

# FALL PROGRAMS 2022

## SNP PEARKES - 3100 TILlicUM ROAD

### MONDAY

#### YOUNG PARENT PLAY & CONNECT

Starts September 12 | 9:30 - 11:00 AM

A play group with discussion for parents under 29 years of age and their children. To register, contact [Tanya@snplace.org](mailto:Tanya@snplace.org).

#### MOM'S MENTAL HEALTH TOOLKIT

September 19 – October 31 | 12:30 – 2:00 PM

6-week program focused on mental health and wellness for mothers. Provides information and support in a facilitated group, and a chance to connect with other moms. To register, contact [Robin@snplace.org](mailto:Robin@snplace.org).

#### PARENT-CHILD MOTHER GOOSE

November 7 – December 12 | 1:00 – 2:00 PM

A group experience for parents and their babies and young children that focuses on the pleasure and power of using rhymes, songs and stories together. To register, contact [Ali@snplace.org](mailto:Ali@snplace.org).

### TUESDAY

#### KINDERGYM

Starts September 13 | 9:30 - 11:00 AM

With space to run and climb, this active play time gets little ones moving! For children up to 5 years of age. To register, contact [Ali@snplace.org](mailto:Ali@snplace.org).

#### BEST BABIES

Starts September 13 | 11:00 AM - 1:30 PM

Support to pregnant people and their newborns up to 6 months of age. To register, contact [Robin@snplace.org](mailto:Robin@snplace.org).

#### PARENTING FROM A DAD'S PERSPECTIVE

One night only, October 18 | 5:30 – 7:00 PM

A group session to discuss parenting philosophy, strategies, and skills. To register, contact [paul@snplace.org](mailto:paul@snplace.org).

#### BEING AN APPROACHABLE ADULT

October 11 | 6:00 – 7:00 PM

November 22 | 6:00-7:00 PM

Support to discuss important conversations with kids about sexual health. To register, contact [family@snplace.org](mailto:family@snplace.org)

# FALL PROGRAMS 2022

## WEDNESDAY

### PLAYGROUP

Starts September 14 | 9:30 - 11:00 AM

Participate in art, water, outside play, and stories with kids up to 5 years old. To register, contact [Ali@snplace.org](mailto:Ali@snplace.org).

### BABY GROUP

Starts September 14 | 1:00 - 2:00 PM

Discussion and support group for parents and caregivers with babies 0 to 18 months. To register, contact [Ali@snplace.org](mailto:Ali@snplace.org).

### FAMILY DINNER TO-GO

Starts September 14 | 5:00 - 6:00 PM

Family Dinner is to-go at this time. To register, contact [Tina@snplace.org](mailto:Tina@snplace.org).

## SAFER

SAFER is a program for trans, non-binary, Two-Spirit, and gender questioning youth aged 12-15 and their families. The program is designed to provide support, connection, and resources. For more details and to register, contact [safer@snplace.org](mailto:safer@snplace.org).

## THURSDAY

### COMMUNITY KITCHENS

Starts September 22 | 9:30 AM - 12:00 PM

Enjoy cooking with a group and make some delicious meals. To register, contact [Tina@snplace.org](mailto:Tina@snplace.org).

### NOBODY'S PERFECT

October 27 – December 1 | 12:30 – 2:00 PM

Provides parents of children from birth to age 5 with a safe place to build on their parenting skills, learn new skills and concepts, and interact with other parents who have children the same age. To register, contact [Tanya@snplace.org](mailto:Tanya@snplace.org).

## SATURDAY

### DAD'S DROP-IN

Starts September 10 | 9:30 - 11:00 AM

Weekly playgroups for self-identified dads with children under 5. To register, contact [Paul@snplace.org](mailto:Paul@snplace.org).

# FALL PROGRAMS 2022

**SNP ROYAL OAK NEIGHBOURHOOD HOUSE - 4525 WEST SAANICH ROAD**

## **MONDAY**

### **PARENT-CHILD MOTHER GOOSE**

September 19 – October 31 | 10:00 – 11:00 AM

November 7 – December 12 | 10:00 – 11:00 AM

A group experience for parents and their babies and young children that focuses on the pleasure and power of using rhymes, songs and stories together. To register, contact [Ali@snplace.org](mailto:Ali@snplace.org).

## **FRIDAY**

### **MESSY HANDS**

September 16 – October 21 | 9:30 – 11:00 AM

November 4 – December 16 | 9:30 – 11:00 AM

A creative opportunity for kids 5 years and under to engage in messy play. Caregivers need to stay but their hands are only expected to get as messy as they would like. To register, contact [Ali@snplace.org](mailto:Ali@snplace.org).