

Saanich Neighbourhood Place

FAMILY PROGRAMS Summer 2021

BABY GROUP

WEDNESDAYS | 1:00 - 2:00 PM | SNP PEARKES

Discussion and support group for parents and caregivers with babies 0 to 18 months. Contact Brianna@snplace.org if you are interested in attending.

BABY GROUP (RONH)

MONDAYS | 1:00 - 2:00 PM | RONH

Support for parents and caregivers with babies 0 to 18 months at the Royal Oak House. Contact Brianna@snplace.org if you are interested in attending.

BEST BABIES (PRENATAL)

TUESDAYS | 10:00 AM - 12:00 PM | SNP PEARKES

This program focuses on support for pregnant people. Contact Robin@snplace.org for more details.

BEST BABIES (POSTNATAL)

TUESDAYS | 11:30 AM - 1:30 PM | SNP PEARKES

Support to pregnant people and their newborns up to 6 months of age. Contact Robin@snplace.org for more details.

COMMUNITY KITCHENS

**JULY 8, JULY 22, AUGUST 5, AUGUST 12
10:30 AM - 12:00 PM | VIRTUAL**

Enjoy cooking in a group and taking delicious affordable meals home to your family. For more information, please contact Tina@snplace.org.

DAD'S DROP-IN

SATURDAYS | 9:30 - 11:00 AM | SNP PEARKES

Weekly playgroups for self-identified dads with children under 5. Please contact Paul@snplace.org for registration.

YOUNG PARENT PARK & PLAY

**JULY 12 & AUGUST 16 | 10:00 AM - 12:00 PM
GORGE WATERWAY PARK**

For pregnant and parenting young parents (under 30) with their children. Contact Tanya@snplace.org to register.

PARENTING MINI-SESSIONS

July 22 & August 19 | 6:30 - 7:30 PM | SNP PEARKES

Two parenting mini-sessions give parents an opportunity to discuss the following topics:
July 22: *Parenting with Good Communication*
August 19: *Anxiety and your Child - Getting Ready for the Return to School*
Contact Family@snplace.org to register.

RAFT TOO - TWEENS

**July 6 - July 27 | TUESDAYS | 3:30 - 5:00 PM
SNP PEARKES**

This program is for youth 9-12 years of age who are learning to manage the impact of anxiety in their lives. Contact Family@snplace.org for more details.

RAFT - TEENS

**August 2 - 24 | TUESDAYS | 3:30 - 5:00 PM
SNP PEARKES**

This program is a supportive group meeting for young people living with anxiety. Together with trained Youth Facilitators, participants learn ways to manage anxiety in their lives. Contact Family@snplace.org for more details.

ROYAL OAK NEIGHBOURHOOD HOUSE DROP-IN

DATES TBA | FRIDAYS | 9:00 - 10:00 AM | RONH

Weekly playgroups provide young children a chance to play and socialize in the Royal Oak Neighbourhood House. Contact Family@snplace.org for more details.

Visit our website at:

www.snplace.org

Please call us at 250 360 1148

or email

family@snplace.org

for program registration.

250-360-1148

admin@snplace.org

www.snplace.org

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