



Free Community Programs

for parents / guardians / child care providers
with children 0-6 years
Spring 2016

M o n d a y	<p>Okanagan Regional Library Vernon Branch Family story time</p>	<p>10:30am-11:00am 250-542-7610</p>
	<p>Strong Start Centers Mission Hill, Harwood, Alexis Park, Okanagan Landing and Highland Park Elementary schools</p> <p>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</p> <p>School District #22 www.sd22.bc.ca or 250-542-3331</p> <p>School District #83 www.sd83.bc.ca or 250-832-2157</p>
	<p>Okanagan Boys & Girls Clubs Vernon Parent/Child Mother Goose Program Mother Goose introduces adults and children to the pleasure and power of using rhymes, songs, and stories together</p>	<p>Call for registration CCRR 250-542-3121 ext 111</p>
	<p>Little Owl Drop In Play Group Connect with other parents, discuss a variety of parenting topics, learn more about what our community offers and play with your child</p>	<p>9:30am-11:30am Peace Lutheran Church</p>
T u e s d a y	<p>Okanagan Regional Library Vernon Branch Family Story Time</p>	<p>10:30am 250-542-7610</p>
	<p>St. James Tuesday Time Out Play Group Free play, crafts, snack and fun @ St. James Elementary</p>	<p>9:15am-11:00am Find us on Facebook Email: stjamestimeoutplaygroup@gmail.com</p>
	<p>Strong Start Centers Mission Hill, Harwood, Alexis Park, Okanagan Landing and Highland Park Elementary schools</p> <p>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</p> <p>School District #22 www.sd22.bc.ca or 250-542-3331</p> <p>School District #83 www.sd83.bc.ca or 250-832-215</p>
W e d n e s d a y	<p>Aboriginal Infant Early Childhood Development Center Various Program activities please call for program information</p>	<p>Registration required 250-542-7578</p>
	<p>Okanagan Boys and Girls Club: CCRR Drop in Playgroup 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- Gym</p>	<p>10:00am-11:30am 250-542-3121 ext 111</p>
	<p>Okanagan Boys and Girls Clubs Armstrong Mother Goose Program Mother Goose introduces adults and children to the pleasure and power of using rhymes, songs and stories together</p>	<p>Call for registration Emily: 250-546-6079</p>
	<p>Strong Start Centers Mission Hill, Harwood, Alexis Park, Okanagan Landing and Highland Park Elementary schools</p> <p>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</p> <p>School District #22 www.sd22.bc.ca or 250-542-3331</p> <p>School District #83 www.sd83.bc.ca or 250-832-215</p>
	<p>Whitevalley Community Resource Center: Cherryville Parent and Tot 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 250-547-8866</p>
<p>Okanagan Regional Library Vernon Branch Toddler Time</p>	<p>11:00am</p>	
<p>Okanagan Regional Library Armstrong Branch Family Story Time</p>	<p>11:00 am</p>	

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	Family Resource Center: Natural Connections A FREE weekly group that encourages parents/caregivers and their children to come together for a nature walk in our local parks, learn a little about our local area and connect with one another. Sessions include songs, snack and socializing!	250-545-3390 facebook Natural connections vernon www.vernonfrc.ca
	Alliance Church play group Free playground for parents and child care providers with children 0-6 years	9:00am-11:00am Diane @ 250-545-7105 info@vernonalliance.org
	Okanagan Boys & Girls Clubs Vernon Parent/Child Mother Goose Program Mother Goose introduces adults and children to the pleasure and power of using rhymes, songs, and stories together	Call for registration CCRR 250-542-3121 ext 111
	Interior Health Baby Talk – Alliance Church 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	10:00am-12:00pm 250-549-5721
	Whitevalley Community Resource Center 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.	9:00am-11:30am 250-547-8866
	Nobody's Perfect Parenting Program 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	Tracy Williamson 250-542-3121 ext. 106 earlylearning@boysandgirlsclubs.ca
F r i d a y	Okanagan Boys and Girls Clubs Armstrong Recharge and Reconnect 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	9:30am-11:30am Pamela @ 250-546-3465
	Emmanuel Fellow Baptist Church From September 11- June 30 they offer a drop in program for families or caregivers with children 0-6. Coffee and snack provided	10:00am-11:30am 250-545-5941
	Strong Start Centers 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	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 250-832-215
	Okanagan Reginal Library Armstrong Branch Lego Time for school aged (will bring out Duplo Blocks for 3-5 year olds)	6:00pm- 7:30pm
NOYFSS: Offers a variety of free parenting programs for parents with children age 0-6yrs. (Love & Logic, 1,2,3,4 Parents!, Creating Healthy Children, Active Parenting, Parenting on my own)	For more information 250.545.3572	

If you know of any other FREE community programs, please let us know.
ccrrvernon@boysandgirlsclubs.ca
250-542-3121 ext 111