



## Family Resource Programs

### Fall: September to December



Mount Pleasant  
Neighbourhood House

Program / Description	Dates	Where
<b>Nobody's Perfect</b> For families with young children (0-5yrs), to discuss real-life parenting, self-management, ages & stages, temperament and other topics	Fall: Thurs. Sept 17- Oct 29 5:00-6:30pm Winter: Feb.	Online Zoom - 7 sessions
<b>Circle of Security (Spanish)</b> For families with young children 0-6yrs & up. A program that will help parents to understand children's emotions & behaviours	Tuesdays Oct 20 - Dec 1st 10:00-11:30am	Online Zoom - 7 sessions
<b>Balance &amp; Well-being</b> For Indigenous families. Come and join us to discuss family issues. For registration contact Nicole: <a href="mailto:nicole.iey@vahs.life">nicole.iey@vahs.life</a>	Thursdays 11:00 am - 12:30pm	Online Zoom
<b>Latin American Families Drop In [Oruguitas Latinas]</b> Socialization & play based activities, plus a snack. Circle Time (Spanish) - Contact Lina: <a href="mailto:larias@mpnh.org">larias@mpnh.org</a>	Saturdays twice a month 11:00am-1:00pm	At MPNH Date to be determined
<b>Dads at Play Family Drop In</b> Socialization & play based activities, snack & discussion Contact Angelo: <a href="mailto:angelo.e.moroni@gmail.com">angelo.e.moroni@gmail.com</a>	Saturdays - starting Oct. 31 Saturdays 10:00-12:00pm	At MPNH
<b>My Tween and Me (Spanish)</b> for families with children 7 to 12yrs. Ideas & discussion	Tuesdays Nov 3-Dec 15 5:30-7:30	Online Zoom
<b>SFU Creating with Nature - Empowering the Village</b> (Parenting Matters)	Saturday Oct 24 10:30 am -12:30	At MPNH Parklet
<b>VCH ADHD and Families (Parenting Matters)</b> Information & Discussion	Wed. Oct. 28 5:00-7:00pm (Spanish) Nov. (English)	Online Zoom
<b>Anxiety and Families (Parenting Matters)</b> Information, Stigma & practical tools	Thurs. Nov 5/12 5-6:30pm	Online Zoom - 2 sessions

Program subject to change. For more information/registration contact Carmen at: [ccontreras@mpnh.org](mailto:ccontreras@mpnh.org)

In collaboration with:



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Unceded Coast Salish Territory

[www.mpnh.org](http://www.mpnh.org)