



Burnaby Family Life

A place to go ... a place to grow!

2012 Winter, Spring, Summer Program Guide

BFL Locations:

Burnaby South Secondary School	5455 Rumble Street, Burnaby
Edmonds Resource Centre	7355 Canada Way, Burnaby
Metrotown	6140 McKercher Ave, Burnaby
Morley Elementary School	7355 Morley St, Burnaby
North Burnaby Learning Centre	103 - 4181 Hastings St, Burnaby
Olivet Baptist Church	613 Queens Ave, Burnaby
Administration Office	102 - 2101 Holdom Ave, Burnaby

www.burnabyfamilylife.org

Main office: 604-659-2200

Program Registration: 604-659-2205

FAMILY LIFE EDUCATION - call 604-659-2205 to register

Anger Management for Men - Understanding Your Anger

(8 sessions, \$50 paid in advance)

This group is to understand your anger, the causes of anger and how to express it responsibly. Learn about communication, how to express your feelings without violence and create healthy relationships, how to increase your self-esteem and improve your interpersonal skills and self-understanding.

Mon, Jan 23, 6:30pm-8:30pm, Metrotown

Anger Management for Parents (6 sessions, \$30 paid in advance)

For parents and caregivers that want to show less anger to their children and increase the frequency of positive interactions. You will learn effective communication skills, how to encourage your children to express their feelings, parenting strategies, and techniques to deal with the daily stress of being a parent.

Mon, Apr 23, 6:30pm-8:30pm, Metrotown

Father's Support Group (8 sessions, by donation)

For fathers or men providing care to children between the ages of 2 - 14. If you have questions or concerns about how to be a supportive, encouraging role model to children this class is for you. You will learn to understand encourage, communicate with and provide effective discipline and guidance to your children. We will also cover various styles of parenting and improved communication. You will also learn how to minimize the negative effects of parental separation and divorce.

Thu, Mar 29, 6:30pm-8:30pm, Metrotown

Immigrant Women's Support Group (10 sessions, by donation)

Finding yourself feeling down and missing your relatives? Feeling lost in Canadian Society? Come and meet other immigrant women, share your stories and strengths in a safe and supportive environment. Childcare available.

Fri, Jan 13, 9:30am-11:30am, Metrotown

Fri, Apr 13, 9:30am-11:30am, Metrotown

Nobody's Perfect 1 (8 sessions, free)

An educational & support program for parents with children under age 6 who haven't had a chance to explore parenting ideas in a group setting. Free childcare, snack and transportation is provided.

1. English

Tue, Jan 24, 12:30pm-2:30pm, Metrotown

Mon, Apr 16, 12:30pm-2:30pm, Edmonds

Tue, Apr 17, 12:30pm-2:30pm, Metrotown

2. Mandarin

Thu, Jan 26, 12:30pm-2:30pm, Metrotown

Tue & Thu, Jul 3, 12:30pm-2:30pm, Metrotown

3. Arabic

Mon, Jan 16, 12:30pm-2:30pm, Edmonds

Nobody's Perfect 2 (8 sessions, free)

Support and educational group for parents with children under 6 years of age who have previously attended some other parenting group. Learn skills to strengthen your relationship with your child, understand your child's development and behaviour, explore who you are and who you want to be as a parent and share experiences with other parents. Free childcare, snack and transportation provided if required.

Thu, Apr 19, 12:30pm-2:30pm, Metrotown

Parenting for Immigrants (8 sessions, by donation)

Raising children in a new society is a difficult task. Come and meet other mothers & fathers and share your stories in a safe and supportive environment. Childcare available.

Wed, Jan 25, 12:30pm-2:30pm, Metrotown

Wed, Apr 18, 12:30pm-2:30pm, Metrotown

Single Mothers' Support Group (Ongoing, free)

Come and meet other single moms, connect with resources, share stories and support in a friendly space while enhancing your independence. Childcare is available. Registration required. *(Offered in collaboration with the Vancouver YWCA)*

Wed, 6:30pm-8:30pm, Metrotown

Systematic Training for Effective Parenting (STEP)

(7 sessions, \$50/\$80 couple, paid in advance)

A parenting program for parents of kids 4 years and older, to learn about parenting styles, why children misbehave, when to intervene in sibling rivalry, how parents assist their children in misbehavior (without even knowing it), how to use effective discipline, how to use communication to build respect and cooperation, how to have your child be a positive, contributing member of your family, and ending tantrums. Fee includes cost of book. Childcare provided if pre-registered.

Thu, Jan 19, 6:30pm-8:30pm, Metrotown

Sat, Jan 28, 1:30pm-3:30pm, Metrotown

Sat, May 12, 1:30pm-3:30pm, Metrotown

Sat, Apr 14, 10:00am-11:00am

Mon, Apr 16, 10:00am-11:00am

Tue & Thu, Jul 3, 10:00am-11:00am

Family Drop-Ins (Ongoing, donation of \$2.00)

Come and spend fun-filled hours with your children. Come socialize and meet other parents. Your child will develop new skills and make new friends.

Location: Edmonds

Wed, 9:30am-11:30am

Thu, 3:30pm-5:30pm

Sat, 10:00am-12:00pm

Location: Metrotown

Mon, 9:30am-11:30am

Mon, 12:30pm-2:30pm

Tue, 9:30am-11:30am

Tue, 3:30pm-5:30pm

Wed, 9:30am-11:30am

Fri, 12:30pm-2:30pm

Sat, 10:00am-12:00pm

Location: North Burnaby

Learning Centre

Sat, 10:00am-12:00pm

LIFE SKILLS SERVICES

Financial Literacy (4 sessions, free, call 604-659-2205 to register)

Are you struggling to make sense of your money? Join this fun interactive class to learn more about setting money goals, budgeting, saving tools and the wise use of credit. The workshop is designed for people with low to modest incomes who want to take more control over their money. Childcare available if pre-registered.

Wed, Feb 1, 12:30pm-2:30pm, Metrotown

Wed, May 2, 12:30pm-2:30pm, Metrotown

ENGLISH CLASSES & HOMEWORK CLUBS FOR IMMIGRANT FAMILIES

African Children's Homework Club call 604-254-6468 to register

This program supports elementary school aged children of African immigrants with adaptation to the Canadian school system through homework help, study skills and cultural activities. *The program runs in collaboration with the REACH Multicultural Family Centre.*

Tue, Wed & Thu, ongoing, 4:00pm-6:00pm, Building 6, Community Room 600, Hillside Gardens, 7434 Kingsway, Burnaby (free)

ESL for Immigrant Women

(Sept 2011 to June 2012, free, call 604-298-5888 to register)

These are literacy and basic level English classes for newcomer women who are unable to participate in ELSA programs. These classes are open to women of all ages and all cultural backgrounds. While mothers learn English, their children learn social and language skills needed for success in the Canadian school system. Certified staff in the ECE and ESL programs supports women and their children. Offered *in collaboration with Pacific Immigrant Resources Society*

Location - Morley, Bilingual assistance in Dari/Farsi

1. Mon & Fri, 12:30pm-3:00pm, Higher Beginner

2. Tue & Thu, 9:15am-11:45, Beginner

3. Tue & Thu, 12:30pm-3:00pm, Literacy/Low Level beginner

FAMILY RESOURCE PROGRAM

Parent-Child Mother Goose (10 sessions, free)

A group experience for parents of children up to 24 months old, focusing on the pleasure and power of using rhymes, songs and stories together. Call 604-659-2206 to register

Location: Edmonds

Mon, Jan 9, 10:00am-11:00am

Sat, Jan 14, 10:00am-11:00am

Location: Metrotown

Thu, Jan 12, 10:00am-11:00am

Thu, Apr 12, 10:00am-11:00am

Families Together Program (8 sessions, free)

For families with children of ages 1 - 5 years. Come spend some time with your child, learn new songs, read books, do art activities and improve your English vocabulary. Free snack provided.

Fri, Jan 20, 10:00am-12:15pm, Edmonds, Room 205

Fri, Apr 13, 10:00am-12:15pm, Edmonds, Room 205

Baby & Me Second Stage (ongoing, free, call 604-659-2230 to register)

This is a weekly educational support group for moms with babies aged 6 to 18 months. Topics include challenges of parenting, infant development, infant health and nutrition. Enjoy a healthy snack, group discussions and make new friends.

Fri, 10:00am-12:00pm, Edmonds, Room 104

CHILD CARE CENTRES

Burnaby South Child Care (children 8 weeks to 36 mos.)

The Young Parent Program provides a supportive environment for pregnant and parenting students while they continue their secondary education. The childcare centre is licensed and operates *in collaboration with the Burnaby South Secondary School*. Community families are also welcome. To register call 604-257-4465 or 604-664-8560 ext 4108.

Morley Child Care (children 3 yrs to 5 yrs; before & after school; preschool)

Offers 3 licensed childcare programs: Children aged 3 - 5 years, Before and After School Centre and Preschool for children 3 & 4 years. For more information call 604-659-2235.

PRE & POSTNATAL SERVICES

Pregnancy Outreach Program

(ongoing, free, call 604-659-2228 to register)

Are you pregnant? Feeling alone or under stress? On a tight budget? This program offers weekly support groups for high risk pregnant women that includes a nutritious lunch, a one-hour education session, the services of an Outreach Worker, Dietitian, Public Health Nurse. Food coupons, vitamins, bus tickets and childcare services are available to clients. Registration is required and seating is limited.

Tue, 12:00pm-2:30pm, Olivet Baptist Church

Wed, 11:30am-2:00pm, Edmonds, Room 104

Baby & Me (offered at Olivet & Edmonds)

(ongoing, free, call 604-659-2228 to register)

If you are feeling alone, stressed, or on a tight budget and would like to share the joys and challenges of caring for a new baby, then this group is for you. A weekly educational support group for high-risk women with babies 0 - 6 months of age that include: a nutritious lunch, a one hour education session, infant weight gain monitoring, services of an Outreach Worker, Dietitian, and Public Health Nurse. Food coupons, bus tickets and childcare are available to clients. Registration required and seating is limited.

Tue, 10:30am-1:00pm, Olivet Baptist Church

Thu, 11:30am-2:00pm, Edmonds, Room 104

INDIVIDUAL COUNSELLING SERVICES FOR WOMEN SURVIVORS OF RELATIONSHIP ABUSE OR CHILDHOOD SEXUAL ABUSE

Free, ongoing. Call 604-659-2217 for more information
FREE individual counselling offered by qualified professionals. Eligibility: women aged 19 years or older, who reside in Burnaby and have a history of sexual, physical and/or emotional abuse, or New Westminster (if there is a history of childhood sexual abuse). Sufficient safety and stabilization is required if in recovery from substance abuse. A telephone interview is conducted to determine eligibility. For additional information or to request an interview please call 604-659-2200.

Counselling Services has a reserved emergency time for Burnaby women and female youth who have experienced recent abuse. The purpose is to provide immediate support, discuss possible options and provide referrals.

Contact the Supervisor of Counselling Services directly at 604.659.2217.

GROUPS FOR ADULT FEMALE SURVIVORS OF CHILDHOOD SEXUAL ABUSE

Qualified counsellors conduct a variety of psycho-educational and expressive groups each year. All groups are by donation, limited to a maximum of ten women, and are usually 10 weeks in length except where noted. All participants will be interviewed in person by the facilitator(s) to determine eligibility and readiness for group work. Eligibility: A history of sexual abuse, living in a safe environment, sufficient stabilization and safety if in recovery from substance abuse, and 19 years of age or older. For some groups, participants must also have access to a one-to-one therapist for the duration of their group work. Call 604 659-2200 for more information or to request an intake interview.

Relationships and Sexuality

(10 weeks, by donation, call 604-659-2200 to register)

This group will be open to individuals who have experienced childhood sexual abuse. They must have already had some one-to-one sexual abuse counselling or be currently seeing a one-to-one therapist. Sessions will build on participants' previous knowledge of the impacts of abuse and look at the dynamics of partner relationships, intimacy and sexuality in more detail.

Mon, Jan 9, 5:30pm - 7:30pm, location to be announced

Adult Survivors of Sexual Abuse (ASSA)

This is a 3-level group that runs from September - April/May. Participants are required to commit to all three levels and must have a one-to-one therapist. A screening interview is required to determine eligibility, prior to the September start, so please call ahead to be put on the waitlist. Call 604-659-2200 to register

Discovery and Empowerment

This experiential group will address the impacts of abuse through a creative format. Re-discover yourself, gain skills to cope with the effects of trauma and explore new ways to be empowered. Group starts in September. Please call in advance if you are interested in order to be put on a waitlist for screening interviews. Call 604-659-2200 to register

CHILDREN WHO WITNESS ABUSE PROGRAMS

Individual Counselling

Weekly individual sessions for both programs (free, ongoing, call 604-659-2200 for more information)
Children Who Witness Abuse - for children between ages 3 and 12 years.
Youth Exposed to the Abuse - for teens 13 to 18 years.

Group Counselling

A variety of educational and therapeutic groups offered to children and youth using creative therapies. Call 604-659-2200 for more information.

Childcare: In programs where childcare is provided, pre-registration for all children between the ages of 18 months and 10 years will be accepted. For children under 18 months of age, pre-approval for special circumstances must be obtained prior to registration. For more information or to register for any program, please call 604 659-2205.