**REGISTERED DROP-IN PROGRAMS**

\*Pre-registration required for all drop-in programs (Drop-in registration is only required once a year in the fall (No need to register each time).

Visit our website: [www.snplace.org/drop-in-playgroups](http://www.snplace.org/drop-in-playgroups)

**SNP PEARKES - 3100 TILLICUM ROAD**

**MONDAY**

**YOUNG PARENT PLAY & CONNECT**

Starts April 8| 12:30 - 2:00 PM

A play & discussion group for parents under 30 years of age and their children. Empowering Young Moms included for the moms of this program this term (Apr. 29 – Jun. 10, No program on May 20)

**TUESDAY**

**KINDERGYM**

Starts April 2 | 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!

**WEDNESDAY**

**PLAYGROUP**

Starts April 3 | 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.

**BABY GROUP**

Starts April 3 | 1:00 - 2:00 PM

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

**SATURDAY**

**DAD'S DROP-IN**

Starts April 6 | 9:30 - 11:00 AM

(No sessions on Mau 18 and June 8)

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

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

 **FRIDAY**

**TODDLER KINDERGYM**

Starts April 5| 9:30 - 11:00 AM

(No session on May 17)

A chance for little ones, 2 and under, that are mobile to move! A great place to climb, crawl, dance, roll and toddle.

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

**MONDAY**

**SING & PLAY GROUP**

Starts April 2 | 9:30 - 11:30 AM

(No session on May 20)

Join Ali and our Broad View friends for 45 minutes of Parent Child Mother Goose rhymes, songs and stories, followed by free play in the newly renovated space.

**WEDNESDAY & FRIDAY**

**DROP-IN PLAYGROUP**

Starts Aril 2/4 | 9:30 - 11:30 AM
(No session on May 17)

A joint play group for young children under 5 years 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.

**REGISTERED PROGRAMS**

**MONDAY**

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

April 29 – June 10 | 12:30 PM - 2:00 PM
(No session on May 20)

This 6-week program focuses on mental health and wellness for young mothers who are under 30 years old. We provide information and support in a facilitated group with an opportunity to connect with other moms.
To register, contact Robin@snplace.org

**TUESDAY**

**BEST BABIES**

Ongoing

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**

 **FAMILY ENTRÉE TO-GO**

Starts April 3 | Pickup 4:30 – 5:30 PM

To register, contact Tina@snplace.org

**THURSDAY**

**COMMUNITY KITCHENS**

Starts April 4 | 9:30 AM - 12:00 PM

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

**TEEN 2 CHEF**

April 4 – May 9 | 4:30 PM – 6:30 PM

A food literacy program created by Registered Dietitians to improve the food literacy of adolescents and establish healthy lifestyle habits. Its goal is to learn about lifelong health and reducing the risk of developing chronic diseases like type 2 diabetes. Register through Saanich Recreation Centres Activity online or call G.R. Pearkes at 250-475-5400.

**SATURDAY**

**DAD'S KITCHEN**

April 21, May 26, June 23 | 12:00 PM – 2:30PM

Enjoy cooking with other self-identified dads and make some thrifty meals.

Register from here.

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

 **MONDAY**

**FAMILY ENTRÉE TO-GO**

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