

# JULY 2016 I hope family centre

North Vancouver 604.986.9311



I hope family centre

www.familyservices.bc.ca



Caring for our Community

MW - Maple Wood House, 399 Seymour River Place (at the end of the Maplewood parking lot, access through gate at back)

| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   | Saturday  |
|--|---|--|---|--|-----------|
| <p>FSNS acknowledges financial contribution from Government. of Canada, Province of British Columbia, City of NV, District of NV District of WV, as well at United Way of the Lower Mainland and North Shore Community Foundation and in-kind space from Lonsdale Quay Market.</p> | <p>*LTTOP – An opportunity to <i>play outside</i> with your children in our fenced, shaded yard. We'll have the water table set up, lots of sand toys, bikes, balls and your imagination. It's bring your own snack, we'll have water, coffee, tea. <i>Please consider donating financially</i></p> | <p><b>**Ihfc Community Potluck Picnic</b><br/>At 11:30 we'll pull out picnic blankets and share lunch together. <b>Please bring a food item to share, dishes and cutlery</b>, If your item <i>contains nuts/dairy/meat PLEASE LABEL. We can refrigerate items you bring in am.</i></p> |   | <p>1</p> <p><b>Closed for stat and holidays.</b></p> |           |
|  |   |  | <p>6</p> <p>10:00 – 12:00<br/><b>Breastfeeding Support</b><br/>CNV Library</p> <p>PCMG WV Library</p>   |  |           |
| <p>11</p>  | <p>12</p> <p><b>*LTTOP @ MW 9:15 – 11:30</b></p>  | <p>13</p>  | <p>14</p> <p><b>*LTTOP @ MW 9:15 – 11:30</b></p> <p>10:00 – 12:00<br/><b>Breastfeeding Support</b><br/>CNV Library</p> <p>PCMG WV Library</p> | <p>15</p>  | <p>16</p> |
| <p>18</p>  | <p>19</p> <p><b>*LTTOP @ MW 9:15 – 11:30</b></p>  | <p>20</p>  | <p>21</p> <p><b>*LTTOP @ MW 9:15 – 11:30</b></p> <p>10:00 – 12:00<br/><b>Breastfeeding Support</b><br/>CNV Library</p> <p>PCMG WV Library</p> | <p>22</p>  | <p>23</p> |
| <p>25</p>  | <p>26</p> <p><b>*LTTOP @ MW 9:15 – 11:30</b></p> <p><b>**Ihfc Community Potluck Picnic MW 11:30 - 12:30</b><br/>Bring dish to share, cutlery, bowl or plate<br/>Label if meat/dairy/nuts</p>  | <p>27</p>  | <p>28</p> <p><b>*LTTOP @ MW 9:15 – 11:30</b></p> <p>10:00 – 12:00<br/><b>Breastfeeding Support</b><br/>CNV Library</p> <p>PCMG WV Library</p> | <p>29</p>  | <p>30</p> |

# AUGUST 2016 I hope family centre








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| <p>FSNS acknowledges financial contribution from Government of Canada, Province of British Columbia, City of NV, District of NV District of WV, as well at United Way of the Lower Mainland and North Shore Community Foundation and in-kind space from Lonsdale Quay Market.</p> | <p><b>2</b></p> <p>*LTTOP @ MW 9:15 – 11:30</p>  | <p><b>3</b></p>  | <p><b>4</b></p> <p>*LTTOP @ MW 9:15 – 11:30</p> <p>10:00 – 12:00<br/><b>Breastfeeding Support</b><br/>CNV Library</p>   | <p><b>5</b></p>   | <p><b>6</b></p>  |
| <p><b>8</b></p>   | <p><b>9</b></p> <p>*LTTOP @ MW 9:15 – 11:30</p>  | <p><b>10</b></p>   | <p><b>11</b></p> <p>*LTTOP @ MW 9:15 – 11:30</p> <p>10:00 – 12:00<br/><b>Breastfeeding Support</b><br/>CNV Library</p>  | <p><b>12</b></p>  | <p><b>13</b></p>   |
| <p><b>15</b></p>  | <p><b>16</b></p> <p>*LTTOP @ MW 9:15 – 11:30</p>   | <p><b>17</b></p>   | <p><b>18</b>*LTTOP @ MW 9:15 – 11:30<br/><b>**Ihfc Community Potluck Picnic</b> MW 11:30 - 12:30<br/>Bring dish to share, cutlery, bowl or plate<br/>Label if meat/dairy/nuts</p> <p>10:00 – 12:00<br/><b>Breastfeeding Support</b><br/>CNV Library</p> | <p><b>19</b></p>  | <p><b>20</b></p>    |
|    | <p>Closed for holidays.</p>  | <p><b>24</b></p>    | <p><b>25</b></p> <p>Closed for holidays.</p>  | <p><b>26</b></p>   | <p><b>27</b></p>   |
|   | <p><b>30</b></p>  | <p><b>31 Important Fall Program Dates</b></p> <p>LTTTP MW returns - Sept 12<br/>LTTTP LQM returns – Sept 14<br/>Takaya returns - Sept 13<br/>PCMG registration - Sept 6<br/>Breastfeeding returns – Sept 8</p> <p> I hope family centre</p> |    | <p>*LTTOP – An opportunity to <i>play outside</i> with your children in our fenced, shaded yard. We'll have the water table set up, lots of sand toys, bikes, balls and your imagination. It's bring your own snack, we'll have water, coffee, tea.<br/><i>Please consider donating</i></p> | <p><b>**Ihfc Community Potluck Picnic</b><br/>At 11:30 we'll pull out picnic blankets and share lunch together. <b>Please bring a food item to share, dishes and cutlery</b>, If your item <i>contains nuts/dairy/meat PLEASE LABEL. We can refrigerate items you bring in am.</i></p> |