

SAANICH NEIGHBOURHOOD PLACE SPRING 2023 PROGRAMS

SNP PEARKES - 3100 TILlicUM ROAD

PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS

MONDAY

YOUNG PARENT PLAY & CONNECT

9:30-11:00 AM

A play & discussion group for parents under 29 years old and their children.

To register contact
Tanya@snplace.org

PARENT CHILD MOTHER GOOSE

1:00-2:00 PM

A group experience for parents and their little ones that focuses on the joy of sharing rhymes, songs, and stories together. To register contact
Ali@snplace.org

TUESDAY

KINDERGYM

9:30-11:00 AM

This active play time is the perfect place for kids, up to 5 years old, to move. Come run, jump, climb, dance and wiggle with us! To register contact
Ali@snplace.org

BEST BABIES

Prenatal: 10:00 AM-12:00 PM

Postnatal: 11:30 AM-1:30 PM

Support and information for pregnant people and their newborns up to 6 months old.

Lunch is provided and childcare is available.

To register contact
Robin@snplace.org

WEDNESDAY

PLAYGROUP

9:30-11:00 AM

An opportunity for little ones to PLAY! Creative, sensory, make believe, building, indoor/outdoor, cooperative & independent play. To register contact
Ali@snplace.org

BABY GROUP

1:00-2:00 PM

Discussion and support group for parents and caregivers with babies 0-18 months. To register contact
Ali@snplace.org

FAMILY DINNER TO-GO

Starts Apr. 12

5:00-6:00 PM

To-go at this time
To register contact
Tina@snplace.org

THURSDAY

COMMUNITY KITCHENS

Starts Apr. 13

9:30 AM-12:00 PM

Enjoy cooking with a group and make some delicious meals.

To register contact
Tina@snplace.org

EMPOWERING MOMS : A Healthy Approach to Motherhood

Apr. 20 - May 25

12:30-2:00 PM

This 6-week program focuses on mental health and wellness for mothers. We provide information and support in a facilitated group with an opportunity to connect with other moms.

To register contact
Robin@snplace.org

SATURDAY

DAD'S GROUP

9:30-11:00 AM

Weekly playgroup for self-identified dads with children under 5.

To register contact
Paul@snplace.org



SAANICH
neighbourhood place

CONTACT: 250-360-1148 | ADMIN@SNPLACE.ORG | SNPLACE.ORG

FOLLOW:  SNPLACE  SAANICHNEIGHBOURHOODPLACE

SAANICH NEIGHBOURHOOD PLACE SPRING 2023 PROGRAMS

PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS

SNP CHILD & FAMILY CENTRE

3120 TILLICUM RD.
BEHIND THE PEARKES REC

MONDAY

FAMILY ENTRÉE TO-GO

Pickup 4:00-5:00 PM

To-go at this time.

To register contact

Tina@snplace.org



WEDNESDAY

MY TWEEN & ME

Apr.19 - May 10

5:30-7:30 PM

A program for parents and caregivers with children ages 9 - 12.

Focuses on communication, self-esteem, and strengthening confidence in parents.

To register contact
Tanya@snplace.org

FRIDAY

TODDLER KINDERGYM

9:30-11:00 AM

A chance for little ones, 2 and under, that are mobile to move! A great place to climb, crawl, dance, roll and toddle.

To register contact
Ali@snplace.org

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