

Parents are the first teachers in a child's life. At this drop-in program, we encourage parents to engage with their children through play with materials, textures, colours, puzzles, etc that support healthy social, emotional and physical development. This is also a place where you can connect with other parents and network. Program in-person at MPNH.

Mount Pleasant Neighbourhood House 800 East Broadway, Vancouver Unceded Coast Salish Territory www.mpnh.org



For more information and register, please email Bilquis at bhirani@mpnh.org.







1 Athletes Way, Olympic Village, Vancouver

Featuring: nursery rhymes and songs, information about infant development and connection to community resources. Baby Time (0-12 months old) is from 10:00 to 11:45 a.m. and Toddler Time (1 to 2.5yrs old) is from 11:00 to 11:45 a.m. For more info contact Carmen at ccontreras@mpnh.org

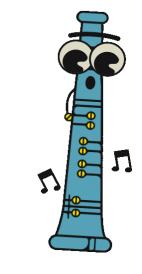
Donation \$3 welcome!



To register please access: https://forms.office.com/r/g6BDHVhHbW











Mount Pleasant Neighbourhood House



Sept. 15 to Dec. 1st 2023



- An indoors-outdoors play-based program where children and fathers play and connect together.
- Dads can connect with other dads and share insights about fatherhood.
- Monthly topics are suggested by parents and facilitated by co-leaders.



For more information & registration, contact:

- Rodrigo at dadsatplay@mpnh.org
- https://forms.office.com/r/hSPTrbLY2i

Mount Pleasant Neighbourhood House 800 East Broadway, Vancouver, BC **Unceded Coast Salish Territory** www.mpnh.org









Mount Pleasant Neighbourhood House Re-starting Saturday Sept. 9







Para familias con niñ@s de 0-5 años



Para mayor información, contacte a Lina Arias: Larias@mpnh.org, o deje mensaje al 236.756.2000.

This program is in Spanish/Este programa es en español



Para registrarse:

https://forms.office.com/r/0Gz1TKzS0n



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Gruquitas





Mount Pleasant Neighbourhood House





Blended: In person & On-line

Some sessions at MPNH

800 East Brodway, Vancouver

For families with children 6 months old to 6 years old

This program is for you if you have questions about understanding your children's behaviours and how to to respond in an adequate, kind and problem-solving manner.

Circle of Security provides a simple diagram that helps us and our children, to detect emotional needs. The sessions are based on a 40 years research that demonstrates that our children are more inclined to respond in better ways if we attend their feelings and emotions first.

For more information email Carmen: ccontreras@mpnh.org



Register here or by scanning Qr code: https://forms.office.com/r/D2sSk73rPz



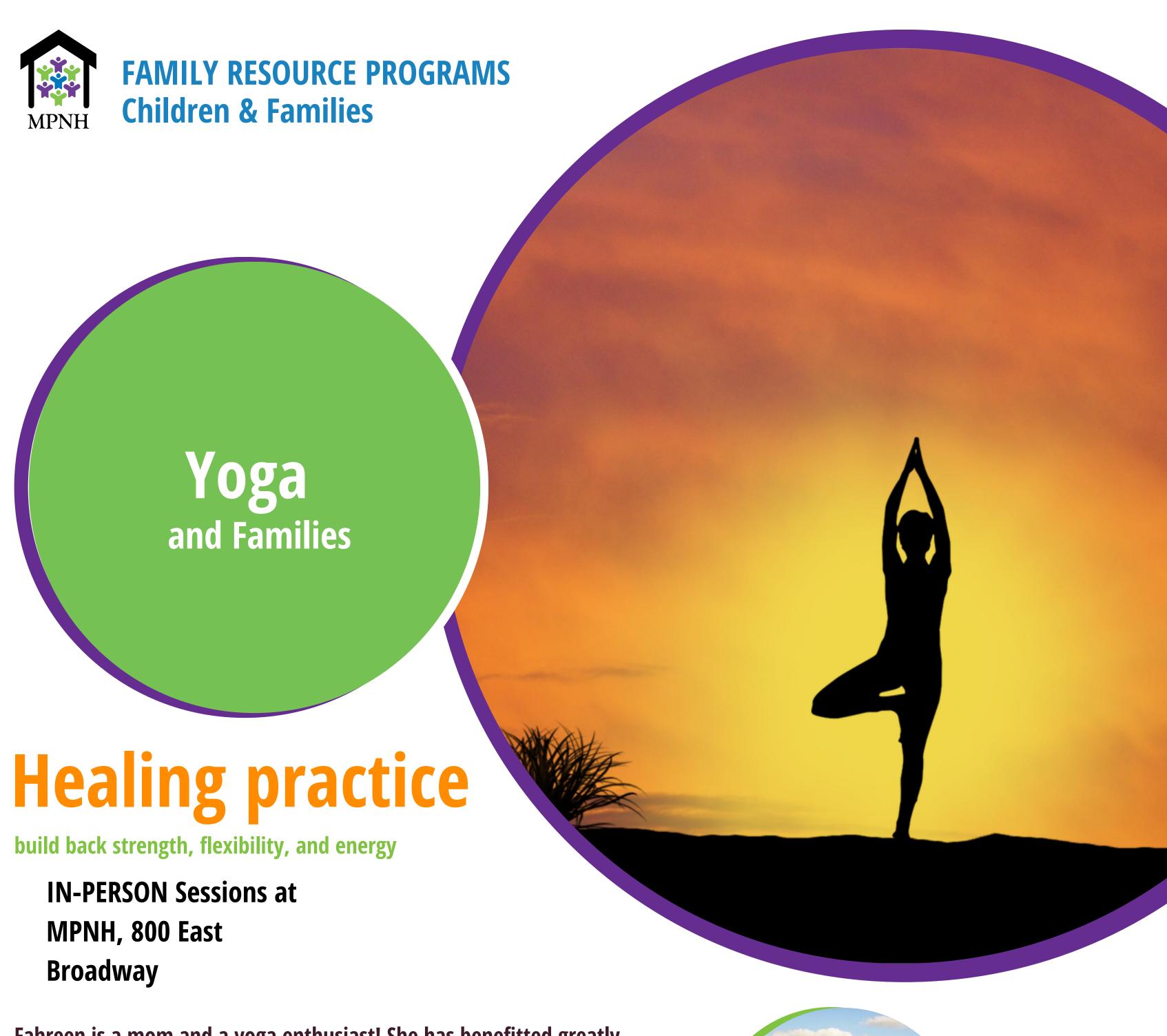












Fahreen is a mom and a yoga enthusiast! She has benefitted greatly from yoga prior to, during, and after pregnancy, and she thinks doing some down dog with the little ones is a great way to build back strength, flexibility, and energy as a busy mom. She has been practicing yoga for approximately ten years, and she is keen to share this healing practice with others.

Please come out to practice some wonderful yoga together! You don't have to have children to attend.

Mount Pleasant

Neighbourhood House





For more information or register email ccontreras@mpnh.org





On-going

2023