**SNP PEARKES - 3100 TILLICUM ROAD**

**MONDAY**

**YOUNG PARENT PLAY & CONNECT**

Starts January 9 | 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**

Starts January 9 | 1:00 - 2:00 AM

An interactive program for caregivers and young children to connect with each other and others through songs and stories. To register contact Ali@snplace.org

**TUESDAY**

**KINDERGYM**

Starts January 10 | 9:30 - 11:00 AM

Ideal for children who are walking up to 5 years old - Kindergym is perfect for mornings when children need to get those big movements out. Each group ends with a parachute circle time. To register contact Ali@snplace.org

**BEST BABIES**

Starts January 10

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**

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

Opportunities for imaginative and creative play, sensory and building activities, as well as social connection are provided for children up to 5 years old. Each group ends with a circle time.
To register, contact Ali@snplace.org.

**BABY GROUP**

Starts January 11 | 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 January 11 | 5:00 - 6:00 PM

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

**THURSDAY**

**COMMUNITY KITCHENS**

Jan. 12 – Mar. 16 | 9:30 AM - 12:00 PM

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

**FRIDAY**

**FOOD SKILLS FOR FAMILIES**

Jan. 27 – Mar. 3 | 1:00 PM - 4:00s PM

A hands-on weekly cooking program that explores healthy eating, shopping and cooking skills! Six 3 hour session. To register, contact Tina@snplace.org.

**SATURDAY**

**DAD'S DROP-IN**

Starts January 7 | 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**

**MESSY HANDS**

January 16| 9:30 – 11:00 AM

An opportunity for children who are walking, up to 5 years old, to learn through play with a focus on process over product. Children get to experience different art, sensory and water activities without the stress of a mess at home. To register, contact Ali@snplace.org.

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

**FRIDAY**

**TODDLER KINDRGYM**

January 13 | 9:30 - 11:00 AM

A chance for little ones that are on the move, up to 3 years old, to move! A great chance to climb, crawl, dance and jump. To register, contact Ali@snplace.org.