

WESTCOAST FAMILY RESOURCES PRESENTS:

Budget Gourmet

Tuesdays, 11:30-2:30

October 19th-December 7th

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 The Tri-Cities East Neighbourhood Centre (2062 Manning Ave, Port 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) October 6-November 24th
- **Wednesdays, 1:00-2:30**, Tri-Cities East Neighbourhood Centre (2062 Manning Avenue, Port Coquitlam) October 6-November 24th
- **Thursdays, 6:00-7:30 pm**, The Outlet at Leigh Square (2253 Leigh Square, Port Coquitlam) October 7th-November 25th

You Make the Difference

Fridays, 10:00-12:00

October 15th-December 10th

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