

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

Connect with other parents for conversation and support.  
Tuesdays, 12:30 - 2:30 pm  
Led by Kim, Family Support Navigator, and Erin, Clinical Counsellor.  
Group held virtually, Registration Required.

### Outdoor Fall Programs

Outdoor programs at Thrive Maplewood.  
Registration required. (no drop-in).  
Mon./Tues./Thurs. 9:30-11:00 am, or  
Wed., 1:15-2:45 pm. Sun., 9:30-11:00 (Dads)  
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

Connection, consultation, and support.  
Thursdays, 10 am - 12 pm  
Led by Marianne, Lactation Consultant, and Kim, Family Support Navigator,  
Group held virtually. Registration Required.



### Parent-Child Mother Goose

Rhymes, stories, and songs, along with community partners and resources.  
Wed., 10-11 am. Ongoing until Dec. 9, 2020.  
Email [thrive@familyservices.bc.ca](mailto:thrive@familyservices.bc.ca) with PCMG in subject line, and completed registration form, and age of your child.

### 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)