

# SAANICH NEIGHBOURHOOD PLACE SPRING 2024 REGISTERED DROP-IN PROGRAMS



## SNP PEARKES - 3100 TILLICUM ROAD

### MONDAY

#### YOUNG PARENT PLAY & CONNECT

Starts Apr. 8  
12:30-2:00 PM

**New Time!**

A play & discussion group for parents under 30 years old and their children.

Empowering Young Moms included for the moms of this program this term. (Apr. 29-Jun. 10, No program on May 20)

### WEDNESDAY

#### PLAYGROUP

Starts Apr. 3  
9:30-11:00 AM

An opportunity for little ones and caregivers to play & connect. Each group ends with circle time & a snack to go.

#### BABY GROUP

1:00-2:00PM

Discussion and support group for parents and caregivers with babies 0-18 months.

SNP CHILD & FAMILY CENTRE  
3120 TILLICUM RD.  
BEHIND PEARKES REC

### FRIDAY

#### TODDLER KINDERGYM

Starts Apr. 5  
9:30-11:00 AM

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

SNP BROAD VIEW  
3703 St. AIDANS ST.

### MONDAY

#### SING & PLAY GROUP

Starts Apr. 8  
(No session on May 20)  
9:30-11:30AM

Join Ali and our Broad View friends for 45 min of Parent Child Mother Goose rhymes, songs and stories, followed by free play in the newly renovated space.

### WEDNESDAY FRIDAY

#### DROP-IN PLAYGROUP

Starts Apr. 3/5  
9:30-11:30AM

A joint play group for young children under 5yrs and their parents/caregivers. Lots of opportunities to play and learn with friends! Snack is provided and a Family Support Worker is on hand to answer parenting questions, provide referrals, support and assist families as needed.

### TUESDAY

#### KINDERGYM

Starts Apr. 2  
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!

### SATURDAY

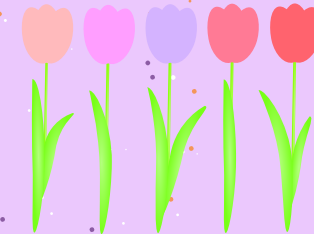
#### DAD'S GROUP

Starts Apr. 6  
9:30-11:00 AM

(No program on May 18 and June 8)  
Weekly playgroup for self-identified dads with children under 5.

\*Pre-registration required for all drop-in programs.

Visit our website [www.snplace.org/drop-in-playgroups](http://www.snplace.org/drop-in-playgroups)



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

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SNP PEARKES - 3100 TILlicum ROAD

SNP CHILD & FAMILY CENTRE  
3120 TILlicum RD.  
BEHIND PEARKES REC

## MONDAY

### EMPOWERING YOUNG MOMS:

A healthy approach to Motherhood

Apr. 29 - Jun.10

(No session on May 20)

12:30PM-2:00PM

This 6-week program focuses on mental health and wellness for mothers who are under 30 years old.

We provide information and support in a facilitated group with an opportunity to connect with other moms.

To register, contact [Tanya@snplace.org](mailto:Tanya@snplace.org)

## TUESDAY

### BEST BABIES

Ongoing

Prenatal: 10AM-12PM

Postnatal: 11:30AM-1:30PM

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](mailto:Robin@snplace.org)

## WEDNESDAY

### FAMILY ENTRÉE TO-GO

Starts Apr. 3

Pickup 4:30-5:30 PM

To register, contact [Tina@snplace.org](mailto:Tina@snplace.org)

## THURSDAY

### TEEN 2 CHEF

Apr. 4 - May 9

4:30PM-6:30PM

A food literacy program created in conjunction with Registered Dietitians to improve the food literacy of adolescents and establish healthy lifestyle habits. Its goal is to learn about lifelong health and reducing the risk of developing chronic diseases like type 2 diabetes.

Register through Saanich Recreation Centres Activity online or call G.R. Pearkes at 250-475-5400

## THURSDAY (CONT'D)

### COMMUNITY KITCHENS

Starts Apr. 4

9:30AM-12:00PM

Enjoy cooking with a group and make some delicious meals.

To register, contact [Tina@snplace.org](mailto:Tina@snplace.org)

## SUNDAY

### DAD'S KITCHEN

Apr. 21, May 26,  
June 23

12:00PM-2:30PM

Enjoy cooking with other self-identified dads and make some thrifty meals.

Register from <https://www.snplace.org/other-registered-programs.html>

## MONDAY

### FAMILY ENTRÉE TO-GO

Starts Apr.8

Pickup 4:00-5:00 PM

To register, contact [Tina@snplace.org](mailto:Tina@snplace.org)

# HELLO SPRING



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