

SAANICH NEIGHBOURHOOD PLACE WINTER 2022 PROGRAMS

SNP PEARKES - 3100 TILLICUM ROAD

MONDAY

YOUNG PARENT PLAY & CONNECT

Starts Jan. 17
9:30-11:30 AM

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

To register contact
Tanya@snplace.org

MOTHER'S MENTAL HEALTH TOOLKIT

Jan. 31 - Mar. 14
(no session Feb. 21)
12:00-2:00 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

TUESDAY

KINDERGYM

Starts Jan. 18
9:30-11:30 AM

This active play time gets kids up to 5 years of age moving! To register contact Ali@snplace.org

BEST BABIES

Starts Jan. 4
Virtual in January
10:00 AM-1:30 PM

Support for pregnant people and their newborns, up to 6 months old. To register contact Robin@snplace.org

PARENTING HOT TOPICS

5:30-7:00 PM

Jan. 25: Communication
Feb. 8: Parenting from a Dad's perspective
Feb. 22: Anger
Mar. 29: Co-operative parenting.

To register contact
family@snplace.org

WEDNESDAY

PLAYGROUP

Starts Jan. 19 | 9:30-11:00 AM
Participate in art, water, and outside play, stories, and dress up with kids up to 5 years old. To register contact Ali@snplace.org

BABY GROUP

Starts Jan. 19 | 1:00-2:00 PM
Virtual in January

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

FAMILY DINNER TO-GO

Starts Jan. 12 | 5:00-6:00 PM
To register contact
Tina@snplace.org

MY TWEEN & ME

Feb. 2-Mar. 9 | 5:30-7:30 PM
For parents and caregivers with children ages 9-12. Focuses on communication, building self-esteem, and strengthening confidence in parents. To register contact Tanya@snplace.org

THURSDAY

COMMUNITY KITCHENS

Starts Jan. 20

Virtual in January

9:30 AM-12:00 PM

Enjoy cooking in a group and taking delicious meals home to your family.

To register contact
Tina@snplace.org

YOUTH FOOD SKILLS

*Postponed due to
PHOs*

Jan. 27- Mar 3
4:00-6:00 PM

Youth ages 12-17 cook in a group setting and learn valuable food skills. *Proof of double vaccination required for program.

To be added to the wait list, contact
Tina@snplace.org

SATURDAY

DAD'S GROUP

Starts Jan. 22
9:30-11:00 AM

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

To register contact
Paul@snplace.org



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

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SAANICH NEIGHBOURHOOD PLACE WINTER 2022 PROGRAMS

SNP ROYAL OAK NEIGHBOURHOOD HOUSE
4525 W. SAANICH ROAD

SNP BROAD VIEW
3703 ST. AIDANS ST

MONDAY

THURSDAY

FRIDAY

WEDNESDAY

PARENT CHILD MOTHER GOOSE
Jan. 17 - Feb. 28 or
Mar. 14 - May 2
9:30-10:15 or 10:45-11:30 AM
Adapted due to current PHOs

A group experience for parents and their babies and young children, that focuses on the power of using rhymes, songs, and stories together. To register for a session contact Ali@snplace.org

BABY GROUP
Starts Jan. 13
Virtual in January
1:00-2:00 PM

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

MESSY HANDS
Jan. 14 - Mar. 4 or
Mar. 18 - May 6
9:30-11 AM
Adapted due to current PHOs

A creative opportunity for kids 5 and under.. Come prepared for paint, slime, sand, or water play. Caregivers need to stay, but their hands are only expected to get as messy as they'd like. To register for a session, contact Ali@snplace.org

BROAD VIEW PLAYGROUP
Start TBA
9:30-11:30 AM

Participate in art, water, outside play, stories, and dress up with kids up to 5 years old. An outreach worker is also available to assist with questions, resources and information. To register contact Tanya@snplace.org

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