

SAANICH NEIGHBOURHOOD PLACE SPRING 2025

REGISTERED DROP-IN PROGRAMS

SNP PEARKES - 3100 TILlicUM ROAD

MONDAY

YOUNG PARENT PLAY & CONNECT 12:30-2:00PM

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

TUESDAY

KINDERGYM 9:30-11:00AM

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!

WEDNESDAY

PLAYGROUP 9:30-11:00AM

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

BABY PLAYGROUP 12:30-2:00PM

Drop-in playgroup for parents and caregivers with babies 0-18 months facilitated by a Family Support Worker.

SATURDAY

DAD'S GROUP 9:30-11:00AM

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

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

FRIDAY

TODDLER KINDERGYM 9:30-11:00AM

A chance for little ones, 2 and under to move! A great place to climb, crawl, dance, roll and toddle. Each group ends with circle time.

SNP BROAD VIEW
3703 St. AIDANS ST.

MONDAY

SING & PLAY GROUP 9:30-11:00AM

Join Ali and our Broad View friends for rhymes, songs and stories, followed by snack and free play.

WEDNESDAY FRIDAY

DROP-IN PLAYGROUP 9:30-11:00AM

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.

*The Spring Calendar term is April 1 - June 30, 2025. Pre-registration is required for all drop-in programs. **(You only need to register once per term)** Visit our website <https://www.snplace.org/drop-in-programs.html> or register from the QR codes below.



PEARKES, CFC



BROAD VIEW

Follow us on social media or check our website for program updates and cancellations. SNP is closed on holidays, with no programming on those days.

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

FOLLOW: [SNPLACE](https://www.instagram.com/snplace) [SAANICHNEIGHBOURHOODPLACE](https://www.facebook.com/saanichneighbourhoodplace)





SAANICH NEIGHBOURHOOD PLACE SPRING 2025 REGISTERED PROGRAMS



SNP PEARKES - 3100 TILLICUM ROAD

MONDAY

IN IT TOGETHER

Apr. 28 - Jun. 9
10:00AM-11:30AM

A 6-week support group for self-identified mothers that builds on our Empowering Moms program. This group offers ongoing mental health support and skills to those who have previously attended our Empowering Moms program. Childcare is available. To register, contact robin@snplace.org

TUESDAY

BEST BABIES

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 admin@snplace.org



WEDNESDAY

FAMILY DINNER TO-GO

Pickup 4:30-5:30 PM
To register, contact tina@snplace.org

PARENTING WORKSHOPS

Apr. 30 | 5:30PM-7:00PM
EMOTIONAL REGULATION IN PARENTING

To register, contact tanya@snplace.org

May 7 | 5:30PM-7:00PM
HEALTHY BOUNDARIES IN PARENTING

To register, contact vanessa@snplace.org

Childcare is available for both dates

THURSDAY

COMMUNITY KITCHENS

9:30AM-12:00PM

Enjoy cooking with a group and make some delicious meals. Childcare is available. To register, contact tina@snplace.org

EMPOWERING MOMS Healthy Approach to Motherhood

Apr. 24 - May 29
12:30PM-2:00PM

This 6-week program focuses on mental health and wellness for self-identified mothers. We provide information and support in a facilitated group with an opportunity to connect with other moms. Childcare is available. To register, contact robin@snplace.org

SATURDAY SUNDAY

DAD'S KITCHEN

Apr. 26, May 25, Jun. 22
12:00PM-2:30PM

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

Childcare is available. To register, contact crystal@snplace.org

ONGOING

MY TWEEN AND ME

For parents of tweens who would like support with parenting children ages 9-12. Offered on an individual basis. 3 sessions to help with your family's specific needs.

To register, contact tanya@snplace.org

HAPPY
SPRING



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