



A Family Services of the North Shore program

Thrive Family Programs offer free services for families and caregivers with children 0-6 years.

Thrive Family Drop-in at Maplewood

Enjoy child-led play, crafts, songs, and stories while interacting with other parents and caregivers.

Our staff offer support, resources, and referrals in a warm and welcoming space.

Monday-Thursday, 9:30am-2:00 pm

Parent Support Group

Connect with other parents for conversation and support.

Tuesdays, 12:30 - 2:30 pm

Led by Anna, Family Support Navigator, and Erin, Clinical Counsellor.

Group held virtually, registration required.

Breastfeeding Support Group

Temporarily On Hold.

Connection, consultation, and support.

Thursdays, 10:00 am - 12:00 pm

Led by Lactation Consultant, and Kim, Family Support Navigator.

Group held virtually, registration required.

Exchange Room & Community Food Cupboard

Pick up resources and 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.

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

Discover the power and pleasure of rhymes, songs, and stories.

A group for parents and their babies and young children.

Tuesdays, October 5 - December 7, 2021

at North Vancouver City Library.

Mondays, October 4 - November 29, 2021

at Thrive Family Centre Maplewood.

For more information and registration details, visit: familyservices.bc.ca/wp-content/uploads/2021/09/MotherGoosePoster_Sept2021.pdf

To register or for more information, visit:

familyservices.bc.ca/find-support/thrive-family-programs