

WINTER 2022

PROGRAMS AND SERVICES

THE FAMILY EDUCATION & SUPPORT CENTRE



**FAMILY
EDUCATION
& SUPPORT
CENTRE**

Since 1971

THE FAMILY EDUCATION & SUPPORT CENTRE

Travel

Facilitating Growth and Development



By Noel Stein

The Family Education & Support Centre is happy to share with you the Winter brochure, where you will find program descriptions, dates, and times. As an agency, we strive to provide quality information, education, resources, and support through public and private collaborative partnerships.

Contact us at (604) 467 - 6055 or reg@familyed.ca



PARENTING THROUGH THE AGES AND STAGES

CONNECT PARENT GROUP

Supporting parents and caregivers with concerns about their pre-teen and teens behavior and emotional health.

Date: **Jan 18 - Mar 22 (Tues)**

Time: **6:30-7:30pm**

Cost: **FREE**

SELF CARE: MENTAL WELLNESS FOR PARENTS

Designed to meet specific needs of parents living with mental health challenges including anxiety and/or depression. No diagnosis needed to attend this program. Featuring mental wellness and parenting information, resources, and support. Programming during group session for children 0-6 is available.

Date: **TBA**

Time: **TBA**

Cost: **FREE**

CONFLICT RESOLUTION AND ANGER PROGRAMS

BRAVE NEW YOU

Women learn about creating and keeping their boundaries, healthy communication, managing challenging conversations, expressing feelings and identifying personal needs.

Date: **Jan 16 - Feb 6 (Sun)**

Time: **9am - 2pm**

Cost: **\$90**

MEN'S ANGER MANAGEMENT

Explores the complex nature of anger, recognizing triggers, alternative methods of expression, and how to defuse anger.

Date: **Jan 9 - Feb 6 (Sun)**

Time: **10am - 2pm**

Cost: **\$90**

HEALTHY RELATIONSHIPS

This 2-part course looks at the fundamentals of any adult relationship including the foundation, needs, wants, and communication skills.

Cost: **\$90/per part**

price for two participants

Pt. 1

Date: **Jan 21 (Fri) 6-9pm**

Jan 22 (Sat) 10am-1pm

Pt. 2

Date: **Jan 28 (Fri) 6-9pm**

Jan 29 (Sat) 10am-1pm

CARING DADS

Helping fathers working to repair their relationships with their families. To register please contact Christina at pep@familyed.ca

Date: **TBA**

Time: **630pm-830pm**

Cost: **FREE**

Please contact pep@familyed.ca



CHILDREN'S PROGRAMMING

SCHOOL'S COOL

We are offering an eight week kindergarten readiness program for children entering school September 2022. Priority will be given to children who have not attended preschool. To register please contact Sheena at capc@familyed.ca

Date: **TBD**

Time: **TBD**

Cost: **FREE**

UNITED WAY - SCHOOL'S OUT PROGRAM

The Family Education and Support Centre United Way School's Out Program is excited to bring you Kids Helping Community. This program is designed to inspire children to begin identifying ways they can help in their community. They will have the opportunity to be a part of the solution by identifying a need they would like to address, and work together to create a way they can help to spread kindness and understanding to those in need.

Time: **2:30- 4:00pm**

Cost: **FREE**

Pitt Meadows Elementary

Date: **Jan 11 - Mar 1 (Tues)**

Golden Ears Elementary

Date: **Jan 12 - Mar 2 (Wed)**

Eric Langton Elementary

Date: **Jan 13 - Mar 3 (Thurs)**

A close-up photograph of several children's hands stacked together in a supportive grip. The hands are of various skin tones, and one child's hand has a pink wristband. The background is blurred, showing colorful objects like red and yellow star-shaped toys.

CHILDREN'S PROGRAMMING

I AM AWESOME - SPRING BREAK CAMP

This course is designed to help young people with communication styles, triggers, "I" statements, looking at their special inner qualities, how to deal with stress and how to be a friend. We are offering two sessions. Ages 7 - 11

Ages 6-8 years
Date: **Mar 14 - 17**
Time: **8am - 12pm**
Cost: **\$86/child**

Ages 9&10 years
Date: **Mar 21 - 24**
Time: **8am - 12pm**
Cost: **\$86/child**

LOCATION: THE FAMILY EDUCATION & SUPPORT CENTRE

PARENTING WORKSHOPS

KEEPING THE CHANGE - WOMEN'S GROUP

A continuation of the skills learned in Brave New You, Keeping the Change focuses on mastering skills around boundaries, empowerment, self acceptance and enjoying the person you are. This group provides group encouragement, support and information to women working to make and keep healthy change in their lives.

Date: **Mar 26 (Sun)**
Time: **10am - 12pm**
Cost: **\$30**

AFTER THE ANGER - MEN'S GROUP

A continuation of Anger Management for Men working on anger management, conflict resolution, effective communication skills, and stress management.

Date: **Feb 27 (Sun)**
Time: **10am - 12pm**
Cost: **\$30**

PARENTING RESILIENT CHILDREN

Understand better what resiliency is and how we can foster it in our families. Please note, this workshop will take place via Zoom.

Date: **Feb 8 (Tues)**
Time: **10am - 12pm**
Cost: **\$15**



CONFLICT RESOLUTION PARENTING

Learn how to use "I" statements, conflict management styles, trigger scale, active listening, paraphrasing and open questions for parenting. This workshop will take place via Zoom.

Date: **Jan 4 (Tues) or Mar 8th (Tues)**
Time: **10am - 12pm**
Cost: **\$15**

SUPPORT GROUPS

YOUNG PARENTS GROUP

An opportunity to connect with other young parents. Come and join us! For parents up to age 26. Programming for children 0-6 is available during group sessions.

Please contact admin@familyed.ca

SINGLE MOM'S GROUP

An opportunity for single mother's to get together with others alike. Programming for children 0-12 is available during group sessions.

Please contact admin@familyed.ca

PARENTING YOUNG CHILDREN

For parents of children 0-6 years of age. Programming for children 0-6 is available during parents group session.

Date: **Thursday's from Sept. - June**
Time: **9 - 11am**

Please contact admin@familyed.ca

GREAT DADS

Supporting Dads of children aged 0-6. Weekly phone support and weekly virtual group meetups. Thursday evenings from 5:30 - 7:30pm on Zoom.

Please contact pep@familyed.ca

RELAXATION AND THERAPEUTIC TOUCH

For people living with cancer, pain, stress, and or debilitating illness. Featuring relaxation and meditation, sharing, caring, and Therapeutic Touch.

Please contact **Jean (604) 463 - 7771**



DROP-IN & FAMILY PROGRAMMING

SPARK PROGRAM

Supporting Parents Along the Road to Kindergarten- Beginning at birth parents and caregivers attend a SPARK session once every fall, winter, and spring until their child enters Kindergarten. In SPARK we reflect on how children learn and grow. At each session participants receive a free toy to support learning and information related to their child's age group.

To contact our Family Navigator, Natalie, please email familynav@familyed.ca

FAMILY NAVIGATION

Family Navigation is a free service available to families with children aged 0-6 years, in Maple Ridge and Pitt Meadows. Supporting families who need help finding and accessing the programs and services in our community. Supports from the Family Navigator are available on a flexible schedule including some evenings and weekends.

FAMILY LEAF DROP-IN

For parents and caregivers with children 0-6 years of age. Please contact Massie at dropin@familyed.ca for program details.

Drop-In Schedule:

- Tuesday 9am - 12pm
- Wednesday 3 - 6pm
- Thursday 3 - 6pm
- Friday 9am - 12pm
- Saturday 9am - 12pm

Location: **The Family Education and Support Centre**

MULTICULTURAL SERVICES

Providing multicultural awareness and education programs to the community to help strengthen participation and increase understanding of cultural diversity in Maple Ridge, Pitt Meadows and Katzie.

MULTICULTURAL WOMEN'S GROUP

Meet women from around the world and learn about community services, programs, and support available while having fun! For more information please contact msc@familyed.ca

Date: **Summer 2022**

Time: **TBD**

BUILDING INTERFAITH BRIDGES COMMITTEE

A volunteer committee that works to connect and create dialogue among diverse faith groups for the purpose of harmony, peace, and understanding.

For more information, please contact Carolina at msc@familyed.ca

MAPLE RIDGE PITT MEADOWS KATZIE LOCAL IMMIGRATION PARTNERSH

LIPs Local Immigration Partnership

A council representing various sectors, meets monthly to discuss local trends, issues, and needs. Community based partnerships that work to improve the coordination of services that facilitate settlement and integration of newcomers.

For more information please visit www.ridgemeanowsnewcomers.com or contact Carolina at msc@familyed.ca

BC SPOKES

A community driven committee that will lead anti-racism and anti-hate work at a local level. This committee works to build awareness of what comprises racism and hate, mobilize their communities to respond to hate incidences in a supportive and collaborative way, and lead discussions and education opportunities.

In partnership with Fraser River Indigenous Society. For more information please contact Natalie at antiracism@familyed.ca

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada



UNDER THE TREE CHILD CARE CENTRE

A place to be for the whole family



Located at
9975 272nd Street, Maple Ridge, BC
Contact
(604) 481-0320 or underthetree@familyed.ca

A place to be for the whole family

Under the Tree Child Care Centre (UTT) is a program of the Family Education & Support Centre. Under the Tree provides programs for infant toddler, preschool, 3-5 year-olds, and before and after school care.

Our programs provide comfort to our families with the knowledge that their children will be cared for and nurtured in an inclusive setting. In this setting we guarantee individuality and diversity will be acknowledged, appreciated, and embraced.

We provide developmentally aged appropriate play opportunities for the children that are both child-centered and driven by the child's interests, with as much exposure to real life learning as possible. The program encourages applications from Indigenous, low-income, newcomer families and families who have children with extra needs – these families will be offered spots first and expedited to the top of waitlists.

**Rates and additional information available at
<https://www.underthetreechildcarecentres.com>**

**FOR MORE INFORMATION PLEASE CONTACT
UNDERTHETREE@FAMILYED.CA**





ADDITIONAL INFORMATION

KNOW BEFORE YOU GO

We cannot guarantee that our programs as listed in the brochure will run in the Winter. Locations and class sizes are subject to change in accordance to Covid-19 protocols.

Please note

- Masks are mandatory in hallways and areas where physical distancing is not possible for people 5 years and older
- Please sanitize or wash your hands upon entry into the building

LATEST UPDATES

- If you are dropping by our centre, please note our reception area has a very limited occupancy. Our reception staff will invite you in when it is safe to do so
- If you wish to speak with a specific staff member, we recommend calling ahead of time, to ensure that they are in the office and available at your requested time

STAY CONNECTED

Be the first to get notified on health and wellness updates, pop-up programs, and special events hosted by The Family Education & Support Centre



www.familyed.bc.ca



[@familyed.bc.ca](https://www.instagram.com/familyed.bc.ca)



[TheFamilyEducationandSupportCentre](https://www.facebook.com/TheFamilyEducationandSupportCentre)

LOOKING FOR MORE INFORMATION?

22554 Lougheed Hwy, Maple Ridge, BC
(604) 467 - 6055
or email reg@familyed.ca

