

2011 / 2012 Year in Review

I hope family centre**North Shore families learning together**

I hope family centre (Ihfc) is a multi-service family resource program working to ensure that all North Shore families and their children under the age of six have access to innovative prevention programs that provide a continuum of services from pregnancy through birth to Kindergarten entry.

Learning Together Through Play (LTTP) is Ihfc's core program where families can enjoy a warm, inviting, literacy-enriched setting. Each session includes child-led play, art activities, songs, stories and a healthy snack. Other professionals and programs also help parents and children connect in healthy and secure ways. Farsi speaking staff are on site to assist the many Iranian and Afghani families who attend the program.

Learning Together Through Play

Nearly 650 individual families visited the two locations of I hope family centre – West 1st and Maplewood for LTTP comprising 8,718 total visits (3,661 adult/caregiver visits and 5,057 child visits). Our Parent Educators supported 245 parents, our counsellors facilitated 78 parent sessions.

**WHAT DO FAMILIES SAY ABOUT I hope family centre?**

- *It is a warm caring place for young children and their families to enjoy being together.*
- *The “vibe” atmosphere, décor, cleanliness, staff are excellent. I look forward to attending. The staff makes the difference. The size of the room and number of attendees is just right.*

“I like the evening shift especially for dads to be with their kids.”

Learning Together Through Play At Night

With the help of a Lower Lonsdale Legacy Fund grant, adults and children have been able to share a light meal together at the beginning of our Wednesday evening program. Those families who are unable to attend during the day, particularly working parents, have been encouraged to attend. We have been full (only 25 seats for dinner) since the program began in January.

Breastfeeding and Post Natal Support Group

This group facilitated by an International Board Certified Lactation Consultant meets every Thursday morning all year round at the West 1st location of Ihfc. Last year, there were 693 adult and 710 child visits.

Family FUNdamentals

In collaboration with Jessie's Legacy Eating Disorders Prevention program, we hosted a Family FUNdamentals pilot program from October 24th to November 28th, 2011. Eleven families participated in 6 sessions of food, fun and activities promoting healthy weights, active living, positive body image and the prevention of eating disorders.



Caring for our Community

101-255 West 1st St.
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Parent-Child Mother Goose

Once again, over 165 families participated in 11 ten-week group sessions of Parent-Child Mother Goose in both locations of the I hope family centre. Families respond very favourably to this group experience focusing on the pleasure and power of sharing rhymes, songs and stories with their children.

Takaya Family Centre

Takaya Family Centre is a free early learning program for Tseil Waututh and other First Nations families with children birth to 6 years enjoying healthy eating and active living. There were thirty sessions of Takaya offered this year to over 12 families on Tuesdays at the Maplewood centre. Two Dads attended on a regular basis. Families enjoyed creating Pow Wow regalia (Fancy Shawls and Vests for their children) mentored by a First Nations artist. With the help of our community nutritionist, two community garden plots were maintained over the summer, monthly community kitchen and weekly lunch and snacks focused on healthy eating for families.



- *This is a wonderful resource/program. My children have benefited tremendously from it. They have learned social, creative and educational skills. They have also built great friendships. Thank you so much for making this program available.*
- *I love everything about this place.*

Thank you!

for your generous support of the I hope family centre

Volunteers

We are grateful to our lhfc volunteers who supported families by giving over 352 hours to the centre last year. Spectra Energy brought some of their staff for an afternoon of garden maintenance at Maplewood. Our Master's student from the Adler School completed the Volunteer Manual. The 2012 student began her practicum in January and has developed a parent's handbook, intended to provide a succinct resource for parents. The handbook called, Loving Guidance is based on the lhfc philosophy and best practices in parenting and child development.

Community Outreach

In addition to the many programs lhfc offers on site, our staff provides programs in the community as well. We offered an Infant and Toddler Parent-Child Mother Goose program for 30 families at the West Vancouver Memorial Library in the fall of 2011. We continue to offer two programs, three times per year at the Infant Development Program in North Vancouver. Counsellors/Parent Educators were available at the Westview, Hollyburn, Norgate, and Boundary Strong Starts and Parent Educators provided 8 Parent Education sessions and a six week Parenting Young Children in Farsi group at John Braithwaite Community Centre. We continue to sublet the Maplewood House upstairs space with North Vancouver Community Arts Council and once again hosted the multi-agency picnic at Maplewood. The Vancouver Coastal Speech Pathologists facilitated groups in our West 1st space.

Family Services of the North Shore is an accredited not-for-profit community based agency that offers counselling, support and education. We also lead the provincial work in eating disorders prevention. Family Services of the North Shore has been caring for the community for over 60 years. Our high-profile, proactive presence throughout the province connects the community through a variety of programs that create an environment for all families and individuals to thrive.



We recognize the continuing contribution of the City of North Vancouver, District of North Vancouver, District of West Vancouver and the financial assistance of the Province of British Columbia.



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