



FAMILY RESOURCE PROGRAMS
Children & Families

**Play
with Me!**

Family Drop-in

for families with children 0-5yrs old

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.



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



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



Mount Pleasant
Neighbourhood House

Re-starting on Sept. 18 2023

Mondays

10:00 to 11:30 a.m.



FAMILY RESOURCE PROGRAMS
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Sing & Grow

Creekside Baby Toddler Time

at Creekside Community Centre

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

Fridays

10:00 a.m. to 11:45 a.m.



FAMILY RESOURCE PROGRAMS
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Dads at Play!

Connect Together!

A weekend drop-in program for dads with children 0-5 years

- 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>

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Re-starting Saturday Sept. 9

Saturdays 10:30am to 12:00pm or 1:00 to 3:00pm



Mount Pleasant
Neighbourhood House



FAMILY RESOURCE PROGRAMS
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MPNH Oruguitas Latinas

Latin American Family Drop-In

Para familias con niñ@s de 0-5 años

Este es un espacio para familias latinas para jugar e interactuar con sus hij@s, socializar, participar en actividades de arte, sesiones informativas, cantar canciones y planear actividades en conjunto. También "Nadie es Perfecto" y otros programas pueden estar disponibles.

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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2do y 4to **sábado** del mes de **11am a 1pm**





FAMILY RESOURCE PROGRAMS
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Circle of Security

Blended: In person & On-line

Some sessions at MPNH
800 East Broadway, 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 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>



Sept. 21 to Nov. 2nd 2023

Thursdays 4:00 to 6:00 p.m.



Mount Pleasant
Neighbourhood House

Vancouver
CoastalHealth



FAMILY RESOURCE PROGRAMS
Children & Families

Yoga and Families

Healing practice

build back strength, flexibility, and energy

**IN-PERSON Sessions at
MPNH, 800 East
Broadway**

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.



For more information or register email
ccontreras@mpnh.org



Mount Pleasant
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On-going

2023

Tuesdays, 10:15-11:00 a.m.