

# Family Programs - Spring 2023

## Parenting Programs

Nobody's Perfect - **Tuesdays**, 10 AM - 12 PM (April 18 to May 23)

Circle of Security - **Wednesdays**, 10 AM - 11:30 AM (May 17 to June 28) in Spanish (on-line & in person).

Nuevos Comienzos - **Wednesday**, 10 AM - 11:30 AM (monthly) on-line

Positive Parenting - **Thursdays**, 4:30 PM - 6 PM (May 11 to June 15)

Parenting Matters - Mornings or afternoons (once a month)

YWCA Single Moms Program - **Mondays**, 6 - 8PM call/text 604-219-8952



## Indigenous Dinner Gatherings

For Indigenous community members! Gather over a home cooked meal, community kitchen nights and cultural activities!

**Every Monday** 5:30 PM - 7:30 PM (except 3rd Monday of the month)

For more information, contact Trish - 778-772-5770 or contact Lisa - 604-652-3846

## Family Drop-Ins

Play with Me! - **Mondays** 10 AM - 11:30 AM (Re-starting April 17)

Yoga with Families - **Tuesdays** 10:00 - 11:00 AM

Sing & Grow - **Fridays** 10 AM - 11 AM - Baby Time

**Fridays** 11 AM - 12 PM - Toddler Time

Location: 1 Athletes Way, Olympic Village, Vancouver

Oruguitas Latinas - **Saturdays** 11 AM - 1 PM For more information, contact Lina - Larias@mpnh.org

Dad's at Play - **Saturdays** 10 AM - 11:30 AM (continuing April 15)



## Mount Pleasant Neighbourhood House

800 East Broadway, Vancouver, BC, Canada

Unceded Coast

Salish Territory

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

For all general inquires please contact

Carmen: [ccontreras@mpnh.org](mailto:ccontreras@mpnh.org) or

call 236-756-0020

**OR**

scan the QR code for more information on Family Resource Programs



ALL PROGRAMS ARE SUBJECT TO CHANGE OR CANCELLATIONS



BC COUNCIL FOR  
FAMILIES



Vancouver Aboriginal  
Health Society