









**MISSION
COMMUNITY
SERVICES**

January – March 2022

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 from 10-12pm. 33313 3rd Ave. For more info and to register email earlyyears@missionmcss.com or phone (604) 826-6194.</p>	
<p>Dinner with Dad: Starts Thurs. Feb. 3 at 33313 3rd Ave. Doors open at 5:30 and dinner at 6-7. Spend time with other dads and their children ages 0-8, share ideas and have some food. Please register at allistern@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 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. New sessions will run in Feb. For more info. or to register please email literacyprogramreg@gmail.com</p>	
<p>Mission 4 Kids Family Place: 33313 3rd Avenue and Horne. Programs for families with children 0-8. Our programs are always changing and evolving. Please contact us at earlyyears@missionmcss.com for more information 778 347-1181</p> <p>Family Place Drop-in: Play with toys, make a craft, sing some songs. Stay 10 minutes or the whole morning. For parents, and primary caregivers with children 0-6</p> <p>Mondays: 12:30-2:30 Tuesdays: 8:30-11:30 and 12:30-2:30 Thursdays: NatureWorks 9-10:30 at Heritage Park and 12:30 - 2:30 at Family Place Fridays: 8:30 - 11:30</p>	
<p>Mission Parks, Recreation & Culture: View the Rec Update online for the latest Mission Parks, Recreation and Culture schedules, activities and offerings. https://www.mission.ca/municipal-hall/departments/parks-recreation-and-culture/</p> <p>Fun & Run: Tuesdays, Jan 4-Mar 8 8:30-10:00am, parent participation and pre-registration required. Free program.</p> <p>Discount Swim: Sundays, Jan 2-Mar 6 10:15am-12:15pm Children 3-12 years \$1, youth, adults & sixty plus \$2</p> <p>Discount Skate: Mondays, Jan 10-Mar 7 3:30-4:45pm. Children 3-12 years \$1, youth, adults & sixty plus \$2</p>	





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<p>Rubber Ducky Swim: Mondays & Wednesdays Jan 5 – Mar 8, 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</p> <p>District Pro-D Swims: Friday Feb 18 and Mar 11 10:00am-3:00pm Join us for some fun in the pool on the Pro-D Day. Admission for Children 3-12 years is \$1.00 and youth 13-18 years is \$2.00. Regular Admission Rates for Adults and Seniors.</p> <p>District Pro-D Skate: Friday, Feb 18 1-2:30pm Admission for Children 3-12 years is \$1.00 and youth 13-18 years is \$2.00. Regular Admission Rates for Adults and Seniors. Skate and helmet rentals separate.</p> <p>PLAY Pass Program: The PLAY Pass program provides qualified individuals free admission to the Leisure Centre. To qualify, applicants must have been a City of Mission resident for at least 3 months, be at or below the low-income thresholds as outlined by Statistics Canada or on Income Assistance through the Ministry of Housing and Social Development or the Federal social Development program. All applications are subject to a \$5 administration fee for individual applications and \$10 for family applications. The information sheet and application form can be found on our website bottom of this page Parks, Recreation and Culture in Mission - City of Mission</p>	
<p>Mission Public Library: 33247 2nd Ave 604-826-6610</p> <p>Virtual Programming: Babytime: 10:30am on Monday, Wednesday and Friday Storytime: 3pm on Monday, Wednesday, Friday, Saturday 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.</p> <p>New: Opening hours are from 10-6 Monday to Thursday and 10-5 Friday and Saturday.</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. Starts Mon. Jan. 17th 10-11am for 10 weeks. Location: 33313 3rd Ave. For more info and to register, email mim.suzanne@gmail.com</p>	



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<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. 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): Pekk'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>Story Time with Brianne and Diana: Thursdays 4:00-4:45pm via Zoom (6 week sessions) Books included. Registration is required and space is limited. Please email brianne.huish@mpsd.ca</p>	
<p>Strong Start Centers: A free Family Literacy Program, for children ages -5 accompanied by an adult. Families are presented with opportunities to connect with other families, to the school and to their community. https://www.mpsd.ca Windebank: 33570 11th Ave. Monday-Friday 8:30-11:30am West Heights: 32065 Van Velzen Ave. Tuesday-Friday 8:30-11:30am Mission Central: 7466 Welton St. Monday-Friday 12-3pm Cherry Hill: 32557 Best Ave. Mon/Tues/Wed/Friday 12-3pm Deroche: 10340 N. Deroche Rd. Mon/Wed/Friday 8:30-11:30am Silverdale: 29175 Donatelli Rd. Tues/Thursday 8:30-11:30am</p>	

Resources and Supports for Parents and Caregivers

<p>Baby's Best Chance: We provide support, educational resources and pregnancy/baby related items for women during pregnancy/postpartum and their children up to age 6. Pregnancy Outreach Worker is currently providing support at 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 http://saraforwomen.ca/services/</p>	
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<p>Balanced Co-Parenting Group: Learn to get along better with your child, solve problems with your co-parent, increase the harmony in your family and increase your own confidence. Free Virtual Parenting Group on Tuesdays 7-8:30pm from Feb 1-March 1. For more info and to register please phone (604)826-3634 or email louiset@missionmcss.com</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. We are located at 33313 3rd Ave. in Mission</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 778-201-2367 or email crr@missionmcss.com *Register for workshops/ referrals and toy library online at https://missioncommunityservices.com/programs/family-programs/crr/</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): We area families whose kids struggle with Mental Health and/or Substance Use challenges. For over 20 years, through the Community Parent Peer Support program. FamilySmart has provided parent peer support to all B.C families who are parenting a child (0-young adult). We can listen, understand, offer resources and options, and connect you to services. We are available to meet in person or by phone or email. Free service. No waitlist. Phone 604-878-3400 or visit 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. Phone 604-852-2686 or visit www.fvcdc.org</p>	
<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>	













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<p>In the Know: FamilySmart Community Parent Peer Support Workers host monthly video events followed by a facilitated conversation on topics that are important to families and those working to support the mental health of children and youth. Watch a video from our library or join the monthly online discussion with other families for information and support on child and youth mental health or substance use topics. www.familysmart.ca/itk</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 Literacy in Motion: MLIM provides programs such as Reading Buddies, Mother Goose, Coderdojo and infant massage. For more information contact literacyprogramreg@gmail.com Visit website www.literacyinmission.org</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 group for men (19+). Join us Wednesday evenings at 6 pm (starting Jan. 19) and connect with other men who are working to build healthy relationships, gain insight and perspective in personal growth and in addressing personal challenges. Contact us at NewDirections@missionmcss.com or at Mission Community Services at 604- 826-3634 to register.</p>	
<p>Nobody's Perfect Parenting Program: Parent led program for anyone parenting a child aged 0-6. For more info and to register phone 604-826-3634 or email earlyyears@missionmcss.com</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>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 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 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 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>	










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<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>Sharing and Caring in Mission: Join Diana and Brianne for this monthly parent/caregiver group offering support and resources for families living in Mission. Group runs the last Wednesday of the month from 1-2pm via Zoom. Email brianne.huish@mpsd.ca to register or for more information.</p>	
<p>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 Pkw'xe:yales (St. Mary's), 34110 Lougheed, 604-820-6097. http://www.stolonation.bc.ca/family-services</p>	
<p>South Asian Parenting Group: On-line South Asian Parent led program for anyone parenting a child aged 0-6yrs. For more info and to register phone 778-347-1181 or email earlyyears@missionmcsc.com</p>	
<p>Starfish Backpack Program: is run through the Rotary Club of Mission, Sunrise. Each week the backpack contains 2 breakfasts, 2 lunches, 2 dinners, 2 snacks and fresh fruit for children to take home for the weekend. Recipients are selected by school administrators.</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. Referrals can be emailed to amy.adrian@macl.bc.ca Currently, there is a waitlist for the program. Our Family Support Program hosts monthly family support meetings via zoom from September to June and continues 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 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</p>	
<p>What's On: Mission's up-to-date website of community events for all ages. http://www.whatsonmission.ca/</p>	
<p>Riot of Reading –2022 Edition: We are taking it to the streets! Celebrate Family Literacy Together- and Apart! Watch for our ever popular, Riot of Reading Solutions Family Literacy Fair at multiple locations throughout downtown Mission on Saturday Jan. 29 10-2pm. Pick up your Riot of Reading Passport at Family Place or the Library and start your journey. A full passport can be entered into a draw to win a prize!</p>	