



Thunderbird Family Drop In

Calling all parents with little ones! Join us in the family drop-in centre for a variety of fun activities. Educational toys, crafts and books are geared towards making learning and playtime fun. Parents have an opportunity to socialize and share information with one another. Open Monday, Wednesday, Friday and Saturday as scheduled below.



All Family Drop In programs are open to parents and caregivers with children newborn to 6 years old. A maximum ratio of 3 children per daycare provider is permitted in our programs. A Thunderbird Family Membership is required to participate.

The Hut Family Drop In

Calling all Skeena families! Join us at the Hut for a variety of fun activities where parents can socialize and share information. A light lunch is included. For Skeena residents only. Open Friday 11:30 am-2:30 pm.

The Hut Community Kitchen

We invite you to join us for a multi-cultural lunch. Led by parents in the community, participants are encouraged to prepare and share favourite recipes. There will also be regular visits from a health nurse and librarian who will share information, resources and answer any questions you may have. The Hut is located in the Skeena Terrace Housing Complex (2202 Cassiar Street) and open on Tuesdays 11:00 am-2:30 pm.

Family Drop In Schedule & Locations					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Thunderbird Family Room 11:30 am-2:30 pm Sept 19-Dec 5	The Hut at Skeena Terrace 11:00 am-2:30 pm Sept 20-Dec 6	Thunderbird Family Room 11:30 am-2:30 pm Sept 21-Dec 7	Family Drop In Closed	Thunderbird Family Room 11:30 am-2:30 pm The Hut at Skeena Terrace 11:30-2:30 pm Sept 23-Dec 9	Parent & Tot Gym 11:45 am-1:30 pm Thunderbird Family Room 1:00-3:00 pm Sept 24-Dec 10

Friday Night Family Fun

6+ yrs

Bring the family and enjoy your choice of family fun! Step into the gym for a variety of different sports or watch a different movie each week and play cooperative games. Children will have the opportunity to assist with simple food preparation. This program is for parents with children 6-12yrs old.

Family Gym Drop In 6:15-8:00 pm
Family Movie & Games 7:00-9:00 pm
Fri Sept 23-Dec 9
FREE with Family Membership.

StrongStart BC

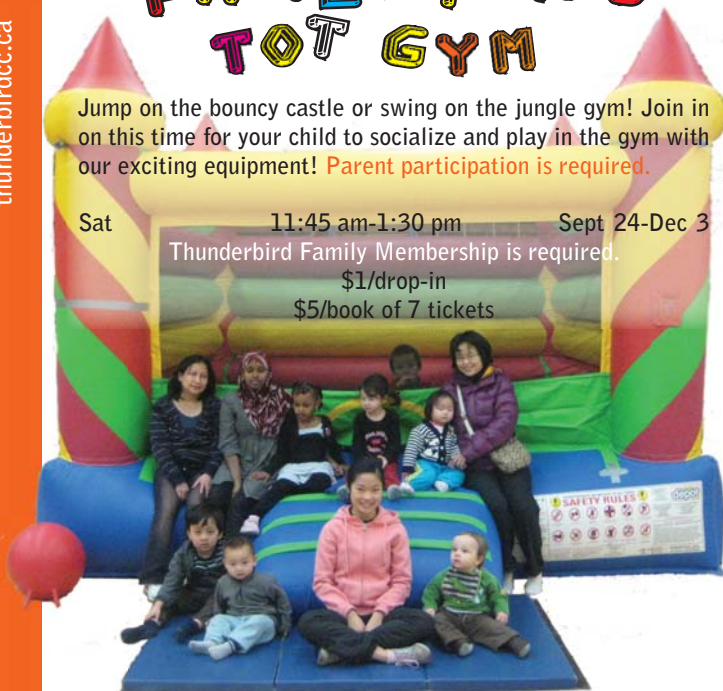
StrongStart BC is a free, drop-in early learning program for preschool-aged children 0 to 6 years old accompanied by a parent or caregiver. Qualified early childhood educators lead learning activities including stories, music and art to help children get ready for success in kindergarten. Parents are expected to participate and are sure to discover new ways to support their children's learning at home and make valuable connections with others attending the centre. The program is located at Thunderbird Elementary School in Room 108. Program closed on Professional Development Days, District Closure days and statutory holidays. Mon-Fri 8:30-11:30 am



PARENT AND TOT GYM

Jump on the bouncy castle or swing on the jungle gym! Join in on this time for your child to socialize and play in the gym with our exciting equipment! **Parent participation is required.**

Sat 11:45 am-1:30 pm Sept 24-Dec 3
Thunderbird Family Membership is required.
\$1/drop-in
\$5/book of 7 tickets



Thanksgiving Dinner & Movie Night

Join us for Movie Night. FREE Admission!

Friday, October 7, 2011
5:00-6:00pm Dinner
6:00-9:00pm Movie (FREE)

Create a precious moment with your family and friends by spending time and enjoying a festive dinner together.
\$1.50/person OR \$5/family
Register early as spaces fill up fast.

CapC Family Programs

F.A.S.T. (Family and Staff Team) is committed to develop CAPC Families Branching Out as a parent-directed initiative that serves to increase the health and well being of young children and families. The team meets monthly to identify common issues concerning families and works together to develop programs. We share resources and plan special events. Childcare, food and transportation are provided to ensure the meeting is accessible. If you have a child 0-6 years old and would like to join the F.A.S.T., please call Lorraine at 604-713-1825 for more information.

F.A.S.T. Meetings

Sep 14	12:30-2:30 pm	Thunderbird
Oct 12	12:30-2:30 pm	Kiwassa
Nov 9	12:30-2:30 pm	Collingwood
Dec 14	12:30-2:30 pm	Frog Hollow

Healthy Families BC

Earlier this year the BC government launched a new initiative aimed at the largest health promotion campaign in the country. The program focuses on parents making healthy choices and setting better examples for their kids. Join us in the computer lab while we explore the website with lots of valuable information and on-line prizes. Children will stay in the family drop-in with family programs staff for this session.

Mon		1:30-2:00 pm	
Sep 19	Healthy Start	Oct 3	Healthy Eating
Oct 1	Healthy Lifestyles	Nov 7	Healthy Communities
Nov 21	Healthy Families	Dec 5	Act Now BC

Fun with Healthy Foods Interactive Workshops

Explore your creativity with kid friendly meals and snacks. Each week three or four parents will join Lorraine in preparing nutritious foods to serve for lunch. Children will stay in the drop-in with family programs staff while we get things ready.

Fri 11:30 am-1:00 pm Sept 23-Dec 9

Parent Support Circle

We are currently exploring the possibility of facilitating a parent support circle in partnership with the Parent Support Services Society of BC. If you would be interested in this service please call Lorraine at 604-713-1825 to offer your suggestions on dates and times that will work for families.

Vancouver Public Health Dental Program

The Smile to Smile/Knee to Knee program is being offered to families with children under 3 years of age who have not been seen by a dentist yet. Please call Lorraine at 604-713-1825 to schedule an appointment.

Thu 9:30 am-1:30 pm Oct 20

Visit from Dental Health

Wed	12:30-2:00 pm	Family Drop-in	Nov 16
Tue	9:00-11:30 am	Strong Start	Nov 22

Christmas Craft Workshops

Do you want to learn how to make some inexpensive Christmas gifts that you can give to friends and family? These crafts will be designed for all levels of experience. Your Children will stay in the family drop-in while you work on your project in the Craft Room.

Mon	11:30 am-2:00 pm	Nov 28
Mon	11:30 am-2:00 pm	Dec 12

HALLOWEEN CARNIVAL

Are you prepared for a scare? Dress up in your scariest costume and join us for an afternoon of creepy crafts, ghoulish games and a walk through the thrilling HAUNTED HOUSE if you dare!

Monday, October 31, 2011
3:00-6:00pm

FREE

Children under 8 must be accompanied by an adult.



Winter Festival

It's the most wonderful time of the year!
Enjoy a fun-filled family day at Thunderbird
with games, crafts and performances.
FREE

You can also have Breakfast with Santa!
Register in advance as spaces fill up fast.

\$1.50/person

Saturday, December 10, 2011
10:00-1:30pm

