**SNP PEARKES - 3100 TILLICUM ROAD**

**MONDAY**

**YOUNG PARENT PLAY & CONNECT**

9:30 - 11:00 AM

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

**PARENT CHILD MOTHER GOOSE**

1:00 - 2:00 AM

A group experience for parents and their little ones that focuses on the job of sharing rhymes, songs, and stories together. To register contact Ali@snplace.org

**TUESDAY**

**KINDERGYM**

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 Ali@snplace.org

**BEST BABIES**

Prenatal: 10:00AM – 12:00PM
Postnatal: 11:30AM – 1:30PM

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**

9:30 - 11:00 AM

An opportunity for little ones to PLAY! Creative, sensory, make believe, building, indoor/outdoor, cooperative & independent play.
To register, contact Ali@snplace.org

**BABY GROUP**

1:00 - 2:00 PM

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

 **FAMILY DINNER TO-GO**

Starts April 12 | 5:00 - 6:00 PM

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

**THURSDAY**

**COMMUNITY KITCHENS**

Starts Apr. 13 | 9:30 AM - 12:00 PM

Enjoy cooking with a group over Zoom and make some delicious meals. To register, contact Tina@snplace.org

**EMPOWERING MOMS (A Healthy Approach to Motherhood)**

Apr. 20 - May 25 | 12:30 PM - 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 DROP-IN**

9:30 - 11:00 AM

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

 **SNP CHILD & FAMILY CENTRE – 3120 TILLICUM RD. (BEHIND THE PEARKES REC.)**

 **MONDAY**

**FAMILY ENTRÉE TO-GO**

Pickup 4:00 PM-5:00 PM

To-go at this time.
To register, contact Tina@snplace.org

**WEDNESDAY**

**MY TWEEN & ME**

April 19 – May 10 | 5:30 – 7:30 PM

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

**FRIDAY**

**TODDLER KINDRGYM**

January 13 | 9:30 - 11:00 AM

A chance for little ones, 2 and under, that are mobile to move! A great place to climb, crawl, dance, roll and toddle. To register, contact Ali@snplace.org