

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

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.

### 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.

### Parent-Child Mother Goose

Rhymes, stories, and songs, along with community partners and resources.  
Wed., 10-11 am. Starting January 6, with ongoing registration.  
Email [thrive@familyservices.bc.ca](mailto:thrive@familyservices.bc.ca) with PCMG in subject line, and the completed registration form.

### Story Time

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

### 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.



### Exchange Room & Community Cupboard

**\*TEMPORARILY CLOSED\***

Pick up resources for your family. Take or drop off donations of clean toys, canned goods, diapers, toiletries, books, clothing for children (birth to age sixteen), as well as maternity clothes and outerwear for all ages. Registration Required for pick up. Email [thrive@familyservices.bc.ca](mailto:thrive@familyservices.bc.ca), including Exchange Room in the subject line.

### 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)