# Richmond Family Place News

Ensuring that every child in Richmond reaches their full potential

September–January, 2020

## MAIN SITE SCHEDULE

(8660 Ash Street)

Drop-in Sessions and Parenting Classes for all families with young children.
Please check the website or call 604–278–4336 for the most up-to-date details.

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**LOCATIONS:**

**BRIGHOUSE LIBRARY**: 7700 Minoru Gate  
**CABMBIE LIBRARY**: 11590 Cambie Road  
**HAMILTON COMMUNITY CENTRE**: 5140 Smith Drive  
**IRONWOOD LIBRARY**: 11688 Steveston Hwy  
**LANG COMMUNITY CENTRE**: 8279 Saba Road  
**NEIGHBOURHOOD LEARNING CENTRE**: 6800 Azure Road  
**RICHMOND FOOD BANK**: 100–5800 Cedarbridge Way  
**STEVESTON LIBRARY**: 4111 Moncton Street  

4:30pm–7:00 pm  
**FAMILY FUN CAFÉ WITH DINNER AT 5PM**  
For Richmond Food Bank Families  
Richmond Food Bank
EXECUTIVE DIRECTOR’S MESSAGE

Welcome to our Fall/Winter newsletter! As we enter into the crisp weather season we are energized and ready to begin our regular programs again and come back inside from the parks.

We have been incredibly honoured to see so many families coming to join our lunch and all day programs since we began back in April. Check out the newsletter for more details about program days and times.

Conversation circles began this summer and will continue through the year. Come and share your voice with us and connect with other families. Talk to staff for more details.

Our Intergenerational project, brings families with young children (0–6) together with seniors in the community, through activities that promote connection and break down isolation. Our goal is to facilitate linkages between generations that will last outside the programs so please share the information with any seniors you think might be interested in the program and don’t forget to register to participate.

Come join us at our Annual General Meeting on Wednesday September 18th, this is an opportunity to hear about our endeavors and successes over the past year. RSVP at info@richmondfamilyplace.ca

One last question to consider, do you have skills you don’t see listed on our website? Do you wish to contribute your time to our Society? If so, please contact info@richmondfamilyplace.ca we would like to hear from you!

Warm regards,
Janice Lambert, Executive Director

RICHMONDKIDS.CA

Check out RichmondKids.ca! Your guide to programs events and articles for families with young children in Richmond, British Columbia

*THANK YOU SPONSORS*

Richmond Family Place sincerely thanks the following organizations for their generous support:

- Cobs Bread—Richmond Centre
- Cobs Bread—Blundell
- Starbucks 2 & Blundell
- Starbucks Steveston
- Two Ten Foundation
- Textile Arts Guild of Richmond
- Pacific National Exhibition
- Royal Bank of Canada
- The Benevity Community Impact Fund
- Coast Capital—Steveston Branch
- Rose’s Angels

*WHAT’S HAPPENING*

SAVE THE DATE
SEPTEMBER 18, 2019
ANNUAL GENERAL MEETING
and VOLUNTEER RECOGNITION EVENT
Registration: 5:30 pm
Meeting: 6:00—6:30pm
Open House: 6:30—8:00pm
RSVP: info@richmondfamilyplace.ca or 604.278.4336

Check our website and Facebook page (www.facebook.com/richmondfamilyplace) for new and developing fundraising events.

Come and share your fundraising ideas with us! Always looking for new initiatives. Email or call us info@richmondfamilyplace.ca or 604.278.4336.

RICHMOND FAMILY PLACE CLOSURES

Monday September 2, 2019 Labour Day
October 12–14, 2019 Thanksgiving
November 9–11, 2019 Remembrance Day
December 25, 2019—January 2, 2020 Winter Break

VOLUNTEERS NEEDED!

Are you 16–99 and looking for an exciting opportunity to give back, develop new skills and make new friends? Consider volunteering at Richmond Family Place. We have a wide variety of volunteer opportunities, flexible hours and provide support and training for all our volunteers. Make a difference in the lives of Richmond Family Place families! Please contact Sara sara@richmondfamilyplace.ca or 604.278.4336 for more information.
**PLAY AND LEARN DROP–IN**

**What:** This drop-in program provides a welcoming environment for ALL families with children from birth to 6 years of age. Come make new friends and play in a rich, learning environment; enjoying singing, music and stories and receiving parenting support and information.

*The stop sign will be placed outside the door if the program is full.*

**For Main Site:** Drop-in sessions $2/family (or pay-what-you-can).

**Where:** Main Site / 8660 Ash Street

**When:**
- Monday 9:15 am–1:15 pm (lunch provided)
- Tuesday 9:15 am–3:15 pm (lunch provided)
- Wednesday 9:15–11:15am
- Thursday 1:00–2:30pm
- Friday 9:15–11:15am
- Saturday 10:30 am–3:15 pm (lunch provided)

**All day Play & Learn Drop In:**

**What:** Based on our regular drop in Play & Learn program, the all day program offers families an opportunity to drop in during extended program hours for a variety of structured & free play. Choose what works for your family! A simple lunch will be provided.

**Please note:** Regular drop-in sessions will be cancelled when there is a special event scheduled. Older siblings up to 12 years old are welcome at our programs during school holidays.

**Where:**
- Ironwood Library
- Brighouse Library

**When:**
- Monday 1:00–2:30 pm
- Tuesday 1:00–2:30 pm (Library story time at 2:00pm)

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**DENTAL HYGIENIST (REGISTRATION REQUIRED*):**

Dates not available at time of printing. Please contact us at 604.278.4336 or talk to staff for more information.

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**THRIFT STORE**

**Hours of Operation:**
- **Monday:** 10 am–3:30 pm (Senior’s Day)
- **Tuesday:** 10 am–3:30 pm
- **Wednesday:** 10 am–3:30 pm
- **Thursday:** 10 am–3:30 pm
- **Friday:** 10 am–3:30 pm (50% off Housewares, Books & Toys)

**Saturday:** 9:30 am–1 pm (50% off everything in store for RFP members & students)

**Donation:** Thank you for dropping off your gently used items at our building between 9 am and 4 pm Monday to Friday (Saturdays 9 am–2 pm).

We do not accept furniture, mattresses, large appliances or baby equipment.

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**VISITORS**

Updates & additions to visitors will be added to the website at [www.richmondfamilyplace.ca](http://www.richmondfamilyplace.ca) and our Facebook page at [www.facebook/richmondfamilyplace](http://www.facebook/richmondfamilyplace) as soon as they are available.

**Dietitian:**
- Thursday September 5 5:00–6:15 Food Bank
- Friday September 27 10:00–11:15 Brighouse Library*
- Thursday October 3 10:15–11:30 Hamilton Community Centre
- Friday October 25 1:30–2:00 Steveston Library
- Thursday November 14 1:00–2:00 Main Site
- Thursday November 21 1:15–2:00 Neighbourhood Learning Centre
- Wednesday November 27 1:15–2:00 Cambie Library*
- Monday January 6 1:30–2:00 Cambie Library
- Tuesday January 14 10:30–11:15 Steveston Library*
- Monday January 20 1:15–2:00 Ironwood Library

**Speech & Language Therapist**
- Monday September 16 1:15–2:00 Cambie Library
- Wednesday October 2 1:00–2:00 Lang Centre
- Wednesday October 23 9:30–10:45 Main Site
- Monday November 4 10:15–11:30 Hamilton Community Centre
- Tuesday November 19 10:30–11:15 Steveston Library
- Tuesday December 3 1:00–2:00 Main Site

**Behaviour Specialist: Dr. Champagne Marilyn / Sharon To Psychologist, / Angelina Lee Clinician, Early Childhood Mental Health Program Richmond Hospital**
- Thursday September 12 1:00–2:00 Neighbourhood Learning Centre
- Monday September 23 10:00–11:30 Main Site
- Monday October 7 1:30–2:00 Cambie Library
- Monday October 21 1:00–2:00 Ironwood Library
- Wednesday November 6 1:30–2:00 Lang Centre
- Tuesday November 19 9:30–10:45 Main Site
- Friday December 6 10:15–11:30 Brighouse Library*
- Monday December 11 1:00–2:00 Lang Centre

**Pacific Post Partum Support Society**
- Wednesday November 13 9:30–10:45 Main Site

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**PROGRAMS FOR EVERYONE**

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WEDNESDAY DINNER PROGRAM
What: An opportunity to “skip the dishes” and enjoy dinner with the whole family followed by a play and learn drop-in program. Enjoy eating and playing together and building community connections.

Where: Main Site/8660 Ash Street
When: Wednesdays, 5:30pm–7:30pm
* Wednesday evening dinner is provided by Family Place. Cost is $6 per family (or pay-what-you-can). There is no need to register for this program. All children from birth to 12 years of age are welcome.

DAD AND CHILD BREAKFAST
What: A weekly breakfast program for dads/male caregivers and their children birth to 6 years of age. A nutritious breakfast will be served followed by playtime. This drop-in program is $3 per family (or pay-what-you-can) and includes the regular Saturday drop-in session from 10:30am–12:30pm.

Where: Main Site/8660 Ash Street
When: Saturday 9–10:30am

TODDLER TIME FOR CHINESE SPEAKING FAMILIES
What: A drop in program for Chinese speaking families with children 10 months to 2 years. A time for stories, play and parent education.

Where: Steveston Library
When: Tuesday 10:30–12:00 pm

Where: Cambie Library
When: 1:00–2.30 pm

Where: Brighouse Library
When: Fridays, 10:00–11:30am

Delivered in association with Touchstone Family Association, Richmond Family Place and Richmond Public Library.

FAMILY FUN CAFÉ
What: Families attending the Food Bank are invited to come and enjoy a simple dinner together. Children are welcome to play in a rich learning environment and participate in activities while caregivers can participate in parenting discussions and receive their groceries.

Where: Richmond Food Bank
When: Thursday 4:30–7:00pm

FOOD BANK PLAY, LEARN, GET READY FOR SCHOOL
What: Families with children birth to 6 years of age, attending the Food Bank can play in a rich learning environment while receiving parenting support and information.

Where: Richmond Food Bank
When: Wednesday and Thursday, 10:30am–1:00pm

SING AND PLAY
Where: Cambie Library
When: Mondays, 1:00–2:30pm

Where: Steveston Library
When: Fridays, 1:00–2:30pm

What: This program introduces adults and children to the pleasure and power of using rhymes, songs and stories together.

PLAY AND LEARN
Where: Hamilton Community Centre
When: Mondays, 10:00–12:00pm
Where: Lang Community Centre
When: Wednesday, 1:00–2:30pm
Where: Neighbourhood Learning Centre
When: Thursday, 1:00–2:30pm
Where: Hamilton Community Centre
When: Thursday, 10:00am–12:00pm

What: A welcoming drop in time for families with children 0–6yrs to play, learn and connect with others. Come and enjoy singing, music & stories and receive parenting support & information.
PROGRAMS FOR PARENTS

EARLY YEARS BRIDGING PROGRAM

What: A Program for new and current Refugee and new immigrant families living in Richmond with children birth to 6 years of age. Provides a safe and supportive environment to play and learn, connect with others, learn about parenting within the Canadian context and obtain information about resources available to them in Richmond.

Registration is required for this program; please note that certain qualifications must be met. For more information, please contact Hala at (604) 278-4336 or hala@richmondfamilyplace.ca

NOBODY’S PERFECT

New class starting in fall 2019. This program for parents offers discussion on a wide variety of child development and child parents relationship. Call our office at 604.278.4336 or email info@richmondfamilyplace.ca to add your name to our program interest list.

NEW PROGRAM! PROJECT CONNECT

An exciting new program that brings families and seniors together to play, sing, and connect.

Where: South Arm Community Centre
When: September 11th–November 27th, 2019; Wednesday 1:00–2:30pm

To register call 604.278.4336 or email info@richmondfamilyplace.ca

BIRTHDAY PARTY RENTALS

We are pleased to be able to offer birthday and other room rentals. Parties include: 30 minutes set-up, two hour party, 30 minutes take down & clean up.

PLAYROOM PARTY

$160 members $190 non–members

• Birthday Party Facilitator will lead the party and provide age appropriate activities including arts and crafts, parachute games and/or circle time.
• Birthday Party Facilitator will assist in the clean up the party areas once the party has finished.
• Parents bring food and decorations.

Limit of 15 children for facilitated parties. Higher rates apply if another facilitator is required for additional children.

A $50 refundable deposit holds your booking. The remainder is due one week before your party. All parties include the use of both playrooms and toys, the living room, kitchen, dining room, BBQ, outdoor areas and all outdoor toys. Contact info@richmondfamilyplace.ca or 604-278-4336.

MEMBERSHIP

All participants are required to become members so we can continue to provide low cost or free programs for all families. Annual membership costs $25 (or pay–what–you–can) and has many privileges:

• Discount on birthday parties
• Discount day in thrift store
• Participation in workshops
• Special events, prize draws and field trips
• Invitation to the Annual General Meeting
• Eligible to join the RFP Board of Directors
• Eligible to join RFP Parent Advisory Committee

The money we receive from membership fees helps us to provide childminding for parenting workshops, low cost or free field trips, special events such as the Santa breakfast, and high quality toys, books and equipment.
SPECIAL EVENTS CALENDAR (SEPTEMBER 2019–JANUARY 2020)

Registration will take place approximately 2 weeks prior to pre-registered events. Check our Facebook page or call 604-278-4336 for more information. Regular drop in sessions will be canceled during pre-registered special events. Please note that Food Bank events are only for regular Food Bank clients.

SEPTEMBER: MOON FESTIVAL
- September 9th–September 14th during drop-in times at Main Site
- Monday September 9th 10:00 AM–12:00 PM at Ironwood Library
- Monday September 9th 10:00 AM–12:00 PM at Hamilton Community Centre
- Tuesday September 10th 1:00–2:30 PM at Brighouse Library
- Wednesday September 11th 11:00 AM–1:00 PM at Richmond Food Bank
- Wednesday September 11th 1:00–2:30 PM at Lang Centre
- Thursday September 12th 11:00 AM–1:00 PM at Richmond Food Bank
- Thursday September 12th 5:00–7:00 PM at Richmond Food Bank

OCTOBER: THANKSGIVING DAY
- October 7th–October 11th during drop-in times at Main Site
- Monday October 7th 10:00 AM–12:00 PM at Hamilton Community Centre
- Tuesday October 8th 1:00–2:30 PM at Brighouse Library
- Wednesday October 9th 1:00–2:30 PM at Lang Centre
- Thursday October 10th 11:00 AM–1:00 PM at Richmond Food Bank
- Thursday October 10th 5:00–7:00 PM at Richmond Food Bank

OCTOBER: SHAKE OUT BC
- Thursday October 17th 1:00–2:30 PM at Richmond Family Place Main Site
- Thursday October 17th 10:17 AM at Hamilton Community Centre

OCTOBER: HALLOWEEN
- October 28th–October 31st during drop-in times at Main Site
- October 28th 1:00–2:30 PM at Ironwood Library
- October 28th 10:00 AM–12:00 PM at Hamilton Community Centre
- Tuesday October 29th 1:00–2:30 PM at Brighouse Library
- Wednesday October 30th 9:15–11:15 AM at Richmond Family Place Main Site
- Wednesday October 30th 11:00 AM–1:00 PM at Richmond Food Bank
- Wednesday October 30th 1:00–2:30 PM at Lang Centre
- Thursday October 31st 1:00–2:30 PM at Neighbourhood Learning Centre
- Thursday October 31st 11:00 AM–1:00 PM at Richmond Food Bank
- Thursday October 31st 5:00–7:00 PM at Richmond Food Bank

DECEMBER: WINTER CELEBRATIONS AROUND THE WORLD
- December 2nd–December 20th during drop-in times at Main Site
- December 2nd–December 20th on every Monday at Ironwood Library 1:00–2:30 PM
- December 2nd–December 20th on every Monday at Hamilton Community Centre 10:00 AM–12:00 PM
- December 2nd–December 20th on every Tuesday at Brighouse Library 1:00–2:30 PM
- December 2nd–December 20th on every Wednesday at Lang Centre 1:00–2:30 PM
- December 2nd–December 20th on every Thursday at Richmond Food Bank 11:00 AM–1:00 PM
- December 2nd–December 20th on every Thursday at Richmond Food Bank 11:00 AM–1:00 PM; 5:00–7:00 PM
- December 2nd–December 20th on every Thursday at Hamilton Community Centre 10:00 AM–12:00 PM
- December 2nd–December 20th on every Thursday at Neighbourhood Learning Centre 1:00–2:30 PM

DECEMBER: BREAKFAST WITH SANTA
- Saturday December 7th 9:00–10:30 AM and 11:00 AM–12:30 PM *Registration Required

JANUARY: FAMILY LITERACY DAY
- Monday January 27th 10:30–12:00 PM *Registration Required
If your child is starting preschool this fall, you may be approaching this major milestone with conflicting emotions. You’re probably excited about all the fun (you hope) your child will have and the new friends he’ll make. At the same time, you may feel a little sad that your baby is venturing out into the big world without you. These emotions are normal. Your child is also bound to have a host of feelings about this transition, feeling proud to be a big kid but at the same time worried about being separated from you and starting something unfamiliar.

**Having Fun With Preschool Prep**

There’s a lot you can do in the weeks before to get ready for the big day. But try to keep your efforts low-key. If you make too big a deal out of this milestone, your child may end up being more worried than excited. Here are some ideas to keep the focus on fun.

**Use pretend play to explore the idea of preschool.**

Take turns being the parent, child, and teacher. Act out common daily routines, such as saying good-bye to mommy and/or daddy, taking off your coat, singing songs, reading stories, having Circle Time, playing outside, and taking naps. Reassure your child that preschool is a good place where she will have fun and learn. Answer her questions patiently. This helps children feel more in control which reduces their anxiety.

**Read books about preschool.**

There are many books about going to preschool available from the public library in your area. Choose several to share with your child over the summer before school starts. Talk about the story and how the characters are feeling. Ask how your child is feeling.

**Make a game out of practicing self-help skills.**

These skills include unzipping her coat, hanging her coat on a hook, putting on her backpack, fastening her shoes. For example, you might want to have a “race” with your child to see how quickly she can put on her shoes. When you play school together, you can give your child the chance to practice taking off her coat, zipping her backpack closed, and sitting “criss-cross applesauce.” If your child will be bringing lunch, pack it up one day before school starts and have a picnic together. This will give her the chance to practice unzipping her lunch box and unwrapping her sandwich—important skills for the first day!

**Play at your new preschool.**

Visit your child’s preschool together. Ask when you can tour the school with your child. Play on the school playground a few times before your child starts the program. These visits increase your child’s comfort with and confidence in this new setting.

www.zerotothree.org/resources/78-preschool-prep-how-to-prepare-your-toddler-for-preschool

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