

SAANICH NEIGHBOURHOOD PLACE WINTER 2024 PROGRAMS

SNP PEARKES - 3100 TILLICUM ROAD

PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS



MONDAY

YOUNG PARENT PLAY & CONNECT

Starts January 8
9:30-11:00 AM

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

To register, contact Tanya@snplace.org

FOOD SKILLS FOR FAMILIES

Jan. 8 - Feb.26
11:30AM - 2:30PM

A hands-on skill building program developed by dieticians who teach healthy eating, cooking, how to read labels and make healthy choices over 6 sessions.

To register, contact Tina@snplace.org

TUESDAY

KINDERGYM

Starts January 9
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 admin@snplace.org

BEST BABIES

Starts January 9

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

Starts January 10
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.

To register, contact admin@snplace.org

BABY GROUP

Starts January 10
1:00-2:00 PM

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

To register, contact Vanessa@snplace.org

FAMILY ENTRÉE TO-GO

Starts January 10
Pickup 4:30-5:30 PM
To register, contact Tina@snplace.org

THURSDAY

COMMUNITY KITCHENS

Starts January 11
9:30AM-12:00PM

Enjoy cooking with a group and make some delicious meals.

To register, contact Tina@snplace.org

EMPOWERING MOMS : A Healthy Approach to Motherhood

Feb. 8 - Mar. 14
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

Starts January 6
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 WINTER 2024 PROGRAMS

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

SNP BROAD VIEW
3703 St. AIDANS ST.

MONDAY

FAMILY ENTRÉE TO-GO

Starts Jan. 8
Pickup 4:00-5:00 PM
To register, contact
Tina@snplace.org

TUESDAY

SAFER

Jan. 23 - Mar. 5
(No group Feb. 13)
Education and support group for parents of trans and non binary youth. Offered as a parent/caregiver session and also as a youth program. For more detailed information, contact safer@snplace.org

FRIDAY

TODDLER KINDERGYM

Starts Jan. 12
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.
To register, contact admin@snplace.org

MONDAY

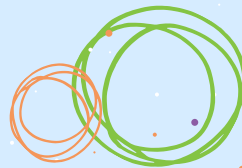
SING & PLAY GROUP

Starts Jan. 8
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.
To register, contact admin@snplace.org

WEDNESDAY FRIDAY

DROP-IN PLAYGROUP

Start date: Jan. 10/12
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.
To register, contact admin@snplace.org



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