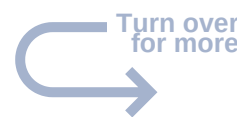


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>29</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Baby Talk Drop in @ Quayside 1:00 - 2:00 PM	<b>30</b> Drop in @ Quayside 9:30 - 11:30 AM	<b>1</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM	<b>2</b> Drop in @ Quayside 9:30 - 11:30 AM Portuguese Circle @ Quayside 12:00 PM - 1:30 PM <i>*registered</i>	<b>3</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Spanish Circle @ Quayside 12:00 PM - 1:30 PM <i>*registered</i>	<b>4</b> Drop in @ Quayside 9:30 - 11:30 AM Mental Health First Aid @ Quayside 8:30 PM - 4:30 PM <i>*registered</i>
<b>5</b> Family Yoga @ Quayside 11:30 AM Ages 3 + yrs. Register with Yoga on the Quay	<b>6</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Baby Talk Drop in @ Quayside 1:00 - 2:00 PM	<b>7</b> Drop in @ Quayside 9:30 - 11:30 AM	<b>8</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM	<b>9</b> Drop in @ Quayside 9:30 - 11:30 AM Portuguese Circle @ Quayside 12:00 PM - 1:30 PM <i>*registered</i>	<b>10</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Spanish Circle @ Quayside 12:00 PM - 1:30 PM <i>*registered</i>	<b>11</b> Drop in @ Quayside 9:30 - 11:30 AM
	<b>13</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Baby Talk Drop in @ Quayside 1:00 - 2:00 PM	<b>14</b> Drop in @ Quayside 9:30 - 11:30 AM	<b>15</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM	<b>16</b> Drop in @ Quayside 9:30 - 11:30 AM Portuguese Circle @ Quayside 12:00 PM - 1:30 PM <i>*registered</i>	<b>17</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Spanish Circle @ Quayside 12:00 PM - 1:30 PM <i>*registered</i>	<b>18</b> Closed for May Long Weekend
	<b>20</b> Closed for May Long Weekend	<b>21</b> Drop in @ Quayside 9:30 - 11:30 AM	<b>22</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Gross Motor Talk @ Quayside 7:00-8:30 PM <i>*registered</i>	<b>23</b> Drop in @ Quayside 9:30 - 11:30 AM Portuguese Circle @ Quayside 12:00 PM - 1:30 PM <i>*registered</i>	<b>24</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Spanish Circle @ Quayside 12:00 PM - 1:30 PM <i>*registered</i>	<b>25</b> Drop in @ Quayside 9:30 - 11:30 AM
	<b>27</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM	<b>28</b> Drop in @ Quayside 9:30 - 11:30 AM	<b>29</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM	<b>30</b> Drop in @ Quayside 9:30 - 11:30 AM Portuguese Circle @ Quayside 12:00 PM - 1:30 PM <i>*registered</i>	<b>31</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM Spanish Circle @ Quayside 12:00 PM - 1:30 PM <i>*registered</i>	<b>1</b> Drop in @ Quayside 9:30 - 11:30 AM

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. Please do a wellness check before attending and stay home if you are unwell. Follow us on @newwestfamilies for updates, giveaways and resources. Visit our website [www.newwestfamilies.ca](http://www.newwestfamilies.ca)





# April 2024 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 these locations:

**Quayside** 112-960 Quayside Drive, next to Craft Café.

Drop-in Monday-Saturday 9:30-11:30 AM. *Note that Family Place-Quayside will be closed for the May long weekend May 18-20.*

Special guests at drop-in this month:



Monday, May 13 Colour it Cantonese Special Circle time of song and rhyme in Cantonese with Priscilla



Thursday, May 30 chat with Hannah from Kinsight about your child's development



Tuesday, May 21 learn from YMCA Childcare Resource and Referrals consultant, Susan

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

Drop-in Monday, Wednesday and Friday 9:30-11:30 AM.

Special guests at drop-in this month:

 Monday, May 6 & Friday, May 17 Check-ups with Fraser Health Dental Hygienist, Andrea

 Friday, May 10 chat with Hannah from Kinsight about your child's development



Friday, May 31 learn from YMCA Childcare Resource and Referrals consultant, Susan

 Wednesday drop-ins at Eighth & Eight we are joined by Annie from Cameray Child & Family Services

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

A space for new parents and caregivers with pre-mobile babies (under 12 months) to connect and learn tips, skills and resources from our Family Support Worker and expert guests. Drop in each week for a different topic and a chance to ask questions and discuss your concerns and experiences.

NEW

**Tigrinya Storytime | Mondays May 6 & June 3 1:30 - 2:30 PM @ New West Public Library Main Branch**

Discover the joy of storytelling in the Tigrinya language! Join us for our new monthly Storytime just for you at New Westminster Public Library, led Mrs. Aida.



**Family Yoga with Yoga at the Quay | April 5 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 [bit.ly/3Jk9C4R](https://bit.ly/3Jk9C4R)

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

This free and confidential parent 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. To register email [info@newwestfamilies.ca](mailto:info@newwestfamilies.ca)



**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.

Learn more: [bit.ly/3vOsE06](https://bit.ly/3vOsE06)

UPCOMING PARENTING PROGRAMS TO BE ANNOUNCED