

THE FAMILY EDUCATION AND SUPPORT CENTRE

Since 1971

FACILITATING GROWTH AND DEVELOPMENT

The Family Education And Support Centre is happy to share with you the Spring/Summer brochure where you will find program descriptions, dates, and times. As an agency, we strive to provide quality information, education, resources, and support through public and private collaborative partnerships.



Contact us at (604) 467 - 6055 or reg@familyed.ca

PARENTING THROUGH THE AGES AND STAGES



CONNECT PARENT GROUP

Supporting parents and caregivers with concerns about their pre-teen and teens behavior and emotional health.

Date: **TBA**
Time: **TBA**
Cost: **FREE**



STEP - E

Developmentally appropriate parenting skills for children aged 0-6. Programming for children 0-6 is available.

Date: **Winter 2024**
Time: **1-3pm**
Cost: **FREE**

MENTAL WELLNESS FOR PARENTS

Designed to meet specific needs of parents living with mental health challenges including anxiety and/or depression. No diagnosis needed to attend this program. Featuring mental wellness and parenting information, resources, and support. Programming for children 0-6 is available.

Date: **May 3- June 21 (Wed)**
Time: **945-1145am**
Cost: **FREE**



CONFLICT RESOLUTION AND ANGER PROGRAMS

HEALTHY RELATIONSHIPS

This course looks at the fundamentals of any adult relationship including the foundation, needs, wants, and communication skills.

Date: **April 1 & 8 (Sat)**

Time: **9am-3pm**

Cost: **\$90**

price per participant

MEN'S ANGER MANAGEMENT

Explores the complex nature of anger, recognizing triggers, alternative methods of expression, and how to defuse anger.

Date: **April 23- May 14 (Sun)**

Time: **9am - 2pm**

Cost: **\$90**

ANGER MONSTERS

This children's program is designed to teach children 8-12 yrs old what anger is.

This program is designed to allow participants to be able to identify their triggers and learn tools to help control their anger.

The parents program features skills from Neufeld Institute, including various anger cycles and goals of behavior.

Participants will also learn how to help support their child's efforts to tame their anger, along with different calming techniques.

Date: **May 27- June 17 (Sat)**

Time: **330-530pm**

Cost: **\$90**

***price for 1 parent and 1 child**

BRAVE NEW YOU

Women learn about creating and keeping their boundaries, healthy communication, managing challenging conversations, expressing feelings and identifying personal needs.

Date: **May 6- June 3 (Sat)**

Time: **9am - 2pm**

Cost: **\$90**

CARING DADS

Helping fathers working to repair their relationships with their families.

Date: **April 12 (Wed)**

Time: **630pm-830pm**

Cost: **FREE**

PARENTING WORKSHOPS & PROGRAMS



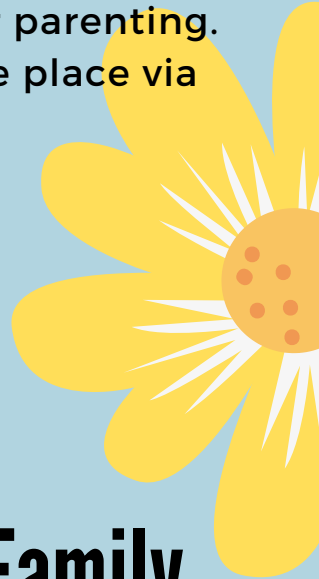
CONFLICT RESOLUTION PARENTING

Learn how to use "I" statements, conflict management styles, trigger scale, active listening, paraphrasing and open questions for parenting. This workshop will take place via Zoom.

Date: **TBD**

Time: **10am - 12pm**

Cost: **\$15**



PARENTING RESILIENT CHILDREN

Understand better what resiliency is and how we can foster it in our families. Please note, this workshop will take place via Zoom.

Date: **TBD**

Time: **10am - 12pm**

Cost: **\$15**

My Changing Family

The Family Education and Support Centre presents a new course called My Changing Family. This course is 2hrs a week for 5 weeks.

There are separate groups children and parents taking place at the same time. Each group will learn tools and skills to help with divorce/ separation with a trained facilitator. The course will look at coping with grief and loss, children and divorce/separation, dealing with the divorce/separation, conflict resolution, co-parenting, and managing joint custody.

Date: April 1st- May 6th (Sat)

Time: 330pm-530pm

Ages: Gr 1-Gr 6

Cost: \$120 Per family

Please note, there will be a max of 2 parents and 2 children per family

CHILDREN'S PROGRAMMING

SCHOOL'S COOL

We are offering an eight week kindergarten readiness program for children entering school September 2022. Priority will be given to children who have not attended preschool.

Date: **April 5 to June 21 (Tues/Wed)**

Time: **12:30 to 4:30pm**

Cost: **FREE**



UNITED WAY - SCHOOL'S OUT PROGRAM

Resiliency through Recreation

This program will focus on fun activities around the different elements of resiliency such as optimism, competency, emotional development and relationships. Students Kindergarten to Gr 7 are welcome and we have mentors on site to help with any additional needs.

Time: **2:20-4 pm**

Cost: **FREE**

Pitt Meadows Elementary

Date: **April 11- May 30(Tues)**

Golden Ears Elementary

Date: **April 12- May 31 (Wed)**

Eric Langton Elementary

Date: **April 13- June 1 (Thurs)**



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

SPRING BREAK PROGRAMS

I Am Awesome

DESIGNED TO HELP YOUNG INDIVIDUALS WITH COMMUNICATION STYLES, TRIGGERS, LOOKING AT THEIR SPECIAL INNER QUALITIES, HOW TO DEAL WITH STRESS AND HOW TO BE A FRIEND!

Monday- Thursday

Time: 8am -12pm

March 13-17 (6-8yrs)

March 20-24 (9-10 yrs)

Price: Free



To register, please call 604-467-6055 or email reg@familyed.ca our office, or visit our website familyed.bc.ca

SUPPORT GROUPS

YOUNG PARENTS GROUP

An opportunity to connect with other young parents. Come and join us! For parents up to age 26. Programming for children 0-6 is available during group sessions.

Please contact k.rhodes@familyed.ca

SINGLE MOM'S GROUP

An opportunity for single mother's to get together. Programming for children 0-12 is available during group sessions.

Please contact k.rhodes@familyed.ca

PARENTING YOUNG CHILDREN

For parents of children 0-6 years of age. Programming for children 0-6 is available

Date: **Thursday's from Sept. - June**

Time: **9 - 11am**

Please contact k.rhodes@familyed.ca

GREAT DADS

Supporting Dads of children aged 0-6. Weekly phone support and weekly virtual group meetups.

CHILDRENS PROGRAMMING FOR DROP IN & PARENTING YOUNG CHILDREN IS PROVIDED BY: CAPC COMMUNITY ACTION PLAN FOR CHILDREN

FAMILY LEAF DROP-IN

Nurturing meaningful connections for parents and caregivers with children 0-6 years of age. Please contact Massie at m.dehghanfar@familyed.ca for program details.

FAMILY NAVIGATION

Family Navigation is a free service available to families with children aged 0-6 years, in Maple Ridge and Pitt Meadows. Supporting families who need help finding and accessing the programs and services in our community. Supports from the Family Navigator are available on a flexible schedule including some evenings and weekends.

Please contact n.binns@familyed.ca



MULTICULTURAL SERVICES

Providing multicultural awareness and education programs to the community to help strengthen participation and increase understanding of cultural diversity in Maple Ridge, and Pitt Meadows.

MULTICULTURAL WOMEN'S GROUP

Meet women from around the world and learn about community services, programs, and support available while having fun! For more information please contact c.echeverri@familyed.ca

Date: **Summer 2023**

Time: **TBD**

LIPS

LIPs Local Immigration Partnership

A council representing various sectors, meets monthly to discuss local trends, issues, and needs. Community based partnerships that work to improve the coordination or services that facilitate settlement and integration of newcomers.

For more information please visit www.ridgemeanowsnewcomers.com or contact c.echeverri@familyed.ca

INTERFAITH BRIDGING COMMITTEE

A volunteer committee that works to connect and create dialogue among diverse faith groups for the purpose of harmony, peace, and understanding.

For more information, please contact Carolina at c.echeverri@familyed.ca

BC SPOKES

A community driven committee that will lead anti-racism and anti-hate work at a local level. This committee works to build awareness of what comprises racism and hate, mobilize their communities to respond to hate incidences in a supportive and collaborative way, and lead discussions and education opportunities.

In partnership with Fraser River Indigenous Society. For more information please contact Natalie Binns at antiracism@familyed.ca



Funded by:

Immigration, Refugees and Citizenship Canada

Financé par :

Immigration, Réfugiés et Citoyenneté Canada



UNDER THE TREE CHILD CARE CENTRE

A place to be for the whole family



Located at
9975 272nd Street, Maple Ridge, BC
Contact
(604) 481-0320 or underthetree@familyed.ca

A place to be for the whole family

Under The Tree Child Care Centre (UTT) is a program of The Family Education And Support Centre. Under the Tree provides programs for infant toddler, preschool, 3-5 year-olds, and before and after school care.

Our programs provide comfort to our families with the knowledge that their children will be cared for and nurtured in an inclusive setting. In this setting we guarantee individuality and diversity will be acknowledged, appreciated, and embraced.

We provide developmentally aged appropriate play opportunities for the children that are both child-centered and driven by the child's interests, with as much exposure to real life learning as possible. The program encourages applications from Indigenous, low-income, newcomer families and families who have children with extra needs - these families will be offered spots first and expedited to the top of waitlists.

Rates and additional information available at <https://www.underthetreechildcarecentres.com>

**FOR MORE INFORMATION PLEASE CONTACT
UNDERTHETREE@FAMILYED.CA**



UNDER THE TREE CHILD CARE CENTRE PHOTO GALLERY



ADDITIONAL INFORMATION

KNOW BEFORE YOU GO

We cannot guarantee that our programs as listed in the brochure will run in the spring/summer and are subject to change in accordance with Public Health Orders. Masks will not be made mandatory; however, our agency acknowledges and respects the choice to wear a mask, or not, as a personal choice for clients and staff.

If you wish to speak with a specific staff member, we recommend calling ahead of time, to ensure that they are in the office and available at your requested time. Masks may be required for in person, close contact meetings.

Please note, if you are experiencing any cold or flu like symptoms, you will be asked to go home, and return upon feeling better.

STAY CONNECTED

Be the first to get notified on health and wellness updates, pop-up programs, and special events hosted by The Family Education And Support Centre



www.familyed.bc.ca



[@familyed.bc.ca](https://www.instagram.com/familyed.bc.ca)



[TheFamilyEducationandSupportCentre](https://www.facebook.com/TheFamilyEducationandSupportCentre)

LOOKING FOR MORE INFORMATION?

22554 Lougheed Hwy, Maple Ridge, BC
(604) 467 - 6055
or email reg@familyed.ca

