Mary's), 34110 Lougheed Hwy, 604-820-4567.</p>	
<p>Infant Massage Instruction: This 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</p>	
<p>Mission Parks, Recreation & Culture: Phone 604 820-5350 or check the website www.mission.ca/leisure for updates on Winter programming. The pool is now open. Check the website www.mission.ca/aquatics and find out how to pre-register for access to the pool area.</p>	








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<p>Mission Public Library: 33247 2nd Ave 604-826-6610</p> <p>Virtual Programming:</p> <p>Babytime: 10:30am on Monday, Wednesday and Friday</p> <p>Storytime: 3pm on Monday, Wednesday, Friday, Saturday</p> <p>PJ Storytime: 6:45 pm on Sunday, Tuesday and Thursday</p> <p>These are accessible through FVRL's facebook page and our YouTube channel. We also have a reader's advisory podcast called Read Radio for adults and Kids Read Radio for kids. that can be accessed via our website.</p> <p>The physical library is now open for browsing, borrowing and computer use. Customers can still order books and other materials in advance to pick up with FVRL express if they are not comfortable entering the library. Opening hours are from 10-5 Monday to Saturday.</p> <p>Food for Fines: Dec 9, 2020-Jan. 13, 2021, bring in commercially packaged, unexpired, bib-perishable items to your library and FVRL will deduct \$2/item from your library fines/fees. Items collected will be donated to the local food bank.</p>	
<p>Mother Goose Program: is a no cost program where parents/caregivers can learn songs, rhymes and oral stories to use at home. Families can also connect with other families with young children and build confidence in communicating with their children. This program is for families with children 0-2yrs. The winter sessions will be online.</p> <p>Start date: Monday, Jan. 11 (8 weeks) at 9:30-10am or 11:30-12pm</p> <p>How to register: Email literacyprogramreg@gmail.com with your name, your child's name, your child's age and your phone number. We are only accepting 4 families for each time slot and registration preference will be given to first time participants.</p>	
<p>Play to Learn Outdoor Program: A drop-in program with songs and activities for families with children 0-6yrs. Mondays at Centennial park 9:30-11 and Fridays at Heritage Park 12:30-2 (sessions may be shorter in colder months). 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.</p>	
<p>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 and those wanting to learn about Aboriginal culture. Enjoy a light snack, activities, learning centers, crafts, (including culture/language) free play and programming. At this time, we are offering Monday to Friday visits. Either at our St. Mary's location or at a local park. These will be by appointment only. Appointment times are 10am-11:30am or 12-1:30pm. Please call at least a day in advance to book your time. To book please call or text 604-997-5984 and a staff member will confirm your appointment time. Transportation is also now available.</p>	
<p>Strong Start Centers: Families can pre-register for one session, (morning or afternoon) one day per week. In order to maintain safety, there will be a limit of four families.</p> <p>Session 1: Jan. 5-Feb.12</p> <p>Session 2: Feb. 18-April 9 (closed during spring break)</p> <p>West Heights: 32065 Van Velzen Ave. Tues. or Thurs. 9-10:30am or 1-2:30pm</p> <p>Cherry Hill: 32557 Best Ave. Tues. or Thurs 9-10:30am or 1-2:30pm</p>	








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<p>Silverdale: 29175 Donatelli Rd. Tues. or Thurs 9–10:30am Windebank: 33570 11th Ave. Wed. or Fri. 9–10:30am or 12:30-2pm Mission Central: 7466 Welton St. Wed. or Fri. 9–10:30am or 1–2:30pm Deroche: 10340 N. Deroche Rd. Wed. or Fri. 9–10:30am</p> <p>Mondays - an online connection with families 8:30-11:30 and 12:30-3:30</p> <p>To register for a Strong Start session please go to the Mission School District website: https://www.mpsd.ca</p>	
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Resources and Supports for Parents and Caregivers

<p>Baby's Best Chance: Currently not running the drop in lunch or educational programs. Support is being offered remotely or through home outdoor visits. Support items such as supplements, vouchers, diapers, food hampers, formula, etc. can still be accessed. For more information call 604-217-6309 or email popoutreach@saraforwomen.ca http://saraforwomen.ca/services/</p>	
<p>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 or www.mentoringworks.ca</p>	
<p>Child Care Resource and Referral: Serving the Mission/Agassiz/Harrison Hot Springs areas.</p> <ul style="list-style-type: none"> • 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 delivery <p>Contact our office at 604-826-6194 or email kims@missionmcss.com</p>	
<p>Crisis Line: toll free 1-877-820-7444. "We are here to listen", provides referrals and support.</p>	
<p>FamilySmart (formerly The Force Society): provides free peer support, mentorship and help finding resources for families with children with mental health challenges. Provides monthly "In the Know" networking sessions that provides a topic expert. Parent in residence 604-878-3400 http://www.familysmart.ca/</p>	
<p>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. Referrals are continuing to be accepted and services are being provided virtually and some visits will be made in person. 604-852-2686 www.fvcdc.org</p>	













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<p>Frontrunners: A program for parents of children ages 0-12, runs through six online meetings and offers information about managing emotional and behaviour 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.</p>	
<p>“Know It”: 1:1 program for children and families whose parent has a mental illness; to register, please call 604-820-4300, and ask for a Child and Youth Mental Health Intake worker to refer you to this program. 7364 Horne Street.</p>	
<p>Mental Health Services for children 0 to 6 years: Parent referral required through phone. Intake Clinics 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.</p>	
<p>Mission Division of Family Practice: Visit https://www.divisionsbc.ca/mission for information on how Mission is dealing with COVID 19. For inquiries email mission@divisions.bc.ca</p>	
<p>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 Brienne Huish at 604-219-311 or brienne.huish@mpsd.ca Brienne can also be found at StrongStart, Family Place and at the “Play to Learn” Outdoor program. Be sure to check the Facebook page @MissionEarlyYearsSD75 for songs, stories and information on future parenting groups and connections.</p>	 
<p>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</p>	
<p>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.</p>	
<p>Mission Hospice Society: provides support with the loss of someone significant, including Circle of Friends for children. 32180 Hillcrest Ave. Contact Ian Kunitski at 604-826-2235 ext. 13 or email childandyouth@missionhospice.bc.ca http://www.missionhospice.bc.ca/</p>	
<p>Mission Maternity Clinic: We are a group of family doctors who love providing maternity care! We want your pregnancy, delivery, and the time with your newborn to be as health and satisfying as possible. No referral is needed. 604-820-1021 1st floor 7298 Hurd Street https://.facebook.com/MissionMatClinic/ https://www.divisionsbc.ca/mission/initiatives/mission-maternity-clinic</p>	



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<p>Mission Midwives: We are registered midwives who provide primary care for you during pregnancy, labour, 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/</p>	
<p>Mission Transition House: Crisis services and housing for women and their children. Call 604-826-7800. Covid restrictions are in place. http://saraforwomen.ca</p>	
<p>New Directions: Online drop-in group for Men (19+) – no cost, no registration required. Join us online Monday evenings at 6 pm (starting Feb. 3) at 6pm and connect with other men who are working to build healthy relationships, gain insight and perspective in personal growth and in addressing personal challenges. For more info visit us at: www.Facebook.com/MissionND and connect with us via Messenger, via email NewNirections@missionmcss.com or phone Mission Community Services at (604)826-3634.</p>	
<p>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 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/</p>	
<p>PEACE Program: Prevention, Education Advocacy, Counseling and Empowerment program provides a safe and supportive environment for children and youth ages 4-18 who have had exposure to violence, abuse and or trauma. Children must be living away from the abusive person. 33070 5th Ave. 604-820-8455.</p>	
<p>Reproductive Mental Health Support: includes 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 or disorder and are thinking about becoming pregnant, we can help you prepare to manage the impact of your illness whilst pregnant. During pregnancy: Any woman may experience a mental health challenge or disorder during pregnancy but some woman are more at risk than others. Postpartum: Whilst the "Baby Blues" is a common experience for women, there are more specific mental health challenges or disorders that some may also experience. Pregnancy Loss: Pregnancy loss is a unique and often lonely event in a woman's life. Healing is helped though understanding and dealing with both physical and emotional changes. Contact Mission Mental Health at (604) 814-5600</p>	
<p>SARA Outreach: Provides free confidential support to women (and their 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</p>	



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<p>meeting in person. Appointments can be made by contacting 604-820-8455 and someone will return their call as soon as possible. 33070 5th Ave. http://saraforwomen.ca</p>	
<p>Settlement and Integration Services: 33179 2nd Ave. Providing meaningful programming and support for families and individuals that are new to Canada and Mission. We offer a variety of services and are here to help you succeed and thrive in the community. If you require any support please call 604-826-3634. http://missioncommunityservices.com/settlement</p>	
<p>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. We are back in our offices and continuing to support families and childcare centers with a blend of virtual and outdoor visits. Referrals can be emailed to dana.clarkson@macl.bc.ca Our Family Support Program will get back up to full services. We will be hosting family support meeting monthly via zoom and will continue to update MACL's Facebook page regularly. Invites to the zoom meeting are posted on the Facebook page. Our family support worker can be reached at kerridan.dougan@macl.bc.ca We are currently planning for getting the Literacy Bus back up and running in some capacity. 33345 2nd Ave. 604-826-9080 ext. 280</p>	 <p>MACL</p>
<p>What's On: Mission's up-to-date website of community events for all ages. http://www.whatsonmission.ca/</p>	