

WESTCOAST FAMILY RESOURCES PRESENTS:

Make the Connection

Mondays, 1:00-3:00

Starts January 25, 2010

Come play with your child under 6 in a new and exciting series! Learn more about your child's development from skilled early childhood staff. What are they learning through play? How can you build their skills, like language, socialization, and problem solving at home and in the community? **Drop In** (no registration necessary) to the Tri-Cities East Neighbourhood Centre (2062 Manning Ave, Port Coquitlam) and have some fun with your little one!

Budget Gourmet

Tuesdays, 11:30-2:30

January 26 - March 16, 2010

Come out and get creative in the kitchen. Our next 8 week session is starting soon and we want you to join us! Learn to meal plan, budget, use everyday ingredients and cook with a fun group of other adults from your community. Take home recipes and food for your family. This program is intended for families receiving Financial Assistance or who are struggling to make ends meet. The group takes place at Place Maillardville (1200 Cartier Avenue, Coquitlam)

Mother Goose

3 exciting locations!

Enjoy the interactive use of songs, stories and rhymes with your child under 6. Sessions run for 8 weeks. Please register to join us with your little one at one of the following locations:

- **Wednesdays** 10:00 - 11:30, Newport Health Unit (2nd floor, 205 Newport Drive, Port Moody)
January 20 - March 10, 2010
- **Wednesdays** 1:00-2:30, Tri-Cities East Neighbourhood Centre (2062 Manning Avenue, Port Coquitlam) January 20 - March 10, 2010
- **Thursdays** 6:00-7:30 pm, The Outlet at Leigh Square (2253 Leigh Square, Port Coquitlam)
January 21 - March 11, 2010

You Make the Difference

Mondays, 5:00-7:00 pm

February 1 - March 29, 2010

Learn to interact positively with your child through this 9 week educational group. Parents will learn skills through discussion, videotapes, and the parent handbook while their children are cared for by the child minders. At the end of each session, parents are encouraged to practice what they have learned through fun-filled activities with their child. Find out how you can use music, books, play and your own creativity to strengthen your bond with your child! The program runs at the Tri-Cities East Neighbourhood Centre (2062 Manning Avenue, Port Coquitlam). A light dinner will be provided)

To register for any of these programs

Call 604-603-3316

All programs are provided free of charge



Visit us at our website at www.westcoastfamily.org or look for us on **Facebook**

Step by Step Child Development Society and Westcoast Family Resources

Proudly presents a workshop for parents:

“Proactive Approaches to Challenging Behaviours”

This is a free and informative, three evening workshop focused on building your confidence and skill level in the areas of communication, guidance, consistent parenting and keeping your sanity through the journey of parenting a “spirited” child under 12

The workshop is presented at the **Tri-Cities East Neighbourhood Centre** (2062 Manning Ave. Port Coquitlam)

3 Tuesdays, February 9th, 16th & 23rd 6:00-9:00pm



Please register at 604-603-3316

Free Child minding