

### RiverFest: Inspired by the Fraser



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The Fraser River Discovery Centre invites you to join us in celebration of BC and World Rivers Day. In honour of the Fraser River, RiverFest will be held on the Westminster Quay boardwalk in New Westminster. The festival will consist of live entertainment; artists and artisans; community, environmental, and conservation organizations; and crafts and activities for children and their parents. This event is free to the public, so come celebrate with us on Friday, September 27 and Saturday, September 28. We guarantee there will be something for everyone!

For more information: [fraserriverdiscovery.org/RiverFest.htm](http://fraserriverdiscovery.org/RiverFest.htm)

Event date: Sept. 27 (4-9pm) & 28 (11am-6pm)

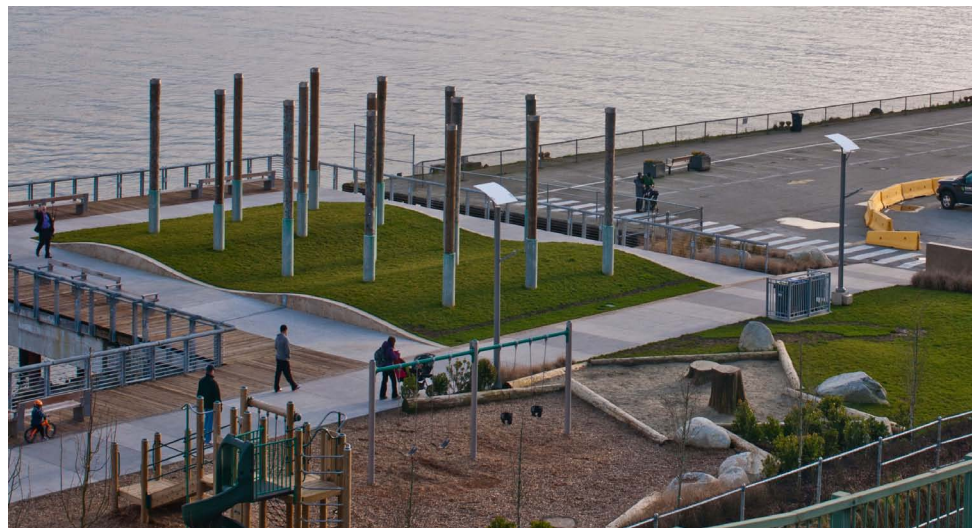
Location: Fraser River Discovery Centre



#### Brought to you by:



**Family Services**  
of Greater Vancouver



## September Events

### Lantern Festival in the 'Boro

Port Royal Park, New Westminster  
(East End of Ewen Avenue)  
**Saturday September 21**  
6:00 – 9:00pm



Join us in celebrating the Mid-Autumn Festival, a popular harvest festival celebrated in Chinese and Vietnamese cultures. Create beautiful LED-powered lanterns under the full moon light while enjoying live entertainment. Feast on traditional mooncakes while connecting with neighbors, fabulous fun for all ages! For more information contact Queensborough Community Center 604.525.7388

**Cost:** FREE!

### New West Walks - Walking Group

Walking is rated as Canada's most popular physical activity and New Westminster is a great place to walk! Regular walking improves cardio-vascular fitness, muscle tone, endurance, and mental health while improving energy levels, reducing the risk of chronic disease and helping with weight management.

This new walking group will meet weekly at Centennial Community Centre to walk a variety of routes on the City's East side.

**When:** Wednesdays at 2:30 pm beginning on September 11

Plan on coming out to join in the weekly walk and benefit from some fresh air, exercise and enthusiasm of the group! Please wear suitable footwear and appropriate clothing for the weather.

**Cost:** FREE!

### Parent Education Classes @ Family Place

Childminding is provided. Please arrive at 9:30 to settle your children in the playroom.

**Sept. 4** – Movie & Popcorn for Parents: Enjoy a movie while the children play. The movie starts promptly at 9:30 so please arrive on time.

**Sept. 11** – Bonding through Songs & Rhymes: Join Gordana to learn new songs and rhymes you can share and enjoy with your children.

**Sept. 18** – Choosing Suitable Daycare: Learn what to look for and what questions to ask before you leave your child in the care of others. The speaker is from YMCA Child Care Resource and Referral (CCRR)

**Sept. 25** – SFU Information Children: (part 1 of 5) This is a 5 week parenting program offered by Simon Fraser University's Information Children. The group will discuss various parenting issues and techniques. Pre-registration is requested. Parents wishing to attend on a drop in basis will be welcome if there is room.

## New Westminster Family Place:

A family resource program for families with children 0 – 5 years old

Suite 101 – 93 Sixth Street | New Westminster | V3L 2Z8  
604.520.3666 | [nwfamily.bc.ca](http://nwfamily.bc.ca)

Meet other families and share the joys and challenges of parenting. Enjoy art, playdough, snacks and songs in the playroom. Learn about other resources in the community.

### Wednesday Parenting Education Programs

Sept. 11 - Bonding with your Child through Songs & Rhymes

Sept. 8 - Choosing Suitable Daycare

Sept. 25 – Oct 23 – SFU Information Children: Parenting is Hard Work (5 sessions)

**Nobody's Perfect Parenting Program:** for parents with children 0 – 5 Our family support worker will facilitate group discussion on various topics related to parenting young children. The program runs for 6 consecutive Thursdays with the next two start dates Sept 12th and Oct 31st . Please phone to pre-register.

### Immigrant Grandparents On the Go:

is specifically for immigrant grandparents and their young grandchildren. This program is at our main site on Friday afternoons from 12:30 – 2:30 starting on September 20th.

**Toy Lending Library** available to provide a variety of developmentally appropriate toys as your child grows.

**Parent – Child Mother Goose** provides an opportunity for parents and children to interact and learn through rhymes songs and stories. Date and location for the next session to be announced.

Please join us to make new friends, have fun in our playroom and learn about your community.

Visit [www.nwfamily.bc.ca](http://www.nwfamily.bc.ca) to view our monthly calendar of events.

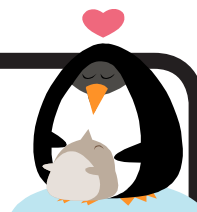
### Mom's Group

When: Wed, 11 September, 9:30 – 11:30am

Where: Olivet Baptist Church, Seventh St. and Queens Ave. (map)

Info: Marion - 604,526.9394

Moms can relax, enjoy adult conversation and a craft, demo or speaker. Children up to age five have their own quality time out with childcare provided. Open to moms of all ages and religions.



## Dates to Remember in September

### Sept. 3 & 17 Clothing Exchange

Free used children's clothing in the morning and afternoon sessions.

\*\* Please note: the clothing exchange is open to Family Place clients only.

### Sept. 12 Child Development Specialist

A specialist will be on site to answer your questions.  
10 – 11am

### Sept. 24 Pasta Morning!

The children receive a hot pasta snack in the morning session. There will be a snack served in the afternoon session.

### Sept. 26 Public Health Nurse

A nurse will be here to answer your questions. 10 – 11am

### Sept. 27 Birthday Party

A party for all of the children who have had a birthday this month. Be sure to tell staff if your child has a birthday this month.

### Single Moms Support Group

Family Services of Greater Vancouver is pleased to offer an opportunity to join in and share your thoughts about being a single mother. Learn about community resources and talk about the joys and challenges of solo parenting.

**Duration:** Oct. '13 – March '14  
(join anytime if space is available)

**Time:** Wednesdays, 5:30 - 7:30 pm

**Location:** Olivet Church  
613 Queens Avenue,  
New Westminster

**Register:** 604.525.9144  
ext. 3654 - Tara

**Fee:** FREE of charge

Healthy snacks and child-minding are available for children 6 years and under.



### Baby Talk

Are you a new parent interested in learning more about normal growth and development of your child and meeting other parents? Baby Talk is a free drop-in group for parents with babies from newborn to nine months old. Each session will give you an opportunity and listen to a speaker. This program is designed for fun, social and educational experience.

Centennial Community Centre 604.777.5100  
Wednesday, 1:00 - 3:00 pm  
Ongoing

**Drop-in Fee:** Free

### Baby Times

Come to the library to join in the singing and learn rhymes to take away.

New West Branch Library  
Friday, 10:15 am  
September 27 - December 6

Queensborough Branch Library  
Friday, 2:00 pm  
October 4 - November 8

**Drop-in Fee:** Free

### Haunted Halloween Party!

Queensborough Community Center  
Friday, October 25, 2013  
6:00 – 8:00 pm



Join a fun filled ghoulish night of activities at the Queensborough Haunted Halloween Party! Our leaders will help you create creepy crafts and edible potions. Enjoy face painting, carving pumpkins and a spooktacular magic show! Wearing costumes is encouraged for this fun family friendly event.

**For more information contact Queensborough Community Center:  
604.525.7388**

**Cost:** FREE

## Fall Events

### New Westminster Great Canadian Shore Cleanup

**When:** September 22 9:30 am

**Where:** Spagnol Street Walkout at South Dyke Road Riverfront

**What:** Take part in the South Dyke Road riverfront cleanup in Queensborough. This family friendly event is open to everyone who's interested. From active to easy, you can volunteer to take part in a variety of activities.

**Wear:** BOOTS or shoes that can get wet and muddy, long pants, long-sleeved shirts/jacket, gloves, hat, and eye protection/sunglasses

**For more information & to register contact:**  
[contact@nwep.ca](mailto:contact@nwep.ca)

### Kids' Swapmeets in our Area

#### Kidstuff Only Swapmeet

Saturday, September 21 - 9am - 1pm

Our swapmeets are perfect places to clean out your child's cluttered closet or pick up a bargain. If you're thinking of selling, we accept only maternity clothes and used items for children age 12 and younger. Free admission for buyers. Seller registration is in person or by phone only - table fee \$19.26.

Willingdon Community Centre  
 Phone: 604.297.4526  
 1491 Carleton Ave  
 Burnaby, BC



#### Children's Swap Meet

Sunday, September 22 - 9am - 1pm

Parents have been busy cleaning out their baby's and children's closets and toy boxes. There will be loads of goodies for those bargain hunters who want to purchase books, baby accessories and clothes. Admission is free.

For more information:  
 604.927.6046 or email:  
[Poiriercommunitycentre@coquitlam.ca](mailto:Poiriercommunitycentre@coquitlam.ca)

Poirier Community Centre  
 630 Poirier Street  
 Coquitlam, BC

### Welcoming New Arrivals to our Community

New Westminster WINs wants a community that is receptive, welcoming and inclusive. We are working to facilitate agency collaboration and service integration. By contributing this way to the growth and prosperity of New Westminster we are creating conditions where everyone wins.

#### How can I participate?

- Join us on Facebook at [www.facebook.com/newwestwins](http://www.facebook.com/newwestwins) or twitter
- Participate in WINs Community dialogues
- Tell us how you welcome immigrants!

New West WINs is a project that involves multiple organizations that are actively running activities between April, 2013 and March, 2014.

For more information contact Eman Elmasri  
 604.526.2522  
 Fax: 604.526.65.46  
 Email. [eman.elmasri@purposesociety.org](mailto:eman.elmasri@purposesociety.org)



Parents  
on the  
go

## The ECD Committee

### The New Westminster Early Childhood Development (ECD) Committee

The committee is made up from several non-profit agencies in New Westminster that encourages public awareness of the strengths, needs and gifts of young children and their families, and builds capacity within communities to promote their health and well being.

Learn more at:  
[www.kidsnewwest.ca](http://www.kidsnewwest.ca)



### The Importance of Early Childhood Development

The Importance of Early Childhood Development During the Early Years key learning takes place in a child's first six years. This first learning that occurs in a young child lays the base to how that child will develop and grow for success in school and life. Parents and caregivers play a vital role in stimulating a baby's brain for learning.

From a child's first breath to a first day at kindergarten, a loving and caring relationship are the best teachers. Raising a child is too big a job to be done alone.



## Community Kitchens This Fall

Prepare tasty meals using fresh whole foods. Meet new people. Learn to budget, plan meals, save time and money. Have fun in the kitchen!

### Shiloh 6th Avenue United Church - 1111 6th Avenue

Parents of children under 12 years

Tuesday mornings beginning October 1 for 6 weeks

\*A partnership with NW Family Place & Canadian Diabetes Association

### Queensborough Community Centre - 920 Ewan Avenue

Parents of children under 12 years

Every second Thursday morning beginning September 19

Seniors

Every second Thursday afternoon beginning September 19

### Century House - 620 Eighth Street

Seniors

Wednesday mornings beginning October 9 for 6 weeks

\*A partnership with Canadian Diabetes Association

To register for the programs:

Contact Patricia Davison at **604.525.9144** or  
[communitykitchens@fsgv.ca](mailto:communitykitchens@fsgv.ca)