



## *Saanich Neighbourhood Place Summer Newsletter*

Neighbours and Friends,

Looking out at a glorious Summer day, I am reflecting on all that we've done here at Saanich Neighbourhood Place since the last time I shared with you in the cold January days of Winter. I hope everyone has had time to enjoy the sunshine. We have been busy at SNP, with a full calendar of programs running at all our locations, finishing up at the end of June. Summer is a bit quieter, with playgroups offered weekly. [Please check the Summer calendar for more information.](#)

In February, we were joined by Island Health's 'Nurturing Connections' Program. The team, based in the Child and Family Centre, offers individualized post-partum support and programming for families with little ones. To connect with Sean, Dawn and Alexis, please contact [sean.boulet@islandhealth.ca](mailto:sean.boulet@islandhealth.ca)

We were excited to host our 'first-in-a-long-time' Family Barbeque in June this year. We had over 200 folks from our SNP families attend! Staff and SNP board members attended as well to enjoy the event and to kindly help out. It was a great opportunity to see some families again in person, and also to welcome new families to the Saanich Neighbourhood Place community.

June was also the month of the 'Canada Helps Giving Challenge'. Fundraising is a part of life for our organization and allows us to offer services and programs that help young families each day. We have some interesting infographics on our website that show how we are able to impact the lives of parents, youth and children in positive ways. Our sincere thanks to the individuals, businesses and foundations that support our work each year.

Our SNP Child and Family Centre is almost one year old already. It has been a busy year as we've welcomed new staff members to our team and families to our programs, all while navigating the ongoing pandemic. We've been fortunate to have been able to operate with minimal disruption to our programs due to the pandemic, and to support our families and staff who have had to deal with the challenges.

As an organization, SNP believes that it is vital to invest in our staff members by providing opportunities for professional development and training. We are grateful to have had the opportunity to participate in the Bystander Training offered by the [Inter-Cultural Association](#) as well as the Intro to Gender Diversity training offered by [TransCare BC](#). We are glad to offer ongoing support to our staff in earning their full ECE credentials by working with Camosun College to facilitate work-place learning opportunities. We are excited to have three [Canada Summer Jobs](#) positions this year, providing work experience to young adults until the end of August.

Fall is not far away, bringing with it many new programs, families, and opportunities to participate at SNP. I look forward to getting to know more of our neighbours as volunteers, preschool families, and program participants. Wishing

you all the best for the rest of the summer.

We acknowledge these are tender times for many folks across Canada/Turtle Island, we continue to offer our love and unwavering support in all actions towards real Truth and Reconciliation.

Corinne

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**[Donate to SNP](#)**



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## **SNP News & Updates**

The Royal Oak Neighbourhood House is available for rent for birthday parties, meetings, and other events throughout the summer. [You can take a look at all of](#)

[our rental spaces here.](#)

Working with [Get Growing, Victoria!](#) we had the opportunity to distribute over 100 seedling veggie starters to participants of our programs. This initiative is encouraging our community to get out in the garden and learn how to make things grow in their own homes!

[Heirloom Linens](#) chose us as their Charity of the Month, offering 50% of the net profits from the sale of Bamboo Touch Mattress Pads throughout July donated to SNP. We are very grateful to have been given this opportunity.

Throughout the month of June, we were happy to participate in the [CanadaHelps Great Canadian Giving Challenge](#). For every dollar raised, Saanich Neighbourhood Place was entered for a chance to win \$20,000. We appreciate all your support and donations towards our growing child and family programs.

We are pleased to welcome Sean, Dawn, and Alexis to the Child and Family Centre. This team runs an Infant and Early Years Mental Health pilot-project funded by the [Children's Health Foundation of Vancouver Island](#) called "Nurturing Connections". Their goals include strengthening positive parent-infant relationships and supporting healthy social-emotional development, through assessments, coaching, and group work.

Keep an eye on our website for current and upcoming job positions!

Saanich Neighbourhood Place Pearkes will be closed September 5th to 11th as we transition to our Fall programming. The SNP Child and Family Centre will be open as usual.

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## **Summer Programs 2022**

We are happy to offer fun, supportive, and educational programs for all families. Our Summer programs are all by optional donation and registration is open.

[Please visit our calendar for more information](#)

### **Summer Programs 2022**

Baby Group  
Best Babies (pre/post natal support)  
Community Kitchens  
Dad's Drop In  
Kindergym  
Playgroup (for children under 5)  
Toddler Time  
Young Parent Park & Play

We are operating programs in SNP Pearkes during the Summer.

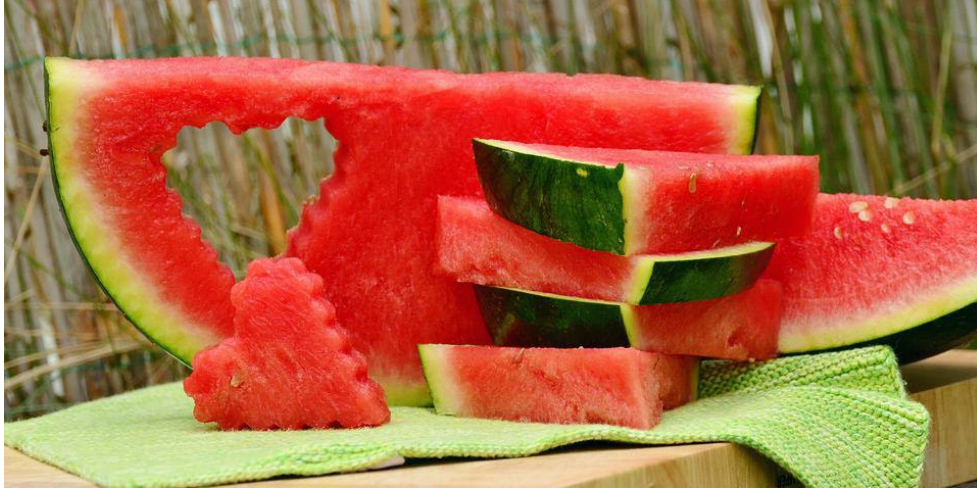
[Visit our programs' calendar](#) or email us at [admin@snplace.org](mailto:admin@snplace.org)

Please phone 250-360-1148 to register.

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## **SNP Summer Programs**



### **What have we been up to at SNP?**

#### **June Family Barbecue**

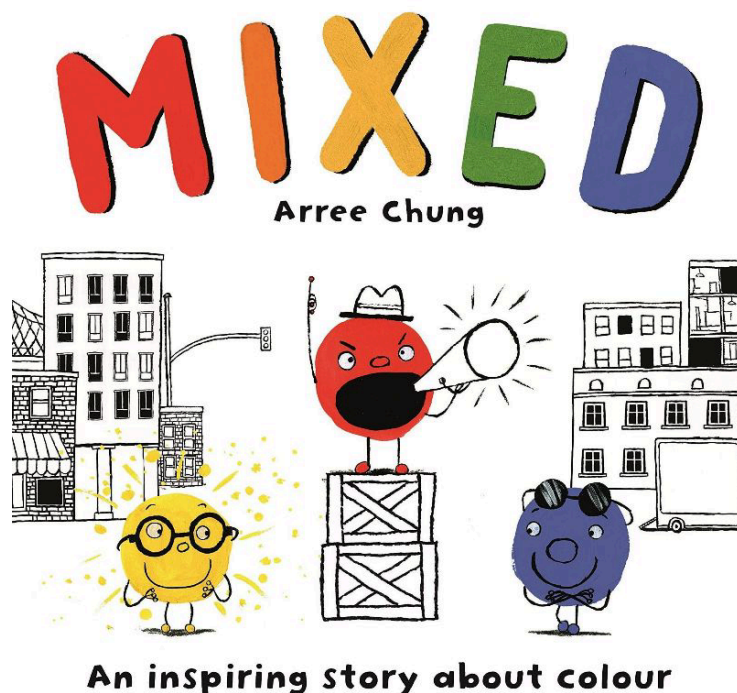
We were so excited to host our first in-person family event since the pandemic. In June, we held a barbecue for all of the participating families of our programs. We served over 45 families hot dogs, veggie dogs, veggie burgers, chips, and desserts. There were outdoor activities for friends of all ages and abilities, including sidewalk chalk, a bubble machine, playing in the natural yard space and outdoor art. It was a delight to see all our families enjoying time together in the beautiful weather at our new building. We are very grateful to have been sponsored by both [ColdStar Solutions](#) and [Save On Foods](#) (Tillicum).

#### **Food Security Connections Film**

During the pandemic, the [Good Food Network](#) and the [Food Literacy Working Group](#) released a '[Food Security Connections](#)' short film exploring food insecurity through stories from people in our community and from individuals and organizations that are working to alleviate food insecurity through food

justice efforts. We are so pleased to have collaborated on this project and even more pleased to be able to help those who are struggling with food insecurity. Keep an eye out for some familiar faces throughout the video!

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## Summer Recommendations

### Short Film

This Summer, we have a lot of exploring to do out and about with our friends in nature, but let us not forget to enjoy the adventures we can have through our imaginations. This creative [short film](#), called "Silent" by Dolby Animations, on the power of imagination is something we hope you all enjoy. (Please note, at 1:20 to 1:27 there is a short depiction of tanks and fighter jets).

### Good Reads

This Summer, our book of choice is ["Mixed: A Colorful Story" by Arree Chung](#). This book is a great intro into teaching diversity to young children, as well as the impact love has in a community.



## **Summer Recipe: Rainbow Collard Wraps and a Peanut Sauce**

Adapted by Tina Tulloch, Food Rescue Team

### **Ingredients**

#### **Wraps**

- 4 collard green leaves
- 1/2 cup hummus
- 1 cucumber, cut into sticks
- 4 peeled carrots, cut into sticks
- 2 sliced avocados
- 1/4 red cabbage, shredded
- 1/2 cup basil leaves
- 1/2 cup mint leaves

#### **Peanut Sauce**

- 1/2 cup peanut butter
- 1/4 cup water



3 tbsp sweet chili sauce  
2 tbsp soy sauce or tamari  
1/4 cup rice vinegar  
1 teaspoon garlic powder

**Directions**

1. Blanch the collard leaves in a boiling pot of salted water, leaving them in for about 30 seconds. Pat dry.
2. Trim away the thick part of the collard stem.
3. Spread about 2 tablespoons of hummus per leaf down the center. Place cucumbers, carrots, avocados, and cabbage on top. Top with about two tablespoons each of basil and mint per collard leaf.
4. Fold the leaf into the filling as if rolling a burrito, then tightly roll it all up.
5. Repeat with all of the leaves, and slice each wrap in half.
6. In a medium bowl, mix together peanut butter, water, sweet chili sauce, soy sauce, rice vinegar, and garlic powder to make the dipping sauce.
7. Serve wraps and dip immediately or tightly cover and store in refrigerator for up to 2 days.