



ASSOCIATION OF
NEIGHBOURHOOD HOUSES BC



CEDAR COTTAGE
NEIGHBOURHOOD HOUSE

Family Programs Winter 2021

At Cedar Cottage Neighbourhood House, we aim to keep everyone connected during these uncertain times because you're not alone in this and we're here for this together.

In support, we've created a few virtual programs via Zoom to keep you and your children connected with others in the community:

Monday - "Coffee and Chat"

This group is a place for adults to chat, laugh, learn and know that you are not alone. We are all in this together.

♥ Meet Brigitte from 10:00AM to 10:30AM on Zoom.

Tuesday - "Story and Rhymes Time"

We'll be resuming our story and song sessions virtually. Sing some songs and continue with literacy and language activities with your little one(s).

Program geared towards children 3+. Come meet other children and explore literacy together.

♥ Meet Wendy from 10:00AM to 10:30AM on Zoom.

Tuesday - "Get Creative with Wendy"

We'll get creative with simple everyday materials that can be easily found in your home. We'll share a story and sing some songs and continue with literacy and language activities.

Program geared towards children 3+. Gather your materials and come meet other children.

♥ Meet Wendy from 4:00PM to 4:30PM on Zoom.

Wednesday - "Learning and Growing Together"

All parents of young children need information and support. This group will give you opportunities to learn new concepts, and to interact with other parents and caregivers with young children. We will cover a variety of parenting topics.

Bring your questions, successes and concerns and we'll learn and grow together.

♥ Meet Brigitte from 10:00AM to 10:30AM on Zoom.

Thursday - "Storytime and Giggles"

Sing some songs and continue with literacy and language activities with your little one(s).

Program geared towards children 2+. Come meet other children and explore literacy together.

♥ Meet Brigitte from 9:30AM to 10:00AM on Zoom.

Thursday – "Health in Many Ways"

All parents of young children need information and support. This group will give you opportunities to cover a variety of topics, and to interact with other parents and caregivers with young children. We will be introducing a variety of health professionals to explore health in many ways from body to mind.

♥ **Meet Brigette from 11:00AM to 11:30AM on Zoom.**

Friday – "Together with Baby"

Connect with your baby through song and rhyme, build on your parenting skills, learn new concepts, interact with other babies and caregivers, and discuss a variety of parenting topics
Program geared towards children 0-2.

♥ **Meet Brigette and Wendy from 9:30AM to 10:15AM on Zoom.**

Contact Brigette (Family Support Worker) at bbouchard@cedarcottage.org
or Wendy (Family Support Worker) at whon@cedarcottage.org to register.

Most activities have already begun! Come see what there is to explore.

We will email you a Zoom Meeting link before each session on the day of.

(What is Zoom and how do I use it?)

<https://www.youtube.com/watch?v=9isp3qPeQ0E>)