LICENSÉ CHILD CARE CENTRES

BURNABY SOUTH CHILD CARE CENTRE (children 8 weeks to 3 years)
The Young Parent Program provides a supportive environment for pregnant and parenting students while they continue their secondary school education. This child care centre is licensed and operates in partnership with Burnaby South Secondary School. Additional spaces that are not being utilized by the YP program are available to the community. The community spaces are initially available on a month-to-month basis when new families start, but can become permanent depending on availability. This program has been selected as a Universal Child Care Prototype site where parents pay a maximum of $300 a month.

- Hours of Operation: 7:30am to 5:30pm (Mon-Fri)
- The centre is closed for 5 maintenance days and 4 professional development days during the calendar year.
- To register as a secondary student call 604-296-6880 ext. 510641
- Community families can register for the child care waitlist on our website.
- Morning and afternoon snacks and one hot lunch per week are provided
- Client fees: Five days $200
- Additionally, families may be eligible for the Affordable Child Care Benefit. To determine if you qualify, visit www.gov.bc.ca/affordablechildcarebenefit

- MORLEY CHILD CARE CENTRE
  At Morley Elementary School three licensed programs are offered. The Centre is closed for 5 maintenance days and for 4 professional development days during the calendar year. You can register for each program waitlist on our website.
In these three programs below, families may be eligible for the Affordable Child Care Benefit. To determine if you qualify, visit www.gov.bc.ca/affordablechildcarebenefit.

3-5 Child Care provides quality care for children ages 30 months to 5 years. (For children under 36 months there is an additional fee).
- Hours of operation: 7:30am-3:30pm (Mon-Fri)
- Reduced client fees: Two days: $385, Three days: $535, Five days: $800

Preschool offers play-based learning environment for children 30 months to 5 years. Runs 12 months long (closed for 2 weeks over spring break, 2 weeks over winter break and all other school closure days)
- Hours of operation: 9:00am-12:30pm (Mon-Fri)
- Two days: $315, Three days: $490
- The preschool is open during the summer! Ongoing registration through the year.

Out of School Care is a safe and fun program before and after school for children from kindergarten to grade 5 September to June who attend Morley Elementary School.
- Hours of Operation: 7:30am to 6:00pm
- The centre is closed for 5 maintenance days and 4 professional development days during the calendar year.
- Reduced client fees: Two days: $450, Three days: $635, Five days: $950
- Additionally, families may be eligible for the Affordable Child Care Benefit. To determine if you qualify for it, visit www.gov.bc.ca/affordablechildcarebenefit.

SUMMER CAMP

Offered for children who will complete kindergarten in 2020 through 10 years of age. Full activity schedule and weekly themes available on our website in March.

Location: Metrotown, McKercher
- July 6, 2020 - September 4, 2020
- Hours of operation: Monday - Friday 8am-6pm
- Prices: week with statutory holidays $180 and full weeks $225
- For more information or to register, email to occ@burnabyfamilylife.org

The Campbell Family Resource Centre offers a nutritious lunch, one hour education session, and infant weight gain monitoring for infants 0-6 months. The group offers a nutritious lunch, one hour education session, and infant weight gain monitoring with the support of a dietitian, public health nurse, and outreach worker. This is not a drop in program, registration is required.

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

FAMILY RESOURCES PROGRAMS

THERE IS AN ANNUAL $10 PROGRAM FEE THAT IS INCLUSIVE TO ALL BURNABY FAMILY LIFE FAMILY RESOURCE PROGRAMS

Parent-Child Mother Goose (Fee: $10/family annual program fee)
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 778-858-0485 to register.

Location: BNH, North (10 sessions)
- Mondays, 11:30am-1:30pm, starting April 1, 2020
- Location: Pioneer (9 sessions)
- Thursdays, 9:45am-11:15am, starting April 2, 2020

Baby & Me Second Stage (Fee: $10/family annual program fee)
This is a weekly educational support group for parents 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. Call 604-659-2205 or 778-858-0485 for more information.

Location: Edmonds Resource Centre, Room 205
- Fridays, ongoing, 9:30am-11:30am (except June 19)

Family Drop-Ins (Fee: $10/family annual program fee)
Come and spend fun-filled hours with your children while socializing and meeting other parents. Your child will develop new skills and make new friends.

Location: BNH South, Family Place Room
- Tuesdays, ongoing, 1:30pm-3:30pm (except April 13, 2020, May 18, & Aug. 6)
- Wednesdays, ongoing, 9:30am-11:30am (except July 1, 2020)
- Thursdays, ongoing, 9:30am-11:30am & 12:30pm-2:30pm (except April 10 & June 19)

Learning Together Through Play Drop-Ins (Fee: $10/family annual program fee)
Come and spend fun-filled hours with your children and experience some different activities that promote English language development and vocabulary through songs, rhymes, stories and puppet play.

Location: BNH South, Family Place Room
- Tuesdays, ongoing, 1:30pm-3:30pm
- Saturdays, ongoing, 10am-12pm

Location: Edmonds Resource Centre, Room 205
- Wednesdays, 9:30am-11:30am (except July 1)

Location: Brentwood Learning Centre
- Saturdays, ongoing, 10am-12pm

PREGNANCY OUTREACH PROGRAM

Baby & Me (Fee, ongoing, call 604-659-2225 to register)
A weekly support group for mothers experiencing emotional, social, financial and health challenges with infants 0-6 months. The group offers a nutritious lunch, one hour education session, and infant weight gain monitoring with the support of a dietitian, public health nurse, and outreach worker. Food coupons, vitamins, bus tickets and child care are available. This is not a drop in program, registration is required.

Location: Olive Church
- Tuesdays, 12:00pm-2:00pm

Pregnancy Outreach Program
(Fee, ongoing, call 604-659-2225 to register)
A weekly support group for pregnant women experiencing emotional, social, financial and health challenges with infants 0-6 months. The group offers a nutritious lunch, one hour education session, and infant weight gain monitoring with the support of a dietitian, public health nurse, and outreach worker. Food coupons, vitamins, bus tickets and child care are available. This is not a drop in program, registration is required.

Location: Olive Church
- Tuesdays, 10:30am-1:00pm
- Location: Edmonds, Room 104
- Thursdays, 11:30am-2:00pm

More information is available at our website www.burnabyfamilylife.org
FAMILY LIFE EDUCATION PROGRAMS

Immigrant Women’s Support Group (8 sessions. To register call: 604.659.2205)
Finding yourself feeling down and missing your relatives? Feeling lost in Canadian Society? Come and meet other immigrant woman and learn about your community, education, employment, healthcare etc. while sharing your stories in a safe and supportive environment. Practice your English and meet new friends.
Location: Pioneer Community Resource Centre - 5th Floor
Thursdays, 12:30pm-2:30pm, starting April 23, 2020
Facilitator: Maya Mihajlovic

Fatherhood, A Journey (8 sessions. To register call 604.659.2205)
Come and meet other fathers to learn about raising children in today’s world. Topics include modern parenting techniques, how to notice and provide encouragement, dealing with stress and age-appropriate expectations. We will also look at some effective strategies for positive discipline and communication. Other topics may be added to meet the specific needs of the attending fathers.
Location: BNH-North
Wednesdays, 6:30pm-8:30pm, starting April 22, 2020
Facilitator: Roland Boutin

Healthy Habits for Families (8 sessions. Register online or call 604.659.2205)
Raising children is one of the most important jobs there is, but often, it can be difficult and stressful. Join other parents in these week-long sessions to share strategies and ideas that will help create calm and healthy mindsets. Mealtimes, Bedtime, Screen-time
Location: TBD
Fridays, 12:30pm-2:30pm, starting April 24, 2020
Facilitator: Kathryn Dula

Anger Management for Men- Understanding Your Anger (8 sessions. $65 paid in advance, Register online or call 604-659-2205, please note there is no child care available for this program)
A group for men that want to gain an understanding of the causes and effect of anger. The group is led by expert facilitators and is flexible to meet the specific needs of the attending parents/caregivers but might include: Mealtimes, Bedtime, Screen-time
Location: TBD
Tuesdays, 6:30pm-8:30pm, starting May 5, 2020
Facilitator: Roland Boutin

Parenting for Immigrants (8 sessions, by donation- Register online or call 604.659.2205)
Raising children in a new country is a difficult task. Come and learn about your community, education, employment, healthcare etc. while sharing your stories in a safe and supportive environment. Practice your English and meet new friends.
Location: Pioneer Community Resource Centre - 5th Floor
Thursdays, 12:30pm-2:30pm, starting April 23, 2020
Facilitator: Maya Mihajlovic

Systematic Training for Effective Parenting (STEP) (7-8 sessions. Register online or call 604.659.2205)
Systematic Training for Effective Parenting is a 7-session program for any care provider of children between the ages of 2-12 years. This program is designed to help you understand, identify and manage triggers and stress, expression of other emotions, and to gain an understanding of the source(s) of your anger, the effect of your anger on your child, and how to prevent and manage it.
Location: Pioneer Community Resource Centre - 5th Floor
Fridays, 10am-12pm, starting April 24, 2020
Facilitator: Claire Chiang

P.E.A.C.E PROGRAM
Prevention, Education, Advocacy, Counselling, Empowerment.

Programs for children and youth experiencing violence.

Individual Counselling
(Free, ongoing. Call 604.659.2217 for more information)
Individual counselling is offered by qualified professionals. Eligibility: women and transgendered women ages 19 years or older, who reside in Burnaby and have a history of sexual, physical, financial, emotional abuse, and/or witnessed domestic violence in their life time. Service is open to New Westminster residents 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.
Group Counselling
(For more information or to register, call 604.659.2217)

Individual Counselling
(For more information or to register, call 604.659.2217 for more information)

Open Art Studio
The Hub Open Studio is a program created by Burnaby Family Life in partnership with the Burnaby Youth Hub. Hub Open Studio is a space where youth can explore creating art with a range of materials, in a non-judgmental and nurturing environment. It represents a place where art can be used as a vehicle for expressing emotions and creativity. It runs every Wednesday afternoon 1pm-3pm at the Burnaby Youth Hub location. All youth and service providers are welcome!

Burnaby Schools
Burnaby Family Life offers psycho-educational workshops and pre-sessions, as well as counselling groups like “Keeping Cool” and “Creative and Strong!”, to Burnaby elementary and secondary schools. We are also funded to facilitate Violence if Preventable program. If your school is interested in receiving these programs, contact 604.659.2217 to be placed on the waiting list.

Moving Ahead
This is a collaborative, case management service approach that serves refugees and immigrants who face multiple barriers in their process of settlement. This program offers outreach and in-home consultations in order to reach and support isolated newcomers and populations. Some of the services provided are: Needs Assessment, Wrap Around Support Plan, Individual Case Management, Social and Emotional Support, Settlement Information, Life Skills and Supported Access to Services.

BFL partners with MOSAIC and serves clients, from Burnaby and other cities across Metro Vancouver that speak these languages: Dari, Farsi, Hindi, Urdu, English, French, Kirundi, Kinyarwanda, Swahili and Lingala. This program is funded by IRC.
For referrals and self-referrals please contact our Program Assistant at 604.659.2205.

www.burnabyfamilylife.org