**SNP PEARKES - 3100 TILLICUM ROAD**

**MONDAY**

**YOUNG PARENT PLAY & CONNECT**

Starts April 4 | 9:30 - 11:30 AM

A play group with discussion for parents under 29 years of age and their children. To register, contact Tanya@snplace.org.

**MOTHER’S MENTAL HEALTH TOOLKIT**

May 2 – June 13 (No group May 23) |12:30 - 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 April 5 | 9:30 - 11:00 AM

With space to run and climb, this active play time gets little ones moving! For children up to 5 years of age. To register, contact Ali@snplace.org.

**BEST BABIES**

Starts April 5 | Prenatal: 10:00 AM – 12:00 PM | Postnatal: 11:30 AM - 1:30 PM

Support to pregnant people and their newborns up to 6 months of age. Lunch is provided, and childcare is available. To register, contact Robin@snplace.org.

**MY TWEEN & ME**

April 26 – May 31 | 5:30 – 7:30 PM

For parents and caregivers with children ages 9-12. Focuses on communication, self-esteem, and strengthening confidence in parents. To register contact Tanya@snplace.org.

**WEDNESDAY**

**PLAYGROUP**

Starts April 6 | 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 April 6 | 1:00 - 2:00 PM

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

**FAMILY DINNER TO-GO**

Starts April 6 | 5:00 - 6:00 PM

Family Dinner is to-go at this time. To register, contact Tina@snplace.org.

**PARENTING HOT TOPICS**

April 13, 27, May 25, June 7, 14 | 5:30 – 7:30 PM

Discussion group for parents and caregivers. Attend one session, a few, or all of them! To register contact family@snplace.org. Topics include April 13: Communicating with your kids; April 27: Anger & Parenting; May 25: Parenting from a Dad's Perspective; June 7: Parenting in Relationship; June 14: Parenting with Your Ex.

**THURSDAY**

**COMMUNITY KITCHENS**

Starts April 7 | 9:30 AM - 12:00 PM

Enjoy cooking with a group and making delicious meals. To register, contact Tina@snplace.org.

**YOUTH FOOD SKILLS**

April 7 – May 12 | 9:30 AM - 12:00 PM

This program gives youth ages 12-17 an opportunity to cook in a group and learn valuable food skills. To register contact Tina@snplace.org.

**SATURDAY**

**DAD'S DROP-IN**

Starts April 9 | 9:30 - 11:00 AM

Weekly playgroups for self-identified dads with children under 5. To register, contact Paul@snplace.org.

**SNP ROYAL OAK NEIGHBOURHOOD HOUSE - 4525 WEST SAANICH ROAD**

**MONDAY**

**PARENT-CHILD MOTHER GOOSE**

May 9 – June 20 (No group May 23) | 9:30 - 10:30 or 10:45 – 11:45 AM

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

**THURSDAY**

**BABY GROUP**

Starts April 7 | 1:00 – 2:00 PM

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

**FRIDAY**

**MESSY HANDS**

May 13 – June 17 | 9:30 - 11:00 AM

An opportunity for toddlers and preschool aged kids to show up for a creative experience. Come prepared for things like paint, slime, sand or water play. Caregivers need to stay but their hands are only expected to get as messy as they would like. To register contact Ali@snplace.org.

**SNP BROAD VIEW – 3703 ST. AIDANS STREET**

**WEDNESDAY**

**BROADVIEW PLAYGROUP**

Starts April 6 | 9:30 – 11:00 AM

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