



# Free Community Programs

for parents / guardians / child care providers  
with children 0-6 years  
Spring 2018

M o n d a y	<p><b>Strong Start Centers</b> Mission Hill, Harwood, Alexis Park, Okanagan Landing and Highland Park Elementary schools Strong Start Centers are a FREE, drop-in play-and-learn program for all families with children not yet in kindergarten</p>	<p>Please check with each school for a schedule <b>School District #22</b> www.sd22.bc.ca or 250-542-3331 <b>School District #83</b> www.sd83.bc.ca or 250-832-2157</p>
	<p><b>Okanagan Boys &amp; Girls Clubs</b> <b>Vernon Parent/Child Mother Goose Program– Baby</b> Mother Goose introduces adults and children to the pleasure and power of using rhymes, songs, and stories together @ Boys and Girls Club</p>	<p><b>Call for registration</b> <b>9:30-10:30am or 11am-12noon</b> CCRR 250-542-3121 ext 111</p>
	<p><b>Little Owl Drop In Play Group</b> Connect with other parents, discuss a variety of parenting topics, learn more about what our community offers and play with your child</p>	<p><b>9:30am-11:30am</b> Peace Lutheran Church (Family resource center)250-545-3390</p>
	<p><b>Lavington Parent &amp; Tots Playgroup</b> Lavington Baptist Church This program runs only <b>when school is in session</b>. Occasional days missed due to illness</p>	<p><b>8:30am -11:30am</b> 250-309-3824 Text or voicemail for more information</p>
T u e s d a y	<p><b>St. James Tuesday Time Out Play Group</b> Free play, crafts, snack and fun @ St. James Elementary No Tue group if it follows a holiday Monday....Find us on Facebook</p>	<p><b>8:45am-10:30am</b> <a href="mailto:stjamestimeoutplaygroup@gmail.com">stjamestimeoutplaygroup@gmail.com</a></p>
	<p><b>Strong Start Centers</b> Mission Hill, Harwood, Alexis Park, Okanagan Landing and Highland Park, Falkland Elementary schools  Strong Start Centers are a FREE, drop-in play-and-learn program for all families with children not yet in kindergarten</p>	<p>Please check with each school for a schedule  School District #22 www.sd22.bc.ca or 250-542-3331  School District #83 www.sd83.bc.ca or 250-832-2157</p>
	<p><b>Aboriginal Infant Early Childhood Development Center</b> Various Program activities please call for program information</p>	<p><b>Registration required</b> 250-542-7578</p>
	<p><b>Family Basket</b> Free drop in lunch program for families with at least one child 0-6 years old. Play, cook, eat and connect with other families.</p>	<p><b>People Place, room 003</b> Starts Jan 23, 12pm-2pm 250-545-3390</p>
	<p><b>Interior Health</b> Baby Talk is a series of free, drop-in parenting classes for those with infants 0 – 12 months. Come and build relationships, share experiences, &amp; gain some knowledge Weight &amp; See drop-in parenting service that includes checking baby's weight &amp; breastfeeding support</p>	<p><b>Pleasant Valley Health Centre</b> Armstrong 250-546-4700 Both Programs are offered Tuesdays 1:00pm-3:00pm</p>
	<p><b>Okanagan Boys and Girls Clubs Armstrong Mother Goose Program</b> Mother Goose introduces adults and children to the pleasure and power of using rhymes, songs and stories together. May 2- June 13 Armstrong Library</p>	<p><b>Armstrong</b> 8:30am-9:30am or 10am-11am Register ,Brenda 250-546-3465 ex100 Or Pam 250-550-7359</p>
W e d n e s d a y	<p><b>Okanagan Boys and Girls Club: CCRR Drop in Playgroup</b> Parents and care providers with children age 0-5 can come together to socialize and play together. A gym full of age appropriate toys, snack, circle time and fun! Okanagan Boys and Girls Clubs- Gymnasium (3300 37th Ave)</p>	<p><b>10:00am-11:30am</b> Vernon 250-542-3121 ext 111</p>
	<p><b>Toddler Time</b> Stories told through felt, drawing, books and song <b>Apr 11- May 30</b></p>	<p>Vernon Library <b>10:30am-11:30am</b></p>
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	<p><b>Whitevalley Community Resource Center: Cherryville Parent and Tot</b> Parents and care givers with young children (0-6) meet other parents and children and have coffee, crafts, and guest speakers</p>	<p>10:00am-12:00pm Cherryville Hall 250-547-8866</p>

T h u r s d a y	<p><b>Natural Connections</b> Free Drop-in outdoor playgroup April 5-June 28</p>	<p>12:00-2:00pm call or email for a list of park locations 250-540-3390 healthyfamiliesvernon@gmail.com</p>
	<p><b>Alliance Church play group</b> Free playground for parents and child care providers with children 0-6 years</p>	<p><b>9:00am-11:00am</b> Diane @ 250-545-7105 <a href="mailto:info@vernonalliance.org">info@vernonalliance.org</a></p>
	<p><b>Okanagan Boys &amp; Girls Clubs</b> <b>Vernon Parent/Child Mother Goose Program– Toddler</b> Mother Goose introduces adults and children to the pleasure and power of using rhymes, songs, and stories together @ The Vernon Library</p>	<p><b>Call for registration</b> CCRR 250-542-3121 ext 111 9:30-10:30 or 11am– 12 noon</p>
	<p><b>Interior Health Baby Talk – Alliance Church</b> A Public Health Nursing Program for all parents with young babies. Each week there is a different topic discussed and a mini Mother Goose session</p>	<p><b>10:00am-12:00pm</b> 250-549-5721 April 19– June 28</p>
	<p><b>Whitevalley Community Resource Center</b> Lumby Good Times Together Program They offer playtime, guest speakers, crafts and so much more, as well as a chance for children and parents to socialize</p>	<p><b>9:30am-11:30am</b> 250-547-8866</p>
	<p><b>Nobody’s Perfect Parenting Program</b> This is a free parenting program for parents or caregivers of children birth to five years. The course gives parents a safe place to meet others and share interests, concerns, and struggles Call or email for more information</p>	<p><b>Tracy Williamson</b> 250-542-3121 ext. 106 <a href="mailto:earlylearning@boysandgirlsclubs.ca">earlylearning@boysandgirlsclubs.ca</a></p>
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F r i d a y	<p><b>Okanagan Boys and Girls Clubs Armstrong Recharge and Reconnect</b> This is a social group for new and expectant parents and caregivers. Relax with your children in parent-chosen activities for community minded fun and support- Armstrong Baptist Church (Becker St.) upstairs in the gym</p>	<p><b>9:30am-11:30am</b> Pamela @ 250-546-3465 Armstrong</p>
	<p><b>Emmanuel Fellow Baptist Church</b> From Sept– June they offer a drop in program for families or caregivers with children 0-6yrs. Coffee and snack provided</p>	<p><b>10:00am-11:30am</b> 250-545-5941</p>
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	<p><b>Okanagan Reginal Library Armstrong Branch</b> Lego night 6pm-7:30pm STEAM (Science, Technology, engineer, Art, Math)</p>	<p><b>5:30pm– 8:00pm</b> 250-546-8311</p>
	<p><b>Lego 6pm-7:30pm</b> <b>STEAM</b> (Science, Technology, Engineering, Art, Math) Preschool age Apr 17-10:30am, after school age Fri Apr 20 &amp; Tue 24 -3pm <b>Family story time 6:00pm</b>(all ages) Apr 27, May 25</p>	<p><b>Armstrong Library</b> <b>250-546-8311</b></p>
	<p><b>Story Time</b> Age Preschool– 6yrs <b>Tues, Thurs ,Sat, Apr 3-June 2</b>, 10:30am-11:00am</p>	<p><b>Vernon Library</b> 250-542-7610</p>
	<p><b>Interior Health</b> <b>Safe Babies:</b> support and training to parents who have infants in the care of the Ministry of Children &amp; Family Development <b>Prenatal Services:</b> Prenatal and childbirth education programs <b>Postpartum Support:</b> No referrals required</p>	<p>Pleasant Valley Health Center <b>Armstrong</b> 250-546-4700 Service and support can be accessed <b>Mon-Thurs 8am-3pm, Fri 8am-1pm</b></p>
	<p><b>NOYFSS:</b> Offers a variety of free parenting programs for parents with children age 0-6yrs. (Love &amp; Logic, 1,2,3,4 Parents!, Creating Healthy Children, Active Parenting, Parenting on my own)</p>	<p><b>For more information</b> 250.545.3572</p>

If you know of any other FREE community programs, please let us know.  
[crrvernon@boysandgirlsclubs.ca](mailto:crrvernon@boysandgirlsclubs.ca)  
250-542-3121 ext 111