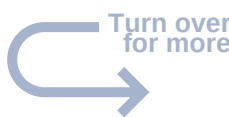


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>29</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM <b>Baby Talk Drop in @ Quayside</b> 1:00 - 2:00 PM	<b>30</b> Drop in @ Quayside 9:30 - 11:30 AM	<b>1</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM	<b>2</b> Drop in @ Quayside 9:30 - 11:30 AM	<b>3</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM	<b>4</b> Drop in @ Quayside 9:30 - 11:30 AM <b>Mental Health First Aid @ Quayside</b> 8:30 PM - 4:30 PM <i>*registered</i>
<b>5</b> <b>Family Yoga @ Quayside</b> 11:30 AM Ages 3 + yrs. <i>Register with Yoga on the Quay</i>	<b>6</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM <b>Tigrinya Storytime @ Public Library</b> 1:30-2:30 PM <b>Baby Talk Drop in @ Quayside</b> 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	<b>10</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM	<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 <b>Baby Talk Drop in @ Quayside</b> 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	<b>17</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM	<b>18</b> <b>Closed for May Long Weekend</b>
	<b>20</b> <b>Closed for May Long Weekend</b>	<b>21</b> Drop in @ Quayside 9:30 - 11:30 AM <b>Nobody's Perfect (Tigrinya)</b> 12:00-2:00 PM <i>*registered</i> <b>Positive Discipline</b> 7:00-9:00 PM <i>*registered</i>	<b>22</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM	<b>23</b> Drop in @ Quayside 9:30 - 11:30 AM	<b>24</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM	<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>Baby Talk Drop in @ Quayside</b> 1:00 - 2:00 PM	<b>28</b> Drop in @ Quayside 9:30 - 11:30 AM <b>Nobody's Perfect (Tigrinya)</b> 12:00-2:00 PM <i>*registered</i> <b>Positive Discipline</b> 7:00-9:00 PM <i>*registered</i>	<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	<b>31</b> Drop in @ Quayside 9:30 - 11:30 AM Drop in @ Eighth + Eight 9:30 - 11:30 AM	<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)





# May 2024 Programs

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



Monday, May 27 don't miss Mrs Lori for her Parent-tot Musical experience at our Circle Time.

**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 Drop-in | 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 Drop-in | Monday, May 6 & Monday, June 3 1:30 - 2:30 PM @ New West Public Library**

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 <https://2ly.link/1xoCI>

**Positive Discipline in Everyday Parenting | Tuesdays, begins May 14 7:00-9:00 PM @ Quayside**

This 9 week program teaches you long-term solutions that develop your parenting practice - this isn't permissive parenting and it isn't punishment! It is about teaching non-violence, empathy, self-respect, human rights and how these relate to your parenting.

The course is FREE but requires you to register <https://tinyurl.com/6rfvx2ap>

**Nobody's Perfect Parenting Program (Tigrinya) | Tuesdays, May 14- June 18 2024 12:00 - 2:00 PM @ Quayside**

This group is for parents like you, and it's made to fit what you care about. It's a 6-week program that you need to sign up for, and it's all about cheering you on and helping you on your parenting adventure.

This program is FREE but requires you to register: <https://tinyurl.com/5brjust2>

**Parent Support Circle Offered in Portuguese and Spanish**

For information or 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](http://bit.ly/3vOsE06)