



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

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.

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, take or drop off donations of clean toys, canned goods, diapers, toiletries, books, clothing (birth to age six), maternity clothes and outerwear for all ages.

Outdoor Play Drop-in at Thrive Maplewood

Play, learn and connect with your child.

Tuesdays/Wednesdays/Thursdays,

9:30 - 11:30 am, July 6 to August 5,

Led by Facilitators Sarah and Irene.

399 Seymour River Place.

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.

Circle Time

Participate in songs and rhymes with your child.

Led by Thrive Facilitators.

Video Upload on Facebook

Story Time

Enjoy stories 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