

Community Education Service



Workshops



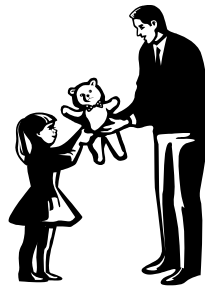
Courses



Groups

Abbotsford Early
Childhood Committee

SUCCESS BY 6[®]
Helping all children succeed for life.



Welcome to the Workshops, Courses and Groups flyer for Fall 2007. This flyer is a quick, up-to-date listing of workshops, courses and groups for families and children that are happening in Abbotsford between September 1, 2007—December 31, 2007.

This flyer will help you learn new skills to meet the every-day challenges that face families today. These courses are offered by many services and agencies in our community and all are free of charge unless there is a fee mentioned. The flyer is organized by the age of your child. Each listing has information about times and locations, and most have a telephone number for further information. If you have questions about a particular listing, please call that contact number first.

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School District No. 34 (Abbotsford)



Local School Calendar

September 2007 – December 2007

School Opening (1/2 Day Dismissal)	September 4, 2007
Non Instructional Day #1	September 21, 2007
Thanksgiving Day	October 8, 2007
Non Instructional Day #2	October 19, 2007
Non Instructional Day #3	November 9, 2007
Remembrance Day	November 12, 2007
1 Hour Early Dismissal Days	November 28 & 29, 2007
Non Instructional Day #4	November 30, 2007
Last Day before Christmas Break	December 21, 2007
Winter Vacation	December 24, 2007 – January 4, 2008

WORKSHOPS AND COURSES FOR EXPECTANT PARENTS

Best for Babies Group Drop In	<p>every Wednesday 3:00 pm to 5:00 pm Abbotsford Community Services, Room 202, Old Court House 2420 Montrose Avenue and every Thursday 3:00 pm to 5:00 pm Abbotsford Community Services</p>	<p>Support Group for pregnant women during pregnancy and up to 6 months postpartum. Provides nutritious meal, guest speakers/activity and a chance to meet other women. Child care provided. Learn about prenatal and postpartum topics such as breastfeeding, labour, parenting, car seat safety and more. <i>Call 604-859-7681, local 288 to register or drop by.</i></p>
Best for Babies Indo-Canadian Group Drop In	<p>every Thursday 10:00 am to 12:00 pm Kalgidhar Gurdwara Temple 30640 Blueridge Drive</p>	<p>Support Group for Indo-Canadian pregnant women and parents with children up to 3 years old. Provides guest speaker/activity, chance to meet with other women, childcare. Provides prenatal and post partum information such as breastfeeding, labour, parenting and car seat safety. Service available in Punjabi. <i>Call Monica at 604-308-8216</i></p>
Prenatal Classes/Pregnancy	<p>Abbotsford Health Unit 104-34194 Marshall Road</p>	<p>Welcome Baby-evening series, weekend prenatal, prenatal-in-a-day. <i>For more information or to register call (604) 864-3400</i></p>
Youth Prenatal Classes	<p>Abbotsford Health Unit 104- 34194 Marshall Rd.</p>	<p>Information re pregnancy, labour and delivery geared to youth. Series of 6 free classes. Please call for Dates and Times of next course. <i>To register, call Marlene Hannah or Gail Kyle at the health unit (864-3400)</i></p>
Punjabi Prenatal	<p>October 14, 2007 9:00 am to 1:00 am Abbotsford Health Unit 104-34194 Marshall Road</p>	<p>Prenatal classes are offered in Punjabi free of charge by a Punjabi speaking Public Health Nurse <i>For more information or to register call Gurpreet Bhatti (604) 864-3414</i></p>
Baby's Best Chance Handbook	<p>8:30 am to 4:30 pm Abbotsford Health Unit 104-34194 Marshall Road</p>	<p>FREE Ministry of Health handbook for parents available at Abbotsford Health Unit. Excellent prenatal, post-partum and infant care information. <i>For more information call (604) 864-3400 or come to the health unit between 8:30-4:30 to pick up a copy</i></p>

WORKSHOPS AND COURSES FOR PARENTS OF 0-6 YEAR OLDS

<p>Prevent Baby Tooth Decay - Fluoride Varnish Program</p>	<p>every Tuesday 9:00 am to 4:00 pm Abbotsford Health Unit 104 - 34194 Marshall Road</p>	<p>For children 4 years old or younger who do not have a dentist for regular prevention care. The goal of the program is to help prevent early childhood tooth decay in young children. Clinics are held weekly at the Abbotsford Health Unit. Parents or legal guardian must attend with the child. <i>Please call the Abbotsford Health Unit for more information and ask for the Dental Program at 604-864-3400.</i></p>
<p>Abbotsford Health Unit</p>		
<p>Breastfeeding Clinic</p>	<p>every Tuesday 1:00 pm to 3:00 pm Abbotsford Health Unit 104-34194 Marshall Road</p>	<p>Drop in breastfeeding clinic every Tuesday from 1-3 p.m. A Public Health Nurse is available to address breastfeeding concerns. <i>For more information please call Abbotsford Health Unit at (604) 864-3400.</i></p>
<p>Abbotsford Health Unit</p>		
<p>Buddy Up For Breastfeeding (BUB)</p>	<p>8:30 am to 4:30 pm Abbotsford Health Unit 104-34194 Marshall Road</p>	<p>Telephone support program where experienced mothers help new mothers to breastfeed. Telephone to become a 'buddy' or to volunteer 'buddy'. <i>For more information call (604) 864-3488</i></p>
<p>Abbotsford Health Unit</p>		
<p>Breastfeeding Milk Bank</p>	<p>9:30 am to 3:30 pm Abbotsford Health Unit 104-34194 Marshall Road</p>	<p>Abbotsford Health Unit is a depot for the BC Women's & Children's Hospital Milk Bank. To donate or inquire call the health unit (604) 864-3400 or BCCH (604) 875-2282 and leave a message; your call will be returned in 1-2 weeks.</p>
<p>Abbotsford Health Unit</p>		
<p>Breastfeeding Challenge</p>	<p>September 29, 2007 10:15 am to 12:30 am Terry Fox Elementary school gym 3071 Babich Road</p>	<p>The challenge is for the most children breastfeeding simultaneously in a set geographic area -province, territory, state or country at 11am local time, siblings, family and friends welcome, lots of fun, snacks, door prizes, activities for children, displays, guest speakers. <i>Registration starts 10:15am Challenge starts 11:00am sharp!! For more info call Anna @ 604-864-3432</i></p>
<p>Abbotsford Health Unit</p>		
<p>Postpartum Wellness Program</p>	<p>every Tuesday 1:00 pm to 3:00 pm Abbotsford Community Services Old Courthouse Building Rm 101 33780 Laurel Street</p>	<p>Postpartum Wellness offers support to women experiencing symptoms of postpartum depression/anxiety. This weekly postpartum support group is led by trained facilitators who provide a safe place for women to receive valuable information and emotional support from other women in a similar situation. Childminding available at no cost. <i>For more information please call the coordinator, Lisa Mowat at (604) 217-2299.</i></p>
<p>Abbotsford Community Services</p>		

Nobody's Perfect	October 19, 2007	A support and education group for young parents of children age 0 - 6 who are interested in exploring positive parenting techniques. Transportation and childcare is available. <i>To register and for more information, please call Janice 604-870-3767</i>
Abbotsford Community Services	9:30 am to 11:30 am Abbotsford Community Services 2420 Montrose Avenue	
My Daddy and Me	Every Saturday 9:00 am to 11:00 am	Free Breakfast Drop-In for Community Fathers with children 0-6. This drop-in is geared towards Dads and their kids ages 0 - 6 years old. If you're expecting to be a new Dad, part-time dad, single dad, married Dad and if someone calls you Dad then this time is for you!!!! (This is a play-based father child group drop-in) <i>For more information contact Bob Kay 778-808-3254 Email bob_kay@sd34.bc.ca or check out www.abbydads.ca</i>
Abbotsford Community Services	New Beginnings Daycare 2329 Crescent Way	
Toddler's First Step Handbook	8:30 am to 4:30 pm Abbotsford Health Unit 104-34194 Marshall Road	FREE Ministry of Health handbook available at Abbotsford Health Unit at the four month vaccination appointment <i>For more information call (604) 864-3400</i>
Abbotsford Health Unit		
Educational Resource	9:00 am to 4:30 pm Fire Hall 1 George Ferguson Way	For Preschools & Licensed Daycares, this is a FREE Fire Safety Education Kit for teaching impressionable 3 - 5 year olds about fire safety. Through the use of a video, a fire fighter is brought into the preschool to teach young children the basics of fire prevention and how to respond to specific fire situations. <i>Fire Safety Preschool Kits are accessible, free of charge, and available for 1 - 2 weeks. Contact Michelle Jackson at 604-864-5627</i>
Abbotsford Fire Rescue		
Drop-in for Single Mothers of Preschoolers	every Tuesday Starting Sept. 11, 2007	The Open Door is an organization supporting single moms of preschoolers. We offer a variety of activities for the moms and their children at no charge. These include speakers, crafts, outings, and games. After a full course lunch, we have an optional Bible study. Tues. mornings 9:45 am – 12:30 pm at Bakerview Church. <i>To register drop in on a Tuesday morning at 9:45 am or call 859-4611 for more information.</i>
Abbotsford Open Door	9:45 am to 12:30 pm Bakerview MB Church 2285 Clearbrook Rd.	
Meet & Greet Drop-in Program	every Monday 9:00 am to 11:15 am Abbotsford Community Services Old Courthouse Building Rm 200 33780 Laurel Street	A parent and child program that provides opportunities for children to interact with others while developing social skills. Parents benefit from meeting other parents and sharing information and support. We welcome all parents/caregivers with children 0-5 years of age. Crafts, snack time and circle time are part of this program. <i>For more information contact Family Centre at (604) 859-7681 local 266</i>
Abbotsford Community Services		

Precious Babies Drop-in Program	every Tuesday 9:30 am to 10:30 am Abbotsford Community Services Old Courthouse Building Rm 200 33780 Laurel Street	A drop in program for parents and babies newborn - 1 year of age. Come share the joys, wonder and questions you may have with other parents. A facilitator will be in attendance to offer suggestions, answer questions and provide access to a variety of resources. Each week brings new topics related to the development of your baby's first year. <i>For more information contact Family Centre at (604) 859-7681 local 266.</i>
Abbotsford Community Services		
Wednesday Morning Community Drop-in Program	every Wednesday 9:00 am to 11:15 am Abbotsford Community Services Old Courthouse Building Rm 200 33780 Laurel Street	This is the place to connect with other parents and their children from our community. There are three rooms set up where participants can enjoy songs, stories, free play, art and snack time. We welcome all parents/caregivers with children 0-5 years of age. Free transportation is provided for those who need it. <i>For more information please call Family Centre at (604) 859-7681 local 266.</i>
Abbotsford Community Services		
P.A.C.T Parents and Children Together Program	September 7, 2007 9:30 am to 11:30 am Adult Education and Parenting Godson Elementary 33130 Bevan Avenue	The P.A.C.T. Program is a FREE educational and parenting program. P.A.C.T. Education: This part of the program offers adult education and upgrading which allows parents to finish their high school education, improve their English language skills and their reading and writing skills. P.A.C.T. Parenting: This part of the program will give parents opportunities to discuss parenting issues and challenges while learning about their child's development and behaviour. Quality preschool programming and care is provided during the program. Registration is required for this program. <i>For more information contact Family Centre at (604) 859-7681 local 266.</i>
Abbotsford Community Services	<u>and</u> every Monday 12:00 pm to 3:00 pm Godson Elementary <u>and</u> Sep 06, 2007. 6:00 pm to 9:00 pm Adult Education Only Harry Sayers Elementary 31321 Blueridge Drive	
I Got You Babe	September 13, 2007 9:30 am to 10:30 am <u>and</u> Oct 18, 2007. 9:30 am to 10:30 am Abbotsford Community Services Old Courthouse Building Rm 200 33780 Laurel Street	During this 5 week class parents will have the opportunity to learn interactive play techniques with their children 6 - 23 months that enhance bonding and language development using verse and rhyme. Meet other parents and their children in a child friendly, welcoming atmosphere. <i>For more information contact Family Centre at (604) 859-7681 loc 266.</i>
Abbotsford Community Services		

WORKSHOPS AND COURSES FOR PARENTS OF 6-12 YEAR OLDS

<p>Nobody's Perfect</p> <p>John Maclure Community School Society</p>	<p>September 28, 2007</p> <p>1:00 pm to 3:00 pm Room 106, Clearbrook Elementary 3614 Clearbrook Road</p>	<p>Nobody's Perfect is a program for New Canadian parents conducted entirely in Punjabi by a public health nurse. The focus of the program is the importance of childhood education within the Canadian school system, but the agenda will be determined by the parents. <i>For more information, call JMCSS at 604-859-6919.</i></p>
<p>Learning to Deal with A Child's Anger</p> <p>Abbotsford Community Services</p>	<p>October 9, 2007</p> <p>6:00 pm to 8:00 pm Abbotsford Community Services 2420 Montrose Avenue</p>	<p>For parents whose children are registered in "Me, Myself and Anger". This course introduces parents to the material used in their child's program and provides tools to support and encourage children in dealing appropriately with anger. <i>To register and for more course information, please call Christina 604-859-7681 Local 242, Yvonne 604-859-7681 Local 220 or Janice 604-870-3767</i></p>
<p>The Incredible Years</p> <p>Abbotsford Community Services</p>	<p>October 10, 2007</p> <p>9:30 am to 11:45 am Abbotsford Community Services 2420 Montrose Avenue</p>	<p>This program is designed to promote parents' self-confidence and competence in using positive parent management skills with children age 5 - 12. Effective use of encouragement, positive involvement, limit setting and discipline strategies are discussed. <i>Register by calling: Janice 604-870-3767 Yvonne 604-859-7681 Local 220 Christina 604-859-7681 Local 242</i></p>
<p>Blended Families</p> <p>Abbotsford Community Services</p>	<p>Abbotsford Community Services 2420 Montrose Avenue</p>	<p>A course that looks at the journey of the step-family, including creating effective roles and relationships, the step-child's dilemmas, strengthening the couple's relationship. Please call for Dates and Times of next course. <i>For more information and to register, please call 604-859-7681, Yvonne - local 220, Christina - local 242 or Janice - local 767</i></p>

WORKSHOPS AND COURSES FOR PARENTS OF CHILDREN OF ALL AGES

<p>Youth Fire Setting Intervention Program</p> <p>Abbotsford Fire Rescue</p>	<p>8:30 am to 4:30 pm Fire Hall 1 George Ferguson Way</p>	<p>When a child or teen's natural interest turns to experimentation, the potential for disaster exists. If your child is playing with fire, please call us so we can help you address this common situation. Our Youth Fire Setting Intervention Program can make a difference. Call 604-853-3566.</p>
<p>Free Car Seat Checks</p> <p>Abbotsford Fire Rescue</p>	<p>9:00 am to 12:00 pm Fire Hall 1 George Ferguson Way</p>	<p>To assist Parents with the installation of their Car Seat. Offered Tuesdays 9am - 12 noon by appointment only. Contact 604-853-3566.</p>

Parent Support Circles	every Wednesday 7:00 pm to 8:30 pm Abbotsford	Stressed out with parenting? Parent Support Circles are confidential self-help support groups that meet weekly and are FREE. Learn about normal child development and healthy parenting practices. Child-care and transportation subsidies are available. For more information on circles in your area, please call 1-800-665-6880 or visit our website at www.parentsupportbc.ca
Parent Support Circle		
Post-Partum Depression & Anxiety Support	8:30 am to 4:30 am Abbotsford Health Unit 104-34194 Marshall Road	Public Health Nurses offer screening, listening visits, education and support. For more information please call (604) 864-3400
Abbotsford Health Unit		
Nutrition Information	8:30 am to 5:00 pm Telephone Support	FREE nutrition info line funded by BC Ministry of Health Services. A registered dietician will answer your general and medical nutrition questions on diabetes, allergies, heart health, healthy eating, infant nutrition, pregnancy, vegetarian etc. Call toll free 1-800-667-3438
Abbotsford Health Unit		
The FORCE	1st Monday 7:00 pm to 9:00 pm Fraser Valley Child Development Centre 102-32885 Ventura Ave	The FORCE is a parent support group for families that have a child/ren with mental health concerns.. The FORCE's mission is to promote and influence change in intervention and equality of care in children's mental health. The vision is that all families receive the appropriate care, support and resources needed for their children's mental health. Offers support, education, advocacy and navigation for families. For more information please visit the website at www.bckidsmentalhealth.org or call 1-800-661-2121
Society for Kids Mental Health Care		
Anger Awareness	September 27, 2007 6:00 pm to 8:00 pm Abbotsford Community Services 2420 Montrose Avenue	Objectives in this workshop are to develop a clear understanding of anger. To learn how anger can work for you, not against you and to learn skills for managing anger in a healthy way To register and for more information, please call: Janice 604-870-3767 Yvonne 604-859-7681 Local 220 Christina 604-859-7681 Local 242
Abbotsford Community Services		
Punjabi Nobody's Perfect	September 28, 2007 12:30 pm to 2:30 pm Centennial School 2527 Gladwin	A program designed to support parents and explore how they can best meet their children's needs. This is a voluntary program which recognizes and builds on parents' strengths. For more information and to register, please call Ruby at 604-825-1303
Abbotsford Community Services		

Effective Parenting	October 22, 2007	This program allows parents to explore areas of parenting such as different parenting styles, healthy communication, development of self-esteem, positive discipline strategies and an understanding of child behaviour patterns. To register and for more information, please call Christina 604-859-7681 Local 242, Yvonne 604-859-7681 Local 220 or Janice 604-870-3767
Abbotsford Community Services	6:00 pm to 8:00 pm Abbotsford Community Services 2420 Montrose Avenue	
Raising Your Spirited Child	November 14, 2007	"Spirited kids are like roses - they need special care and sometimes you have to get past the thorns to truly enjoy their beauty." This course, based on the book "Raising Your Spirited Child" by Mary Sheedy Kurcinka, looks at understanding and working with the spirited child. For more information or to register, please call Yvonne 604-859-7681 Local 220, Christina 604-859-7681 Local 242 or Janice 604-870-3767
Abbotsford Community Services	6:00 pm to 8:00 pm Abbotsford Community Services 2420 Montrose Avenue	
1st Annual Spirit Lantern Festival	September 22, 2007	A free celebration for the whole community. Celebrating community spirit through light, costume, arts, dance and song. For more information please contact Abbotsford Spirit of BC at 604 850-7161
Abbotsford Spirit of BC	5:00 pm to 10:00 pm Mill Lake Park entrance off of Bevan Avenue	
Family Centre CHRISTMAS LIGHTS TOUR	December 11, 2007 and December 13, 2007	Hop on the Christmas Lights Tour Bus! A great opportunity for parents with children 0-6 to view the Christmas Light displays in Abbotsford. This event is for families who would not otherwise be able to see the light displays due to lack of transportation. Join us for hot chocolate and treats after the tour. Pre-registration is a must as spaces are limited. Registration starts at the beginning of December. (Sponsored by South Abbotsford MB Church). For more information call Family Centre at (604) 859-7681 local 266.
Abbotsford Community Services	6:00 pm to 8:00 pm Abbotsford Community Services Old Courthouse Building 33780 Laurel Street	
Family Centre ANNUAL CHRISTMAS PARTY	December 15, 2007	Come join us for our annual, fun filled Christmas Party. Parents and children (0-5) will visit with Santa, enjoy Christmas crafts and activities, snacks and songs. Pre-registration is a must as spaces are limited. Registration starts at the beginning of December. (This event is sponsored by South Abbotsford MB Church). For more information call Family Centre at (604) 859-7681 local 266.
Abbotsford Community Services	1:00 pm to 3:00 pm Abbotsford Community Services Old Courthouse Building 33780 Laurel Street	

Historic Downtown Abbotsford Car Show	September 22, 2007 10:00 am to 4:00 pm on north Montrose Ave north of George Ferguson Way	September 22, 2007 - 10 am - 4 pm. 350 Classics & Hot Rods. Tribute Entertainers: The Blues Brothers, Truly Tina, Rod Stewart; dancers. Awards. Free Public Admission. For more information call Paul 604-857-4915
Abbotsford Downtown Business Association		
Halloween Howl	October 31, 2007 6:00 pm to 8:30 pm John Maclure Community School Gym 2990 Oriole Crescent	A free night of games, prizes, candy, lovable mystics, children dressed as ninjas, funny hats, a mind-blowing fireworks show, and best of all, it's tons of fun and safe. For more information, call JMCSS at 604-859-6919
John Maclure Community School Society		
Holiday & Santa Workshops	November 2, 2007 11:00 am to 12:00 pm in Historic Downtown Abbotsford Downtown Abbotsford	Seasonal fun & interactive workshops from Decorating Gingerbread Cookies to making Reindeer Candy and Painting Christmas Windows hosted by Downtown merchants. Free or minimal fee. www.downtownabbotsford.com or 604-850- 6547
Abbotsford Downtown Business Association		
Christmas Tree Lighting	November 16, 2007 6:00 pm to 8:00 pm on Essendene Avenue by West Railway St.	Annual lighting of the big outdoor Christmas tree featuring arrival of Santa & Mrs Claus, entertainers, clowns, face painting, free cookies & hot chocolate, sparkling artwork in lights. Admission is free. For more information call Ingrid 604-850-6547.
Abbotsford Downtown Business Association		
Family Sports Night	Fridays starting October 12, 2007 6:00 pm to 8:00 pm Abbotsford Middle School – Gym	Bring your family and join us for a night of activities. Various sports and games will be enjoyed by one and all. 8 sessions. There is a fee for this service. For more information or to register call 604-853-2221.
Central Abbotsford Community School		
Movie Nights!	Friday 7:00PM Sept 21 @ Godson Elementary Gym October 19 @ Alexander Elementary Gym November 16 @ Dormick Park Elementary Gym	Bring your family, friends and some blankets to get comfy to watch a movie on a giant screen! Coming soon to an elementary school near you!
Central Abbotsford Community School		
Parent & Preschool Play	Monday-Friday Sept 4-December 21 8:30AM – 11:30AM Dormick Park Elementary – Portable	FREE! Play is a great opportunity for children and their caregivers to learn together, meet new friends, and spend quality time with each other. This preschool play program is sponsored by School District #34 and focuses on early learning for the children in our community. With the assistance and direction of a certified Early Childhood Education you will learn how play can enhance your child's learning through interactive games, arts and crafts, music and movement, drama, physical recreation, circle time, and free play.
Central Abbotsford Community School		

Child Minding	Tuesday October 2 6:00PM – 7:00PM Alexander Elementary – Classroom	If you are a parent who wants to work out, our Child Minding Experts at Alexander are here to help. You can leave your children to participate in fun and games while you work up a sweat in your aerobics class or watch your older child's soccer practice. 8 sessions There is a fee for this service. For more information call 604-853-2221
Brain Development	Tuesday September 25 6:00PM – 7:30PM Jackson Elementary – Multi-Purpose Room	FREE! This presentation focuses on early, pre and post natal, child development in relation to the development of the brain. Materials for this presentation have been provided by the Ministry of Children and Family Development in consultation with Early Childhood specialists. The presentation also explores the environments influence on children's development, particularly as it relates to the early years.
Women's Wellness Program	September 18, 2007 6:30 pm to 9:00 pm Abbotsford Community Services Old Courthouse Building Rm 101 33780 Laurel Street	Women's Wellness and Personal Growth is a 10 week program run by a trained facilitator for women who are experiencing difficulties with self-esteem, depression and or violence in their lives. This program is designed to provide tools that will help begin building more satisfying relationships and a more fulfilling life. Participants will be accepted into the program by a referral process. Referrals may come from Mental Health, Social Services, referring agencies or programs. Self referrals also welcome. For more information contact Family Centre at (604) 859-7681 local 266.
Child and Adult Immunization Clinics	9:30 am to 3:30 pm Abbotsford Health Unit 104-34194 Marshall Road	Telephone the health unit early to make an appointment for immunization for yourself or your baby. Infant vaccines start at 2 months of age. We have clinics Monday-Friday. Call (604) 864-3400 to book an appointment
BC Nurse Line	8:30 am to 1:00 am Telephone Support	Health Information and advice offered in over 140 languages. You may call toll-free and speak with a Registered Nurse available 24 hours a day 7 days a week. Call 1-866-215-4700 or visit the web site at www.bchealthguide.org
Duty Nurse	9:30 am to 3:30 pm Abbotsford Health Unit 104-34194 Marshall Road	Monday-Friday 9:30-3:30 you can talk to a public health nurse about general health questions and advice including baby care, infant feeding, vaccinations, post-partum depression, sexually transmitted infections, flu, tuberculosis, school health, etc. Call (604) 864-3400 to speak with the duty nurse or drop in to the health unit from 9:30-3:30 to see the duty nurse.

WORKSHOPS AND COURSES FOR CHILDREN 0-6

Toddler Time Drop-in Program	every Tuesday 10:45 am to 11:45 am Abbotsford Community Services Old Courthouse Building Rm 200 33780 Laurel Street	A drop in program for parents and babies 0-3 years of age. A smaller drop-in setting for younger children to develop social skills while making new friends. A great introduction for young children into a group setting. <i>For more information contact Family Centre (604) 859-7681 local 266</i>
Abbotsford Community Services		
Success by Six - Community Connections	Every Tuesday 9:30 am to 11:30 am Ag-Rec Gallery - Exhibition Park 32470 Haida Drive	FREE DROP IN PLAYTIME Ages 0 - 6 yrs Sept. 11 - Dec. 18, 2007 Tuesdays 9:30am - 11:30am This program is for parents and caregivers with children under 6. Activities may include parenting workshops from community organizations as well as lots of activities for children. Program requires parent involvement. Instructor is fluent in Punjabi and English. <i>For more information call Abbotsford Exhibition Park at 604-850-5536.</i>
City of Abbotsford - Parks Recreation & Culture		
Rhythm & Rhyme	October 15, 2007 6:00 pm to 6:45 pm Abbotsford Middle School 33231 Bevan Ave	Here's your opportunity to participate and watch your child discover movement to music, songs, rhythmic instruments and musical stories and games. This class will focus on socialization and parent child interaction. For children ages 2-3 and parent Participation is required. 8 Sessions *There is a fee for this program. <i>For more information/to register call 604-853-2221</i>
Central Abbotsford Community School		
Toddler Gym	October 3, 2007 6:00 pm to 6:45 pm Abbotsford Middle School 33231 Bevan Ave	Get ready to play! Soccer, hockey, ball toss, bowling, hoops, and more! Play stations include: trampoline, slide, rolling mats, jump boxes and balance beam. For children ages 2-3 years, parent participation required. 8 Sessions *There is a fee for this program. <i>For more information/to register call 604-853-2221</i>
Central Abbotsford Community School		
Story Book Art	October 3, 2007 11:15 am to 12:00 pm Jackson Elementary 33165 King Road And October 4, 2007 3:00 pm to 4:00 pm Alexander Elementary 2250 Loban Rd	The Very Hungry Caterpillar Ate Green Eggs & Ham. Familiar books and favourite characters will inspire you to create simple but charming art projects. Children will enjoy learning amazing stories as well as having fun making art. For children 2-3 years - parent participation required. 8 Sessions *There is a fee for this program. <i>For more information/to register call 604-853-2221</i>
Central Abbotsford Community School		

Exploring The Senses	October 4, 2007 3:00 pm to 4:00 pm Dormick Park Elementary 32161 Dormick Ave	Infants learn by manipulating their environments through sensory exploration. Utilizing materials such as, bubbles, whip cream, water, rice and much more during this class will help your children reach one of the first developmental milestones. For children from 6-18 months. 8 Sessions *There is a fee for this program. <i>For more information/to register call 604-853-2221</i>
Baby and Toddler Time (0-24 months)	Fridays Starting October 5, 2007 10:30 am to 11:00 am Clearbrook Library 32320 George Ferguson Way	Free! No registration. An interactive 20-minute storytime presenting books, songs, and rhymes to babies and toddlers and their parent or caregiver. Programs runs Fridays from October 5 – November 9, 2007. <i>For more information call 604-859-7814</i>
Terrific Twos Storytime	Tuesdays – Starting October 9, 2007 10:30 am to 11:00 am MSA Centennial Library 33660 South Fraser Way	Tuesday 10:30am-11:00am Oct. 9 - Nov. 27, 2007 No registration. Drop in for a half hour of stories, rhymes and songs. Have fun and participate! <i>For more information call 604-853-1753.</i>
Parent and Tot Gym	Starting September 15, 2007 9:00 am to 10:00 am Abbotsford Middle School 33231 Bevan Ave <u>and</u> Starting September 12 9:30 am to 10:30 am Jackson Elementary	Introduce your toddler to basic gym skills, meet new friends and have fun!! Play stations will be set-up to encourage the development of basic motor skills, introduce sports & games, circle time, parachutes and more... For children ages 1-3, parent participation is required. 12 Sessions. <i>For more information/ to register call 604-853-2221.</i>
Godson Neighbourhood Place Drop-in Program	Monday – Thursday 8:45 am to 10:45 am Godson Elementary 33130 Bevan Avenue	This Neighbourhood Place drop-in allows families to connect with other parents and their children in their own neighbourhood. Participants can enjoy songs, stories, free play, art and snack time. We welcome all parents/caregivers with children 0-5 years of age. <i>For more information contact Godson Neighbourhood Place at (604) 853-8346 or Family Centre at (604) 859-7681 local 266.</i>
Ten-Broeck Neighbourhood Place Drop-in Program	Monday – Thursday 8:30 am to 10:30 am Ten-Broeck Elementary 2580 Stanley Street	This Neighbourhood Place drop-in allows families to connect with other parents and their children in their own neighbourhood. Participants can enjoy songs, stories, free play, art and snack time. We welcome all parents/caregivers with children 0-5 years of age. <i>For more information contact Ten-Broeck Neighbourhood Place at (604) 855-0274 or Family Centre at (604) 859-7681 local 266.</i>

Harry Sayers Neighbourhood Place Drop-in Program	Monday – Thursday 9:00 am to 11:00 am Harry Sayers Elementary 31321 Blueridge Drive	This Neighbourhood Place drop-in allows families to connect with other parents and their children in their own neighbourhood. Participants can enjoy songs, stories, free play, art and snack time. We welcome all parents/caregivers with children 0-5 years of age. <i>For more information call Harry Sayers Neighbourhood Place at (604) 852-9665 or Family Centre at (604) 859-7681 local 266.</i>
Abbotsford Community Services		
Strong Start Drop-in Program	Monday – Friday 9:00 am to 12:00 pm Clearbrook Elementary 3614 Clearbrook Road 8:30 am to 11:30 am Alexander Elementary 2250 Loban Road	StrongStart is a free drop-in program for parents/caregivers and their children (0-5). Children participate in learning activities, including stories, music and art to help develop their language and social skills while becoming comfortable in a school-like environment. While this program is designed for 3-5 year olds, parents/caregivers are most welcome to bring younger children along. Parents or Caregivers must remain with their child(ren) at the Centre. No registration required - just come on in!. Closed school and stat holidays. <i>For more information call Family Centre at (604) 859-7681 local 266.</i>
Drop-In Family Storytime	Every Thursday 10:30 am to 11:00 am Clearbrook Library 32320 George Ferguson Way	Free! No registration. Stories, songs, rhymes and fingerplays aimed at children ages 2-5. Adults and children have fun and participate. <i>For information call 604-859-7814</i>
Fraser Valley Regional Library		
Drop-In Saturday Storytimes	3rd Saturday every month 10:30 am to 11:00 am Clearbrook Library 32320 George Ferguson Way	Free! No registration. Stories, songs, rhymes and fingerplays aimed at children ages 2-5. Adults and children have fun and participate. <i>For more information call 604-859-7814</i>
Fraser Valley Regional Library		
Drop-In Pajama Storytimes	4th Wednesday every month 7:00 pm to 7:30 pm Clearbrook Library 32320 George Ferguson Way	Free! No registration. Join us for stories, rhymes, songs and fingerplays on Sept.26, Oct.24, Nov.28, Dec.19. Best suited for children ages 2-6. Adults and children have fun and participate! <i>For more information call 604-859-7814</i>
Clearbrook Library		
Little Sneakers	Age 5-6 Starting October 3, 2007 6:00 pm to 6:45 pm Age 3-4 Starting October 15, 2007 6:15 pm to 7:00 pm	Introduce your child to a variety of sports in a fun and social environment. Each day will be a new activity such as soccer, floor hockey, and t-ball. Classes will also include a number of exciting games in between the sport activities. This program is designed to encourage the development of physical movement, coordination and interaction with other preschoolers. 8 Sessions *There is a fee for this program. <i>For more information/to register 604-853-2221</i>
Central Abbotsford Community School	Abbotsford Middle School 33231 Bevan Ave	

Tots Tumble Time	October 3, 2007	Tots Tumble Time is an opportunity for your energetic little ones to run and play in a large, open space with other little ones from the community, practice their social interaction, and get exercise important to the health and development of any young child. <i>For more information, call JMCSS at 604-859-6919.</i>
John Maclure Community School Society	10:30 am to 11:30 am John Maclure Community School Gym 2990 Oriole Crescent	
Thrilling Three to Fives Storytime	Wednesdays October 10– November 28	Free! No registration. Drop in for stories, rhymes and songs. Adults and children have fun and participate! <i>For more information call 604-853-1753.</i>
Fraser Valley Regional Library	10:30 am to 11:00 am MSA Centennial Library, 33660 South Fraser Way	
Little Guys 'n' Gals Halloween Storytime	October 24, 2007 6:45 pm to 7:30 pm Clearbrook Library 32320 George Ferguson Way	Free! No registration. A hilarious Halloween Storytime with stories, rhymes and songs! Ideal for 3 - 5 year-olds. Siblings can come too. Costumes are welcome! <i>For more information call 604-859-7814.</i>
Fraser Valley Regional Library		
All Aboard for Kindergarten	September 20, 2007 10:30am to 1:30 pm Clearbrook Library, 32320 George Ferguson Way And	Free! No registration. For Kindergarten children and an accompanying adult. Drop in for fun activities to get your kindergartener ready to read. <i>For more information phone 604-853-1753 or 604-859-7814.</i>
Fraser Valley Regional Library	November 8, 2007 4:00 pm to 7:00 pm MSA Centennial Library, 33660 South Fraser Way And	
	December 1, 2007 1:00 pm to 3:00 pm Clearbrook Library, 32320 George Ferguson Way	
Christmas Family Storytime	December 5, 2007 10:30 am to 11:15 am MSA Centennial Library 33660 South Fraser Way	Free! No registration. Sing and ring in the season with stories, rhymes, songs and a puppet show! Best for 3-5 year olds but older and younger siblings are welcome. <i>For more information call 604-853-1753.</i>
Fraser Valley Regional Library		
Christmas Feast! Family Storytime	December 12, 2007 6:45 pm to 7:30 pm Clearbrook Library 32320 George Ferguson Way	Free! No registration. Join Penelope Pig for some delicious seasonal stories, rhymes, songs and puppet show. Ideal for children 3 - 5. Siblings welcome. <i>For more information call 604-859-7814.</i>
Fraser Valley Regional Library		

Goopy Tunes	Mondays September 10 1:00PM – 3:00PM	Just as much fun as the name! This class will specialize in things that are ooey and goopy and that will make you little one giggle. They'll experience music, movement and activities that are sure to make them roll with laughter. 5 Sessions. There is a fee for this service. For more information or to register call 604-859-7681 Local 266.
Abbotsford Community Services	Abbotsford Community Services Family Centre 33781 Laurel Street Old Courthouse Building	
Snippets Snacks & Stories	Fridays 9:30AM - 11:00AM Sept 14-Oct 12 And Oct 26 – Nov 23	A snippet of curiosity and a bit of imagination mixed with loads of creative excitement are the ingredients for a fun filled fall experience you and your tot won't want to miss! Playtime is so much fun when combined with crafts, sing a songs and stories. For more information or to register call 604-859-7681 Local 266.
Abbotsford Community Services	Abbotsford Community Services Family Centre 33781 Laurel Street Old Courthouse Building	
Rainbow Paints	Wednesdays October 17 1:00PM – 3:00PM	Painting inside, outside and all around. Spritz it, spread it, squish it, dab it. Enjoy the experience of mixing colours and textures of all kinds 5 sessions. There is a fee for this service. For more information or to register call 604-859-7681 Local 266.
Abbotsford Community Services	Abbotsford Community Services Family Centre 33781 Laurel Street Old Courthouse Building	
Make, Shake and Bake	Wednesdays September 12 1:00PM – 3:00PM	Your preschooler will have loads of things to do. Come enjoy a variety of experiences including cooking, crafts, games, music and more. 5 sessions. There is a fee for this service. For more information or to register call 604-859-7681 Local 266.
Abbotsford Community Services	Abbotsford Community Services Family Centre 33781 Laurel Street Old Courthouse Building	
Dino Days	Mondays October 22 1:00PM – 3:00PM	Take a step back in time when the dinosaurs ruled the Earth! Explore dinosaurs of the land, sea and air. Find dinosaur fossils, make dino stew and create a volcano! Lots of dino fun awaits the palaeontologist in you! Come visit and jump back in time! 5 sessions. There is a fee for this service. For more information or to register call 604-859-7681 Local 266.
Abbotsford Community Services	Abbotsford Community Services Family Centre 33781 Laurel Street Old Courthouse Building	
Silly Scientists	October 3, 2007 12:30 pm to 1:30 pm Jackson Elementary 33165 King Rd <u>and</u> Oct 04, 2007. 4:45 pm to 5:45 pm Alexander Elementary	Have fun with your preschooler creating fun and sometimes messy science projects created from everyday household items. Discover how's and why's in a fun hands on course. All supplies are included in the course fee. There is a fee for this service. For children ages 4-5. <i>For more information call 604-853-2221</i>
Central Abbotsford Community School		

Floor Hockey	5-7 Years Olds October 3, 2007 2:45 pm to 3:45 pm Alexander Elementary 2250 Loban Rd	Develop your offensive and defensive skills while having fun playing floor hockey. Each session will include a variety of skill development drills and game play. All equipment is provided. There is a fee for this service. <i>For more information/to register call 604-853-2221</i>
Central Abbotsford Community School	5-6 Year Olds October 4, 2007 6:00 pm to 7:00 pm Abbotsford Middle School 33231 Bevan Ave	
Multi-Sport and Games	October 3, 2007 2:45 pm to 3:45 pm Dormick Park Elementary 32161 Dormick Ave	Playing games is fun! Parachute games, soccer, obstacle course, tag games are a few of the games we'll play! For children ages 5-7. There is a fee for this service. <i>Playing games is fun! Parachute games, soccer, obstacle course, tag games are a few of the games we'll play!</i>
Central Abbotsford Community School		
Creative Dance	October 3, 2007 6:00 pm to 6:45 pm Abbotsford Middle School 33231 Bevan Ave	Introduce your child to the world of dance using songs, rhythm & rhymes. Each class will focus on exploring physical movement while developing coordination, imagination and enhancing their playful spirit. This program helps prepare both boys and girls for more advanced dance programs such as Ballet, Jazz or Hip Hop. For children ages 4-6. There is a fee for this service. <i>For more information/to register call 604-853-2221</i>
Central Abbotsford Community School		
Soccer - Kicks for Kids	October 13, 2007 4 Year Olds 1:45 pm to 2:30 pm 5 Year Olds 2:30 pm to 3:15 pm Abbotsford Middle School 33231 Bevan Ave	Introduce your child to the basic skills of soccer. Play games, learn about sportsmanship and have fun in a safe and social environment. There is a fee for this service. <i>For more information/to register call 604-853-2221</i>
Central Abbotsford Community School		
Primary Ballet	October 13, 2007 3 Year Olds 9:15 am to 10:00 am 4-5 Year Olds 10:30 am to 11:15 am Abbotsford Middle School 33231 Bevan Ave	A fun and exciting introduction to ballet and movement! Classes will incorporate stretching, several exercises and will teach children the fundamentals of ballet including basic positions and the necessary skills to get started! Ballet shoes required ('Nylon gym slippers' - approx \$15 at Jazz-Ma-Tazz in Abbotsford) There is a fee for this service. <i>For more information/to register call 604-853-2221</i>
Central Abbotsford Community School		

Beginner Tap	October 13, 2007	This introduction to tap dancing will allow children to explore rhythm and music, while teaching them the basic tap steps and terminology to give them the confidence they need to succeed. Tap shoes required (Approx. \$30 at Jazz-Ma-Tazz in Abbotsford). For children ages 5-6. There is a fee for this service. For more information/to register call 604-853-2221
Central Abbotsford Community School	1:00 pm to 2:00 pm Abbotsford Middle School 33231 Bevan Ave	

WORKSHOPS AND COURSES FOR CHILDREN 6-12

Preteen X-Treme	every Monday 6:00 pm to 8:00 pm	Preteen X-treme is a free, recreational, drop-in program for children in grades 4 - 7 that provides a place for youth to have fun in a safe and friendly environment. <i>For more information, call JMCSS at 604-859-6919.</i>
John Maclure Community School Society	<u>and</u> every Wednesday 6:00 pm to 8:00 pm John Maclure Community School 2990 Oriole Cres.	
	<u>and</u> every Saturday 6:00 pm to 8:00 pm Colleen & Gordie Howe Middle School	
Me, Myself and Anger	September 10, 2007 3:30 pm to 5:00 pm	A group for children in grades 3 - 7 to discuss the messages we learn about how to deal with anger and how these messages work. <i>For more information and to register, please call 604-859-7681, local 220 (Yvonne), local 242 (Christina), local 767 (Janice)</i>
Abbotsford Community Services	<u>and</u> Nov 15, 2007. 3:30 pm to 5:00 pm Abbotsford Community Services 2420 Montrose Avenue	
Self-Esteem For Girls	September 19, 2007 3:30 pm to 5:00 pm	This group is for girls in grade 5 - 7 and addresses issues around self-esteem, body image, boundaries, physical and emotional development and making safe choices. <i>For more information and to register, please call 604-859-7681 Local 220 (Yvonne), Local 242 (Christina), Local 767 (Janice)</i>
Abbotsford Community Services	Abbotsford Community Services 2420 Montrose Avenue	

Ultra Gym John Maclure Community School Society	October 4, 2007 2:30 pm to 3:30 pm John Maclure Community School Gym 2990 Oriole Crescent <u>and</u> Oct 02, 2007. 2:30 pm to 3:30 pm Terry Fox Elementary School <u>and</u> Oct 02, 2007. 2:30 pm to 3:30 pm Ten-Broeck Elementary School	Ultra Gym is a program for kids from grades K-3 to come to the gym and play enough high-speed, high-energy games after school. <i>For more information, call JMCSS at 604-859-6919.</i>
Kidzonly Abbotsford Community Services	October 15, 2007 2:30 pm to 4:30 pm Abbotsford Community Services 2420 Montrose Avenue	A social skills group for children in grades 3 - 7 who do not have opportunities for out of school activities. <i>For more information and to register, please call 604-8597682 local 767 (Janice), local 242 (Christina), local 220 (Yvonne)</i>
Lantern Making Workshop Central Abbotsford Community School	Wednesday September 19 6:00PM – 8:00PM Abbotsford Middle School – Multi-Purpose Room	Free! Come and make your own lantern for the Spirit Lantern Festival. Working from special supplies and recycled materials build and create your very own lantern and take it to display at the 1 st Annual Spirit Lantern Festival! Only 30 spots available in this free workshop so register now! To register call: 604-853-2221.
Halloween Scene Fraser Valley Regional Library	October 25, 2007 7:00 pm to 8:15 pm Clearbrook Library 32320 George Ferguson Way	Free! No registration. Kids 7 and up can drop in for hideous, horrible and silly stories meant for older children. Costumes are welcome! <i>For more information call 604-859-7814.</i>
Gingerbread House Central Abbotsford Community School	Wednesday November 28 6:00PM – 9:00PM Abbotsford Middle School – Cooking Room	Do you want to create your own Gingerbread house to enter in the Gingerbread House Building Competition, but need a little support with the design, the building, and the technical skills of construction? This free workshop will provide the basic skills and instruction along with all of the supplies for you to build your own gingerbread house. For more information call 604-853-2221.
Mad Science John Maclure Community School Society	October 3, 2007 2:30 pm to 3:30 pm John Maclure Community School Multi-Purpose Room 2990 Oriole Cres.	Come learn the exciting principles of science from a real mad scientist in a white labcoat! <i>For more information, call JMCSS at 604-859-6919.</i>

Science Explorers	October 4, 2007	Create your own exciting take-home science projects created from everyday household items. Discover the How's and Why's of science in a fun and hands on course. All supplies are included in the course fee. For children ages 7-9. <i>For more information/to register call 604-853-2221</i>
Central Abbotsford Community School	6:00 pm to 7:00 pm Abbotsford Middle School 33231 Bevan Ave	
Cooking - Dinner Delights	October 15, 2007	Delight your family with a variety of dinner creations. Each week you will discover a new recipe from around the world. Learn to make Italian, Greek, Mexican or Chinese cuisine while having fun and learning how to safely handle food and appliances. Price includes supplies. For children ages 10-12. There is a fee for this service. <i>For more information/to register call 604-853-2221</i>
Central Abbotsford Community School	7:15 pm to 8:30 pm Abbotsford Middle School 33231 Bevan Ave Abbotsford	
Pottery - Level One (Age 7-10)	October 11, 2007	Learn the basics of pottery and create your own kiln fired and glazed masterpieces! Beginners will learn techniques for scoring, slipping, pinch pots, coils, and slab work through creating their own bowls, boxes and figurines. All supplies included. There is a fee for this service. <i>For more information/to register call 604-853-2221</i>
Central Abbotsford Community School	3:00 pm to 4:00 pm Dormick Park Elementary 32161 Dormick Ave	
Starr Archery	every Friday	Starr Archery is the newest club at John Maclure Community School for children grades 4 and up. Come learn how to fire a regulation bow and arrow with skill and precision! <i>For more information, call JMCSS at 604-859-6919.</i>
John Maclure Community School Society	6:00 pm to 8:00 pm John Maclure Community School Gym 2990 Oriole Crescent	
Girls on the Go!	October 2, 2007	Join a group of girls for an hour packed with games and activities ranging from dodge ball, indoor soccer, floor hockey and more. Join the girls and come out for some fun! For girls age 6-9. There is a fee for this service. <i>For more information/to register call 604-853-2221</i>
Central Abbotsford Community School	7:00 pm to 8:00 pm Abbotsford Middle School 33231 Bevan Ave	
Volleyball	October 2, 2007	Come learn the great sport of volleyball in a fun non-competitive environment. Individual skills and team play will all be taught with the focus on fun! There is a fee for this service. <i>For more information/to register call 604-853-2221</i>
Central Abbotsford Community School	6:00 pm to 7:00 pm Jackson Elementary 33165 King Rd	
Boys Only Sports Night	October 3, 2007	Join us for this sports night just made for boys! We will do alternating weeks of floor hockey and indoor soccer. Each class will include a variety of training methods, and game play. For boys age 9-12. 8 sessions. There is a fee for this service. <i>For more information/to register call 604-853-2221</i>
Central Abbotsford Community School	7:00 pm to 8:00 pm Abbotsford Middle School 33231 Bevan Ave	

Wide World of Dance: Hip Hop	<p>October 2, 2007</p> <p>4:30 pm to 5:30 pm John Maclure Community School Gym 2990 Oriole Crescent <u>and</u></p> <p>Nov 01, 2007. 4:30 pm to 5:30 pm Terry Fox Elementary</p>	<p>Come learn to hip hop dance in a fun and encouraging environment! <i>For more information, call JMCSS at 604-859-6919.</i></p>
Floor Hockey	<p>October 4, 2007</p> <p>7-9 Year Olds 7:00 pm to 8:00 pm</p> <p>10-12 Year Olds 8:00 pm to 9:00 pm</p> <p>Abbotsford Middle School 33231 Bevan Ave</p>	<p>Develop your offensive and defensive skills while having fun playing floor hockey. Each session will include a variety of skill development drills and game play. All equipment is provided. 8 Sessions - There is a fee for this service. <i>For more information/to register call 604-853-2221</i></p>
Badminton	<p>October 4, 2007</p> <p>6:00 pm to 7:00 pm Jackson Elementary 33165 King Rd</p>	<p>Learn basic offensive and defensive skills and strategies. Each session includes a mixture of skill development and game play. All equipment is provided. For children ages 9-12. 8 Sessions - There is a fee for this service. <i>For more information/to register call 604-853-2221</i></p>
Creation Station	<p>October 4, 2007 2:30 pm to 4:00 pm John Maclure Community School Multi-Purpose Room 2990 Oriole Crescent <u>and</u></p> <p>Oct 04, 2007. 2:30 pm to 4:00 pm Ten-Broeck Elementary <u>and</u></p> <p>Oct 04, 2007. 2:30 pm to 4:00 pm Terry Fox Elementary</p>	<p>Creation Station is an opportunity for creative and energetic children to get together and make something fantastic just because. Joni cooks up all sorts of interesting, innovative crafts, gives a little bit of guidance, and then sets the children loose to make wonderful somethings in their own unique vision. <i>For more information, call JMCSS at 604-859-6919.</i></p>
Young Writers Club	<p>October 5, 2007</p> <p>2:30 pm to 4:00 pm John Maclure Community School Computer Lab 2990 Oriole Crescent</p>	<p>If you love to write (or if you suspect that your grade 4-8 child loves to write), come on down to John Maclure on Fridays, after school, and sharpen your creative writing skills. <i>For more information, call JMCSS at 604-859-6919.</i></p>

Computers I Life	October 9, 2007	Be your own director and producer as you create your own movie. Use the I Life software, including garage band, I Photo, I movie and I tunes to create, develop, edit and produce the ultimate home video, with your pictures, movies and a sound track that you wrote! No worries, no music or computer experience necessary! Mac computers will be used. 8 Sessions There is a fee for this service. For more information/to register call 604-853-2221
Central Abbotsford Community School	7-10 Year Olds 3:00 pm to 4:00 pm	
	11-14 Year Olds 4:00 pm to 5:00 pm	
	Dormick Park Elementary 32161 Dormick Ave	
Cooking - Cooky Cooks	October 10, 2007	In this introductory course you will create variety of home-baked goods while having fun and learning how to safely handle food and appliances. Supplies are included in the program fee. For children ages 7-9. 8 Sessions - There is a fee for this service. For more information/to register call 604-853-2221
Central Abbotsford Community School	5:45 pm to 7:00 pm Abbotsford Middle School 33231 Bevan Ave	
Introduction to Jazz and Hip Hop	October 3, 2007	An exciting introduction to jazz and hip hop dance techniques. Classes include a warm-up and short dance combinations that will allow you to explore creative dance through music and choreography. 8 Sessions - There is a fee for this service. For more information/to register call 604-853-2221
Central Abbotsford Community School	6:45 pm to 7:30 pm Abbotsford Middle School 33231 Bevan Ave	
Primary Ballet (Ages 6-7)	October 13, 2007	A fun and exciting introduction to ballet and movement! Classes will incorporate stretching, several exercises and will teach children the fundamentals of ballet including basic positions and the necessary skills to get started! Ballet shoes required ('Nylon gym slippers' - approx \$15 at Jazz-Ma-Tazz in Abbotsford) 8 Sessions - There is a fee for this service. For more information/to register call 604-853-2221
Central Abbotsford Community School	11:15 am to 12:15 am Abbotsford Middle School 33231 Bevan Ave	
Girl's Night	October 15, 2007	Girls only! Join us for an evening full of fun female activities. We'll play games, learn some dance moves, watch a movie, do some makeup, and lots more! For girls age 7-11. 8 Sessions There is a fee for this service. For more information/to register call 604-853-2221
Central Abbotsford Community School	7:00 pm to 8:00 pm Abbotsford Middle School 33231 Bevan Ave	
Indoor Soccer	October 15, 2007	Develop your offensive and defensive skills while having fun playing soccer. Each session will include a variety of skill development drills and game play. 8 Sessions There is a fee for this service. For more information/to register call 604-853-2221
Central Abbotsford Community School	6-8 Year Olds 6:00 pm to 7:00 pm	
	9-12 Year Olds 7:00 pm to 8:00 pm Alexander Elementary 2250 Loban Rd	

**Wide World of
Dance: Bhangra**

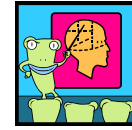
November 6, 2007

Come learn to Bhangra dance with Tiffany and a fun, friendly, and encouraging group of kids! **There is a fee for this service.** For more information, call JMCSS at 604-859-6919.

John Maclure
Community School
Society

4:30 pm to 5:30 pm
John Maclure Community
School Gym
2990 Oriole Crescent

Brain Development and Environmental Influences



Time: approx 1 hour

This presentation focuses on early, pre-and post natal, child development in relation to the development of the brain. Materials for this presentation have been provided by the Ministry of Children and Family Development in consultation with early childhood specialists. The presentation also explores the environments influence on children's development, particularly as it relates to the early years. Comments from prior participants include:

"Thank you so much ...I have often said that parents should attend these sessions. This information is essential to all caregivers and parents."

"This session reminded me how much influence I have on my child and his development."

Early Literacy Begins with You! Every Child Ready to Read

Time: approx 1 hour for each session

Preferably completed in 3 separate presentations

- **Early talkers: birth to age two**
- **Talkers: ages two and three**
- **Preschoolers: ages four and five**

What can you do to help your child get ready to read? What a great question! Recent research identifies six pre-reading skills that will prepare your child to learn to read. Produced by the American Library Association, this presentation provides caregivers and parents with the tools to explore these skills based on different age groups. Participants will also learn valuable information about the importance of early literacy.



Comments from prior participants:

"I never knew that the sounds my baby makes are the starting of words."

"I always thought I should teach my child to sit down and turn the pages as well as reading at bedtime – it was refreshing to learn different ways to read to my child."

These presentations are FREE!
To book your presentation give us a call us now!
Abbotsford Early Childhood Committee 604-852-1236

Printing and distribution of this flyer has been made possible by support from:

Abbotsford Early
Childhood Committee



Abbotsford Early Childhood
Committee

Success by Six – United
Way of the Fraser Valley

Make Children First

School District #34

The Abbotsford Early Childhood Committee, (AECC), is a group of dedicated individuals and organizations passionate about enhancing support and resources for children age 0-6 and their families in our community.

The “Early Years” (prenatal to age 6) are extremely important. The kind of nurturing and attention that children receive in early childhood has a major impact on the rest of their lives. Researchers have found the early years of development, from birth to age six, affect learning, behaviour and health throughout life.

Our Vision: Abbotsford’s families and children 0 to 6 are healthy, safe and secure, successful learners, and socially engaged and responsible.

Our MISSION: the AECC is a catalyst for building family and community capacity in strengthening the health and well being of children.

Our PURPOSE is to:

- ***Promote partnerships and collaboration among community organizations, agencies, individuals, and businesses***
- ***Contribute to the design of a community action plan***
- ***Guide the development of project activities for which funding is received (Understanding The Early Years, Make Children First Initiative)***
- ***Plan, promote, and implement educational and awareness initiatives***
- ***Identify resources – formal and informal***
- ***Provide support for the projects, such as materials, facilities, facilitators, speakers, according to capacity of committee***
- ***Provide support and suggestions, and open doors for funding to work towards sustainability***
- ***Participate in the evaluation of the projects and evaluation of individual initiatives***

You can reach us at 604-852-1236 or by email at earlyyears@uwfv.bc.ca

www.abbyearlyyears.com