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Spring 2024 Community Newsletter

Tue, Mar 12, 2024 at 1:15 PM



Spring Newsletter *Saanich Neighbourhood Place*

Hello Friends and Families,

Happy 2024! With the first couple of months already behind us, and spring just around the corner, we are excited to share news about what's happening here at Saanich Neighbourhood Place. But first, we must express our gratitude for [Capital Daily](#) and [the Tiny Foundation](#), who, in the very last 10 days of 2023, organized a fundraising event for our organization, generating \$46,000 in donations from the community! We are so appreciative of this effort, and funds will be used for our inclusive care program and our

family support programs. Other generous donors also include [Lochside Software, Inc.](#), [the Sovereign Order of St. John's Knights Hospitallers](#), [Ecclesiastical Insurance](#), [the Harbourside Rotary Club](#), [Santa's Anonymous Victoria](#), [Times Colonist Christmas Fund](#), [CUPE 2011](#), [the Provincial Employees Community Services Fund](#) and [Western Coast Insurance](#), among others. Donors have a big impact on programs, and this March is 'Make it Monthly' month through [CanadaHelps](#), when each new monthly donation will generate an extra \$20 from CanadaHelps for SNP. Learn more [here](#), and thanks for your support.

In other news, the Broadview United folks have completed a beautiful renovation of their building at 3703 St. Aidan's St., and we are so happy to be able to use the bright, cheerful lower hall space for our SNP family programs. With the help of volunteers, our staff provide with three weekly playgroups for children up to 5 and their caregivers. We were honoured to be invited to their grand opening event on January 21st to celebrate.

Once again, we have a full calendar of programs in our locations, and more information can be found on our [spring calendar](#) below.

All the best,

Corinne M Hilton
Executive Director
Saanich Neighbourhood Place

SNP Updates

New Drop-In Program Registration Process

Starting this spring, we will have a new program registration procedure for all the drop-in programs. To register for our drop-in programs, please visit the [drop-in program page](#) on our website, and register by completing the forms for the programs you would like to participate in. We ask you to please register once per quarter for each drop-in program you participate in, so that we have contact details should any program require a short notice cancellation.



Spring Programs 2024

Our Broad View programs have been very popular since we reopened at that location in January. We are happy to offer you a variety of programs from 3 different locations: Pearkes Rec Centre, Broadview United and SNP Child and Family Centre.

Registration is now open! [Check out the calendar here.](#)

Drop-in Programs Available in Spring 2024

Young Parent Play & Connect (SNP Pearkes)

Kindergym (SNP Pearkes)

Playgroups for under 5 (SNP Pearkes)

Baby Group (SNP Pearkes)

Toddler Kindergym (SNP CFC)

Dad's Drop-In Group (SNP Pearkes)

Sing & Play Group (SNP Broad View)

Drop-In Playgroup (SNP Broad View)

To register for our Drop-in Programs, please register [here](#).

Registered Programs

Best Babies (SNP Pearkes)

Family Entree to Go (SNP Pearkes/CFC)

Empowering Young Moms: A Healthy Approach to Motherhood (SNP Pearkes)

Community Kitchens (SNP Pearkes)

Teen 2 Chef (SNP Pearkes)

To register for our registered programs, [visit our programs calendar](#) for more information.

At Saanich Neighbourhood Place, all of our staff work hard to do our best to engage and deliver programs and services that meet the needs of families in our community. We would love to hear your opinions and feedback about our programs. You can give us your feedback from [here](#).

SNP 2024 Spring Programs



Registration for our part-day Full o'Beans preschool programs for the Sept 2024 – June 2025 year opens on March 4th. New and returning families can fill out application forms by using [the link](#) on our website, which is live now. This link is for part-day, three- and four-hour programs only.

Full-time programs are not taking applications for waitlists or registrations at this time.

This year we will be celebrating the tenth anniversary of [Full o'Beans Preschool](#)! Our part-time programs were our first venture into licensed childcare and added valuable services to our existing family programs, beginning in September 2013. Over the past 10 years, our 3- and 4-hour preschool classrooms have offered fun learning opportunities to over 400 families! We have enjoyed getting to know the many families and children we've met since we opened, and we hope to see families old and new at our celebration. Watch for more information soon.

Register for Full o'Beans Preschool



Make It Monthly 2024

At SNP, we offer low-barrier, inclusive access to a wide range of programs and services. Ensuring we can offer services such as childminding and snacks at no charge supports the diverse needs of families, and makes it easier for parents and children to participate in programs. Donations from you help support our programs and services so we can continue to serve the community.

Becoming a monthly donor is a great way to 'set and forget' your giving, allowing you to pick an amount you are comfortable with and letting it run throughout the year. For perspective, a donation of \$20/month allows us to feed one more family a take-away dinner. A donation of \$50 enables us to provide an hour of outreach service to a youth or parent, or two hours of childminding services. Even small amounts make a difference, when they are added to those of others.

CanadaHelps will **donate an extra \$20 for each new monthly gift of \$20 or more**, or

an additional \$10 for existing monthly donations increased by \$10 or more, when made to Saanich Neighbourhood Place through CanadaHelps. [*Terms and conditions apply](#)

We truly appreciate the support of our community, and all donations are fully tax deductible (receipt will be issued at the end of year) and go directly back into the community.

Donate to SNP



Clothing Swap 2024

SNP's Clothing Swap Fundraiser with [Victoria Eco Fashion Week](#) is back again this year! Clothing Swap will take place at 10AM-2PM on Saturday, May 25th in our CFC Building ([3120 Tillicum Rd.](#), behind the Pearkes Recreation Centre). Pre-event drop-off is 8AM-6:30PM on Friday, May 24 at CFC. All the proceeds raised by admission goes to Saanich Neighbourhood Place and the leftover items will be donated to the thrift store at Broadview United.

See the full guidelines below:

- *Entrance by donation (Minimum \$5)
- *Clothes and accessories (including bags, shoes)
- *Gently worn and clean items only (please minimize use of scents)
- *No rips/holes, missing buttons or broken zippers
- *No undergarments or swimwear
- *All sizes welcome
- *Bring your own bag
- *Refreshments provided
- *Items can be dropped off the day before or upon entry
- *Spring/Summer apparel preferred
- *This is a family-friendly event

Contact admin@snplace.org or call [250-360-1148](tel:250-360-1148) for any questions. We look forward to seeing you there!

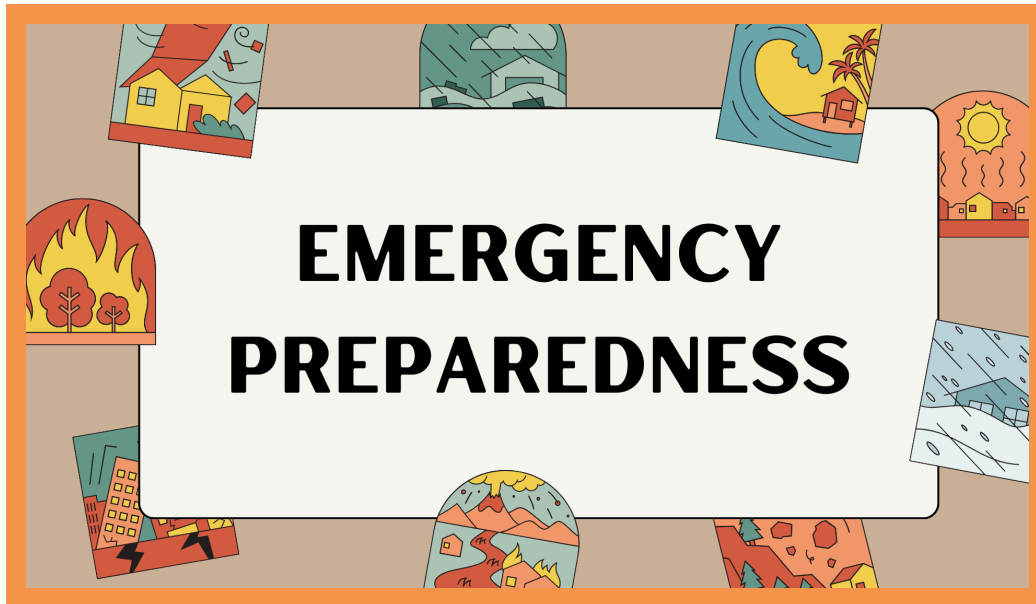


SNP Family BBQ 2024

SNP is looking forward to our annual Family BBQ on June 5th, a popular event! This year, we are also celebrating the 10-year anniversary of Full o'Beans Preschool, and look forward to seeing some of our alumni families at that occasion. We will be sharing more details and an invitation for this event soon and we look forward to seeing you

there!

Community Events, Resources, Books and Recipes



Saanich Emergency Programs

The District of Saanich offers the following programs for the upcoming season. These programs are free of charge and help you prepare for the unforeseen disaster that could happen in your community. Some programs are offered virtually so that you can participate in them from the comfort of your own home. It is never too late for you and your family to learn about emergency management to protect you and your community.

- **March 11, 2024 (7:00pm – 8:00pm) and May 15, 2024 (7:00pm – 8:00pm)**

[Free – Saanich Emergency Program Volunteer Information Session – March 2024](#)

The Saanich Emergency Program is looking for volunteers! Support your community, gain valuable experience, learn about emergency management and meet amazing people. Training provided.

- **March 14, 2024 (7:00pm – 8:00pm) and May 22, 2024 (7:00pm – 8:00pm)**

[Free - Preparedness 101: Emergency Preparedness Begins With You – March 2024](#)

This 60-minute presentation offers the information you need to prepare you and your family to survive on your own for up to 7 days after any disaster.

- **April 16, 2024 (7:00pm – 8:00pm)**

[Free - VIRTUAL Preparedness 101: Emergency Preparedness Begins with You – April 2024](#)

Are you and your family ready for an emergency? This 60- minute virtual presentation offers individual and family emergency preparedness presentations for residents of Saanich.

- **April 30, 2024 (7:00pm – 8:00pm)**

[Free - Neighbour to Neighbour Resilience Initiative Information Session - April 2024](#)

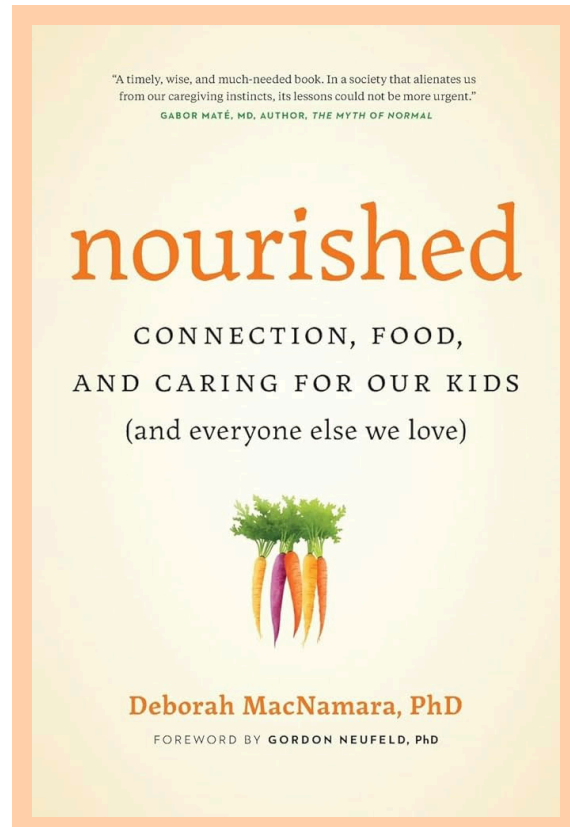
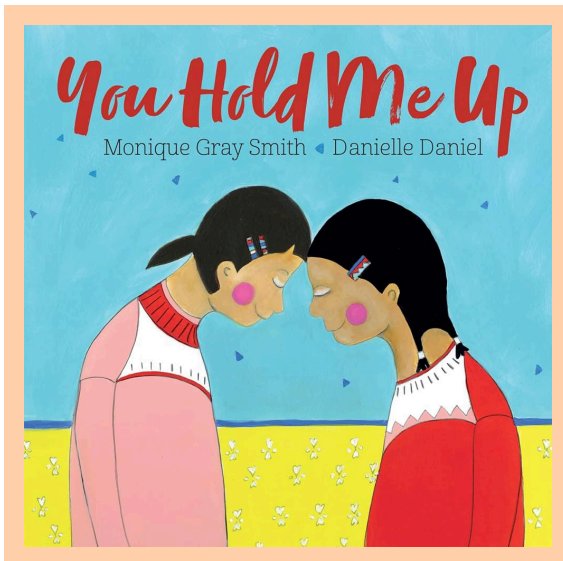
Your neighbourhood group can access a \$500 community grant to help you be more connected, sustainable and prepared. Join this information session to learn how.

- **May 7, 2024 (7:00pm – 8:00pm)**

[Free - Emergency Preparedness Speaker Series – May 2024](#)

Each session covers a different topic (TBA) that could include the hazards that surround us, the utilities we use, or a different perspective related to emergencies and events in our community.

For detailed information, please visit [the District of Saanich's website](#).



You Hold Me Up

"You Hold Me Up" is a story by Monique Gray Smith, illustrated by celebrated Artist Danielle Daniel. This is a book for children to show love and support for one another and foster kindness and empathy. The book demonstrates various ways that we can offer support to our peers with beautiful illustrations. Educators and caregivers can use this book to prompt a conversation about how a small act of kindness can mean a lot to someone, and how such an act can help build meaningful relationships with others. This simple book is filled with love and a lot of heart.

Nourished: Connection, Food, and Caring for Our Kids

Dr. Debra MacNamara digs into the basic concept of nourishment, how it consumes our focus and how food has eclipsed connection with our children. Feeding our families is not just about nutrition, but is about human relationship and caregiving. She explains how it is related to attachment science, neuroscience, emotional development and development psychology. In this book, Dr. MacNamara offers us keys to change the everyday act of feeding our families, into nourishing experience and attachment based on her own experience as a mother, counselor and a researcher. You will never see the food the same way again after reading this book!



Spring Recipe: Three Bean Spring Minestrone

Credit: BBC Good Food modified by Tina @ SNP

(<https://www.bbcgoodfood.com/recipes/three-bean-spring-minestrone>)

Ingredients:

- 1 Tbsp. olive oil plus extra for drizzling
- 1 onion chopped small
- 1 fennel bulb thinly sliced
- 2 garlic cloves minced
- 400g Cannellini beans
- 400g Borlotti beans or beans of choice
- 100 g fresh green beans
- 800 ml vegetable stock
- 150 g frozen peas
- 1 lemon zested
- Handful of fresh basil to serve

Instructions:

Put oil in sauce pan over medium heat, add onion, fennel, garlic and a large pinch of salt. Cook until softened. Drain and rinse beans. Add stock and beans. Cook beans for 15 minutes then add peas and lemon zest. Serve with basil and fresh grated

parmesan.

With gratitude, we respectfully acknowledge that we work and serve on the unceded lands of the L'kwungen speaking peoples of the Songhees and Esquimalt Nations.

View our land acknowledgment [here](#).



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You have participated in SNP or are a community partner.

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