

Thrive Family Programs continue to offer free services for families and caregivers with children 0-6 years by phone and online platforms.

Parent Support Group

Weekly drop-in to connect with other parents for conversation and support.
Tuesdays, 12:30 - 2:30 pm
Led by Kim, Family Support Navigator, and Erin, Clinical Counsellor.
On Zoom, Registration Required.

Parent Coffee Connect Group

Weekly check-in to share tips, and day to day challenges in a safe, comfortable setting.
Wednesdays, 10 am - 11:30 am
Led by Carol and Marlene, Thrive Facilitators.
On Zoom, Registration Required.

One-to-One Parent Support

Receive additional support, one-to-one.
Led by Kim, Family Support Navigator.
Via Phone - call 604-988-5281, ext. 318.



Breastfeeding Support Group

Social connection, consultation, and support.
Thursdays, 10 am - 12 pm
Led by Marianne, Lactation Consultant, Kim, Family Support Navigator, Alyssa, Lactation Consultant.
On Zoom, Registration Required.

Parent-Child Mother Goose

Rhymes, stories, and songs - four week group.
Led by Thrive Facilitators.
Infant: Mon., 10:30 am - 11:15 am (starts May 25)
Toddlers: Thurs., 10:15 am - 11 am (starts May 28)
On Zoom, Registration Required.
Registration begins Saturday, May 16.

Story Time

Enjoy stories with your child.
Led by Thrive Facilitators.
Everyday at 1:15 pm
Video Upload on Facebook

Circle Time

Participate in songs and rhymes with your child.
Led by Thrive Facilitators.
Everyday at 10 am
Video Upload on Facebook

To register or for more information, go to www.familyservices.bc.ca/covid-19-support/