

THE FAMILY EDUCATION AND SUPPORT CENTRE

Since 1971

FACILITATING GROWTH AND DEVELOPMENT

The Family Education And Support Centre is happy to share with you the Fall/Winter brochure where you will find program descriptions, dates, and times.

As an agency, we strive to provide quality information, education, resources, and support through public and private collaborative partnerships.



We acknowledge that our work takes place on the unceded, ancestral, and traditional territories of the Katzie First Nations and Kwantlen First Nations. We respectfully acknowledge the many nations who are represented by the urban Indigenous population living on these Katzie and Kwantlen lands.

Contact us at (604) 467 - 6055 or reg@familyed.ca



CONFLICT RESOLUTION AND ANGER PROGRAMS

MEN'S ANGER MANAGEMENT

Explores the complex nature of anger, recognizing triggers, alternative methods of expression, and how to defuse anger.

Dates:

Oct 6-Nov 3 (Sun) *No class May 18

Jan 19-Feb 9 (Sun)

Time: **9am-2pm**

Cost: **\$90**

ANGER MONSTERS

This children's program is designed to teach children 8-12 yrs old what anger is. This program is designed to allow participants to be able to identify their triggers and learn tools to help control their anger.

The parents program features skills from Neufeld Institute, including various anger cycles and goals of behavior. Participants will also learn how to help support their child's efforts to tame their anger, along with different calming techniques.

Dates:

Oct 19-Nov 9 (Sat)

Feb 22-Mar 15 (Sat)

Time: **3:30-5:30pm**

Cost: **\$90**

***price for 1 parent and 1 child**

HEALTHY RELATIONSHIPS

This course looks at the fundamentals of any adult relationship including the foundation, needs, wants, and communication skills.

Dates:

Nov 23-24 (Sat & Sun)

Mar 1-2 (Sat & Sun)

Time: **9am-3pm**

Cost: **\$90**

price per participant

BRAVE NEW YOU

Women learn about creating and keeping their boundaries, healthy communication, managing challenging conversations, expressing feelings and identifying personal needs.

Dates:

Oct 5-Nov 2 (Sat) *No class Oct 12

Feb 1-Mar 1 (Sat) *No class Feb 15

Time: **9am-2pm**

Cost: **\$90**



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PARENTING WORKSHOPS & PROGRAMS



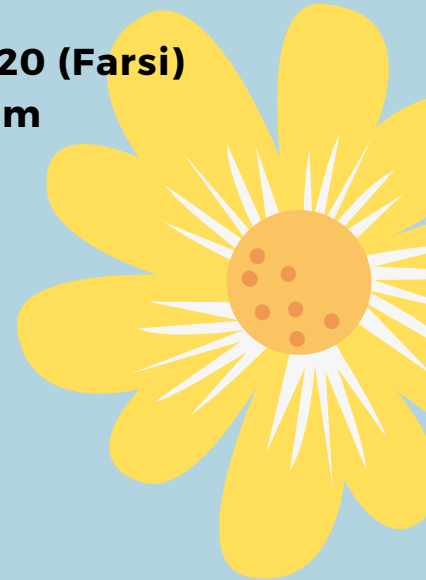
Conflict Resolution Parenting

Learn how to use "I" statements, conflict management styles, trigger scale, active listening, paraphrasing and open questions for parenting. This workshop will take place via Zoom. Registration is through SD42.

Date: **December 20 (Farsi)**

Time: **6-8pm Zoom**

Cost: **\$15**



Parenting Resilient Children

Understand better what resiliency is and how we can foster it in our families. Please note, this workshop will take place via Zoom. Registration is through SD42.

Cost: **\$15**

Date:

September 20 (Farsi)

Time: **6-8pm Zoom**

PARENTING WORKSHOPS & PROGRAMS

My Changing Family

This course is 2hrs a week for 5 weeks. There are separate groups children and parents taking place at the same time. Each group will learn tools and skills to help with divorce/ separation with a trained facilitator. The course will look at coping with grief and loss, children and divorce/separation, dealing with the divorce/separation, conflict resolution, co-parenting, and managing joint custody.

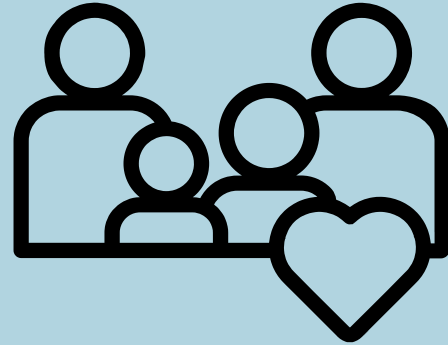
Date: Jan 11 - Feb 8 (Sat)

Time: 3:30pm-5:30pm

Ages: Gr 1-Gr 6

Cost: \$120 Per family

Please note, there will be a max of 2 parents and 2 children per family



Home Alone Zoom Workshop

This two-hour zoom course is an opportunity for parents/caregivers who want to prepare their child for staying at home alone. Topics covered include: dealing with emergencies, answering the door, snacks/cooking and gauging your child's readiness to be home alone. Our evening workshops are open to all families in Maple Ridge and Pitt Meadows.

Registration is through SD42.

<https://schooldistrict42.perfectmind.com>

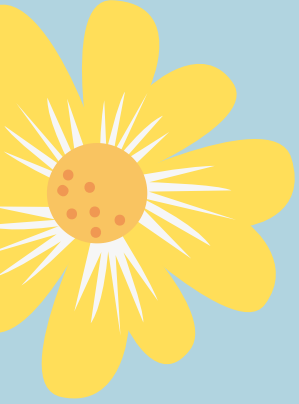
Date:

November 29, 2024 (Farsi)

Time: 6-8pm Zoom



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PARENTING WORKSHOPS & PROGRAMS

Family Leaf Drop In Program

Nurturing meaningful connections for parents and caregivers with children 0-6 years of age.



Daily activity include: Arts And Crafts,
Free Snack And Circle time

Cost: **Free**

Time : **Tuesday through Saturday**

Please contact Massie at
m.dehghanfar@familyed.ca for program details.



I Am Awesome Spring Break

Designed to help young individuals with communication styles, triggers, looking at their special inner qualities, how to deal with stress and how to be a friend!
Monday- Thursday

Time: **8am -12pm**

Cost: **\$86**



Family Navigation

Family Navigation is a free service available to families with children aged 0-6 years, in Maple Ridge and Pitt Meadows. Supporting families who need help finding and accessing the programs and services in our community. Supports from the Family Navigator are available on a flexible schedule including some evenings and weekends.

Please contact n.binns@familyed.ca

To register, please call 604-467-6055
or email (reg@familyed.ca) our office,
or visit our website familyed.bc.ca

Children's programming for some Drop-ins is provided by: CAPC (community action plan for children)

PARENTING THROUGH THE AGES AND STAGES



Connect Parent Group

Supporting parents and caregivers with concerns about their pre-teen and teens behavior and emotional health.

Dates:

Sept 24- Nov 26 (Tues)

Jan 14-Mar 18 (Tues)

Time: **6-7:30pm**

Cost: **FREE**

Caring Dads

Helping fathers working to repair their relationships with their families.

Date: **Oct 2-Feb 12 (Wed)**

***No class Dec 25 & Jan 1**

Time: **6-8pm**

Cost: **FREE**



Circle of Security

The Circle of Security Parenting Program is an opportunity to explore the importance of parent/caregiver and child attachment, gather helpful tools to respond to your child's emotional needs and feel more confident about your parenting.

Dates:

Oct 2- Nov 20 (Wed)

Jan 15-Mar 5 (wed)

Time: **12pm-2pm**

Cost: **Free**

Mental Wellness for Parents

Designed to meet specific needs of parents living with mental health challenges including anxiety and/or depression. No diagnosis needed to attend this program. Featuring mental wellness and parenting information, resources, and support. Childminding for children 0-6 is available.

Date: **Oct 16- Dec 4 (Wed)**

Time: **11am-1pm**

Cost: **FREE**

CHILDREN'S PROGRAMMING

School's Cool Program

We are offering an eight week kindergarten readiness program for children entering school September 2024. Priority will be given to children who have not attended preschool.

Date: TBD

Cost: **FREE**



United Way- School's Out Program

Cultural Explorations

We are excited to provide free after-school programming, where we will be learning about different cultures around the world. Topics studied will include themes such as transportation, animals, language, music and art. Students will learn through discussion, videos and sharing of ideas. They will participate in fun activities, games, and arts and crafts projects. Students from Kindergarten to Grade 7 are welcome to attend. To register for this program, call 604.467.6055 or email reg@familyed.ca. (registration starts in September).

Time: 2:20-4 pm

Cost: **FREE**

Highland Park Elementary

Dates: **October 7 to November 13 (Mon/Wed)**

Golden Ears Elementary

Dates: **October 8 to November 14 (Tues/Thurs)**



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

SUPPORT GROUPS

PARENTING WITH YOUNG CHILDREN

For parents of children 0-6 years of age.
Programming for children 0-6 is available


Date: **Thursday's**. Sept. - June

Time: **9 - 11am**

Please contact k.rhodes@familyed.ca



SINGLE MOM'S GROUP

An opportunity for single mother's to get together. 
Programming for children 0-12 is available during group sessions.

Please contact
k.rhodes@familyed.ca

GREAT DADS

For fathers of children 0-6.
Meet other dads, connect with the community, receive support
Light dinner provided. Play focused programming for children 0-6 is available for this program.

Dates: Thursdays from 6 - 8pm; Sept. - June

For more information or to register please contact Kim k.rhodes@familyed.ca



CRAFT & CHAT

Free arts and crafts every Monday in April, May and June. Meet other local parents, share experiences, inspire, and encourage each other. No experience necessary. Free childminding available ages 0-6.

Time: 9am -10:30am

To register, please contact Kim at k.rhodes@familyed.ca



MULTICULTURAL SERVICES

Providing multicultural awareness and education programs to the community to help strengthen participation and increase understanding of cultural diversity in Maple Ridge, and Pitt Meadows.

MAPLE RIDGE PITT MEADOWS KATZIE LOCAL IMMIGRATION PARTNERSHIP

LIPs A council representing various sectors meets monthly to discuss local trends, issues, and needs. Community-based partnerships that work to improve the coordination or services that facilitate settlement and integration of newcomers.

For more information please visit <https://ridgemeadowskatzielip.ca/> or contact Carolina c.echeverri@familyed.ca

CARE MIGRANT FARM WORKERS SUPPORT PROGRAM

A program that offers support to all the migrant farm workers in our communities from basic needs, fun activities and education opportunities including English Classes.

For more information contact Astrid Brubacher at a.brubacher@familyed.ca

Date: Sundays
Time: 12:00-4:00pm

BUILDING INTERFAITH BRIDGES COMMITTEE

A volunteer committee that works to connect and create dialogue among diverse faith groups for the purpose of harmony, peace, and understanding.

For more information, please contact Carolina at c.echeverri@familyed.ca

BC SPOKES

A community driven committee that will lead anti-racism and anti-hate work at a local level. This committee works to build awareness of what comprises racism and hate, mobilize their communities to respond to hate incidences in a supportive and collaborative way, and lead discussions and education opportunities.

In partnership with Fraser River Indigenous Society. For more information please contact Natalie Binns at antiracism@familyed.ca



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Canada



MAPLE RIDGE
PITT MEADOWS
KATZIE
local immigration
PARTNERSHIP



Supported by the
Province of British Columbia





Under The Tree Childcare Centre

A place to be for the whole family

Under The Tree Child Care Centre (UTT) is a program of The Family Education and Support Centre. Under The Tree provides childcare for infant toddler, preschool, 3-5 year-olds, and before and after school care.

Located at 9975 272nd Street, Maple Ridge, BC

Rates and additional information available at
<https://www.underthetreechildcarecentres.com>

For more information please contact (604) 481-0320 or
underthetree@familyed.ca

ADDITIONAL INFORMATION

THINGS TO KNOW

We cannot guarantee that our programs as listed in the brochure will run in the spring and summer and are subject to change in accordance program offerings and the number of participants registered. Our agency acknowledges and respects the choice to wear a mask, or not, as a personal choice for clients and staff.

If you wish to speak with a specific staff member, we recommend calling ahead of time, to ensure that they are in the office and available at your requested time.

Please note, if you or your children are experiencing any cold or flu like symptoms, you will be asked to go home, and return upon feeling better.

STAY CONNECTED

Be the first to get notified on health and wellness updates, pop-up programs, and special events hosted by The Family Education & Support Centre



www.familyed.bc.ca



[TheFamilyEducationandSupportCentre](https://www.facebook.com/TheFamilyEducationandSupportCentre)



[@familyed.bc.ca](https://www.instagram.com/familyed.bc.ca)

LOOKING FOR MORE INFORMATION?

22554 Lougheed Hwy, Maple Ridge, BC

(604) 467 - 6055

or email reg@familyed.ca

