


February 2024 drop in Programs



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|---|---|---|
|  | 29 Drop in @ Quayside 9:30 - 11:30AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Baby Talk @ Quayside 1:00 - 2:00 PM | 30 Drop in @ Quayside 9:30 - 11:30 AM | 31 Drop in @ Quayside 9:30 - 11:30AM Drop in @ Eighth + Eight 9:30 - 11:30 AM | 1 | 2 | 3 |
| 4 Family Yoga @ Quayside 11:30 AM Ages 3+ Register with Yoga on the Quay  | 5 Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Baby Talk @ Quayside 1:00 - 2:00 PM | 6 Drop in @ Quayside 9:30 - 11:30 AM | 7 Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM | 8 Drop in @ Quayside 9:30 - 11:30 AM Portuguese Support Circle @ Quayside 12:00-1:30 PM | 9 Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Spanish Support Circle @ Quayside 12:00-1:30 PM | 10 Lunar New Year Drop in @ Quayside 9:30 - 11:30 AM  |
|  | 12 Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Baby Talk @ Quayside 1:00 - 2:00 PM | 13 Drop in @ Quayside 9:30 - 11:30 AM | 14 Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM  | 15 Drop in @ Quayside 9:30 - 11:30 AM Portuguese Support Circle @ Quayside 12:00-1:30 PM | 16 Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Spanish Support Circle @ Quayside 12:00-1:30 PM | 17 Drop in @ Quayside 9:30 - 11:30 AM |
|  | 19 CLOSED FOR FAMILY DAY | 20 Drop in @ Quayside 9:30 - 11:30 AM | 21  Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM | 22 Drop in @ Quayside 9:30 - 11:30 AM Portuguese Support Circle @ Quayside 12:00-1:30 PM | 23  Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Spanish Support Circle @ Quayside 12:00-1:30 PM | 24 Drop in @ Quayside 9:30 - 11:30AM |
| | 26 Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Baby Talk @ Quayside 1:00 - 2:00 PM | 27 Drop in @ Quayside 9:30 - 11:30 AM | 28 Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM | 29 Drop in @ Quayside 9:30 - 11:30 AM Portuguese Support Circle @ Quayside 12:00-1:30 PM | March 1 Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Spanish Support Circle @ Quayside 12:00-1:30 PM | 2 Drop in @ Quayside 9:30 - 11:30AM |

All Family Place programming is designed for caregivers and children aged 0-6. There is *no cost* to participate in these programs. We offer drop ins *without pre-registration* uptown and downtown and also special registered events (see the reverse for information on all of this month's programs). Follow us on social media @newwestfamilies for updates, giveaways and resources or visit our website www.newwestfamilies.ca



February 2024 Programs

Drop in Programs

What is a drop in? We offer play and early learning for your little ones in a caregiver-participation setting, without fees or pre-registration! Make connections and gain parenting and family resources from our team from two locations:

Quayside 112-960 Quayside Drive, next to Craft Cafe.

This month we will have special guests at Quayside drop-ins: 🎵 on Monday, February 12 Mrs. Lori is back with her fantastic Musical experience- don't miss out on this crowd pleaser! 📖 on Wednesday, February 21 Alicia, the children's librarian from New Westminster Public Library, will lead a special Storytime; 🦷 on Friday, February 23 Andrea, the dental hygienist from Fraser Health will be available to check your child's teeth. Each week this month we have a raffle on site with a great prize for those who sign up for our email newsletter!

Eighth + Eight 735 8th Avenue, room 1A, in the Massey Theatre Building.

This month we will have special guests at our Eighth + Eight drop-in: 🤝 on Wednesday, February 7 we will have Child Care Resources & Referrals (CCRR) on site to discuss childcare options with you.

Community Programs & Events



Family Yoga with Yoga at the Quay | February 4, 2024 11:30 - 12:00 @ Quayside

The first Sunday of the month is now Family Yoga time with Laura - the practice is geared for ages 3+ and their caregivers. Get ready for some alphabet soup yoga and more!

The class is FREE but requires you to register <https://tinyurl.com/FAMYOG>

Baby Talk | Mondays 1:00 - 2:00 @ Quayside

A space for new parents and caregivers with pre-mobile babies (under 12 months) to connect with other new parents and learn tips, skills and resources from our Family Support Worker and expert guests. Each week will feature a topic, a chance for parents to ask questions and discuss their concerns and experiences, and build community.

This class is drop-in and does not require pre-registration.

Parent Support Circle | Offered in Portuguese Thursdays 12:00-1:30 PM Spanish Fridays 12:00-1:30 PM.

This free and confidential self-help group, in partnership with the Parent Support Services Society of BC, provides parents and caregivers with a safe space to share their stories, build communities, learn new skills, receive emotional support and discover new services and resources.

For more information or to register please email info@newwestfamilies.ca with your interest.



Don't Ignore Your Pelvic Floor! Free Workshop | Wednesday, February 21 1:00-2:00 PM @ Quayside

Childbirth, postpartum and perimenopause can all cause changes to your pelvic floor.

Join us for a FREE workshop with Physiotherapist Kate Von Schellwitz from Gravidia Physiotherapy to learn how to improve your pelvic health and strength at home. Refreshments will be served.

Registration required: <https://ow.ly/LhHk50QtN5o>

Toy Lending Library | FREE AND ONGOING | @ New Westminster Public Library Main Branch @ 716 6th Ave

Visit the main branch of the public library to borrow up to 3 toys for 3 weeks with your library card.

Did you go through struggles after your baby was born and come out the other side?

Are you interested in sharing your experience and learning how to support new parents through this struggle?

We will offer new training for you to support your community.

Contact us by February 19, 2024 if interested in training info@newwestfamilies.ca