

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

### 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.

### Outdoor Summer Programs

Outdoor programs at Thrive Maplewood.  
Registration required. (no drop-in).  
Tuesdays or Thursdays, 9:30 - 11:00 am  
To register, email [thrive@familyservices.bc.ca](mailto:thrive@familyservices.bc.ca), with 'Outdoor' in subject line, and day you prefer.

### 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 Coffee Connect Group

\*On Summer Break\* Weekly check-in to share tips, and day to day challenges in a safe, comfortable setting.

### Parent-Child Mother Goose

\*On Summer Break\* Rhymes, stories, and songs, four-week group. Led by Thrive Facilitators.

### Story Time

Enjoy stories with your child.  
Led by Thrive Facilitators.  
Video Upload on Facebook

### Circle Time

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

To register or for more information, go to [familyservices.bc.ca/find-support/thrive-family-programs](https://familyservices.bc.ca/find-support/thrive-family-programs)