

# Comox Valley Spring Programs 2023

## Week at a Glance

Monday	Tuesday	Wednesday
<p>AM</p> <ul style="list-style-type: none"> <li>Aboriginal head start</li> <li>Hummingbirds</li> <li>Little Village</li> <li>StrongStart</li> <li>Grandparents raising grandchildren</li> <li>StoryTime</li> <li>Family Open Gym</li> <li>Parent &amp; Tot Playtime</li> </ul>	<p>AM</p> <ul style="list-style-type: none"> <li>Aboriginal head start</li> <li>Early Years Indigenous Program</li> <li>StrongStart</li> <li>Family Open Gym</li> <li>Healthy Babies</li> <li>Toddler Drop-in</li> <li></li> </ul> <p>PM</p> <ul style="list-style-type: none"> <li>Island Dads</li> <li>Multicultural Parenting Circle</li> <li>Grandparents raising grandchildren</li> <li>Stay n' Play</li> <li>Mamacentric</li> </ul>	<p>AM</p> <ul style="list-style-type: none"> <li>Aboriginal head start</li> <li>Early Years Indigenous Program</li> <li>StrongStart</li> <li>Family Open Gym</li> <li>Parent &amp; Tot Paint-time</li> <li>Toddler Time</li> <li>Family StoryTime</li> </ul> <p>PM</p> <ul style="list-style-type: none"> <li>Parent Support Circle</li> </ul>
Thursday	Friday	Saturday
<p>AM</p> <ul style="list-style-type: none"> <li>Aboriginal head start</li> <li>Early Years Indigenous Program</li> <li>Little Village</li> <li>StrongStart</li> <li>Grandparents raising grandchildren</li> <li>Family Open Gym</li> <li>Parent &amp; Tot Playtime</li> <li>Curious Crawlers</li> <li>Wobbly Walkers</li> <li>Parent &amp; Peanut</li> <li>Family StoryTime</li> </ul> <p>PM</p> <ul style="list-style-type: none"> <li>Baby and me</li> <li>Plum Postpartum</li> </ul>	<p>AM</p> <ul style="list-style-type: none"> <li>Family Circle</li> <li>Friday's Child</li> <li>Family Open Gym</li> <li>Family StoryTime</li> <li>StrongStart</li> <li>Parent and Tots Morning Out</li> </ul>	<p>AM</p> <ul style="list-style-type: none"> <li>Family Open Gym</li> <li>Parent &amp; Tot Sports Time</li> <li>Drop-In Play at Library</li> </ul> <hr/> <p style="text-align: center;"><b>Sunday</b></p> <p>AM</p> <ul style="list-style-type: none"> <li>Family Open Gym</li> <li>Gym Bugs</li> <li>Parent &amp; Tot Sports Time</li> </ul>

## Comox Valley Family Playgroups and Programs (Birth – 6 Years)

Indigenous Programming				
Name	Description	Location	Time	Cost
<b>Aboriginal Head Start</b>	<ul style="list-style-type: none"> <li>Licensed preschool</li> <li>For Aboriginal children 3-5 years (must be 3 by December 31st).</li> <li>Registration required (always open)</li> <li>Pre-school activities</li> <li>Meal provided</li> <li>Transportation provided</li> </ul>	956 Grieve Ave 250-334-2477 <a href="mailto:cvahs@shaw.ca">cvahs@shaw.ca</a> <a href="https://uiwona.ca/comox-valley-aboriginal-head-start/">https://uiwona.ca/comox-valley-aboriginal-head-start/</a>	Mon -Thurs 9:00 -11:15 or 12:45– 3:30	Free
<b>Little Village Family Program</b>	<ul style="list-style-type: none"> <li>For Indigenous children 0 – 4+ years accompanied by an adult</li> <li>Registration required</li> <li>Nourishing snacks provided</li> <li>Transportation assistance</li> </ul>	Courtenay Elementary 1540 McPhee Ave, 250-465-9944 <a href="mailto:eyap@uiwona.ca">eyap@uiwona.ca</a> <a href="https://uiwona.ca/programs/early-years-aboriginal-program/">https://uiwona.ca/programs/early-years-aboriginal-program/</a> *new website coming*	Mon & Thurs 10:00 – 1:00	Free
<b>Family Circle</b>	<ul style="list-style-type: none"> <li>Games, crafts and movie nights</li> <li>Potluck supper with fruit salad for dessert</li> <li>Please bring a piece of fruit</li> <li>Drumming, singing, story-telling and more</li> <li>Registration required</li> </ul>	Wachiay Friendship Centre 1625B McPhee Ave, Contact: Josie 1 778 225 0300 <a href="mailto:josie.a@wachiay.org">josie.a@wachiay.org</a>	Fridays	Free
<b>Hummingbirds Playgroup</b>	<ul style="list-style-type: none"> <li>For parents &amp; children 0-6 years</li> <li>Ongoing sessions</li> <li>Information, networking, education &amp; play</li> <li>Cultural Component</li> <li>Meal Provided</li> <li>Registration required</li> </ul>	Josie 1 778 225 0300 <a href="mailto:josie.a@wachiay.org">josie.a@wachiay.org</a>	Mon 10:00 – 12:00	Free
<b>Métis Family Connections</b>	<ul style="list-style-type: none"> <li>For children 0 – 8 years</li> <li>Connects Métis families to their community and culture, including early years programs and services</li> <li>Registration Required</li> </ul>	<a href="mailto:gcoutts@mnbcc.ca">gcoutts@mnbcc.ca</a> 250-735-4768	For more info: <a href="https://www.mnbcc.ca/work-programs/programs-services/metis-family-connections-early-years-birth-8-years">https://www.mnbcc.ca/work-programs/programs-services/metis-family-connections-early-years-birth-8-years</a>	Free
<b>Friday's Child</b>	<ul style="list-style-type: none"> <li>For indigenous families who face challenges as a result of FASD and other cognitive and behavioural difficulties</li> <li>Information, resources, talking circles</li> <li>Highly trained staff and supportive community</li> <li>Transportation and lunch provided</li> </ul>	Aboriginal Head Start 956 Grieve Avenue 250-465-2066 Or 250-334-2477	Fri 9:45-1:30	Free

## Courtenay

Name	Description	Location	Time	Cost
<b>Family Open Gym</b>	<ul style="list-style-type: none"> <li>All ages</li> <li>Drop-in</li> </ul>	Lewis Centre 489 Old Island Highway, 250-338-5371  <a href="https://www.courtenay.ca/EN/main/community/recreation/drop-in-programs.html">https://www.courtenay.ca/EN/main/community/recreation/drop-in-programs.html</a>	Most days, call for times	Free
<b>Parent &amp; Tot Playtime</b>	<ul style="list-style-type: none"> <li>For children 0-6 years with parent</li> <li>Free play and social interaction</li> <li>Guided activities</li> <li>Adult must participate and is responsible for child supervision</li> </ul>		Mon & Thur 11:30 – 12:30 Until June 29th	\$2/ drop-in
<b>Parent and Tot Paint-time</b>	<ul style="list-style-type: none"> <li>Drop-in for children 1-5 years with parent</li> <li>Learn with art based materials</li> <li>Each week a different project</li> <li>Adult must participate and is responsible for child supervision</li> </ul>		Wednesday 10:30-11:30 <span style="background-color: yellow;">Ends March 22<sup>nd</sup></span>	\$5/ drop-in
<b>Parent and Tot Sports Time</b>	<ul style="list-style-type: none"> <li>6 years and under with parent</li> </ul>		Saturdays Jan 12 - March 18, 10:00 - 11:00 am Saturdays April 15 - June 10 <sup>th</sup> 10:00 – 11:00 Sundays April 16 – May 14 9:15 – 10:30 <span style="background-color: yellow;">No class May 20<sup>th</sup></span>	\$3/child/ drop-in
<b>Curious Crawlers</b>	<ul style="list-style-type: none"> <li>0 - 19 months with an adult</li> </ul>		Jan 5 - March 23, Thur 9:15 - 10:00 am	\$2/Drop-in
<b>Wobbly Walkers</b>	<ul style="list-style-type: none"> <li>6 months - 3 years with an adult</li> </ul>		Jan 5 - March 23, Thur 10:30 - 11:30 am	\$2/Drop-in
<b>Childminding</b>	January 4 - March 22			Mon 8:45 - 10:30 Tue 8:45 - 10:15 Wed 8:45 - 10:15 Thu 8:45 - 10:15 Fri 10:15 - 11:45 Sat 8:45 - 10:30
<b>Healthy Babies</b>	<ul style="list-style-type: none"> <li>For pregnant women, moms &amp; babies 0-6 months</li> <li>Food vouchers &amp; prenatal vitamins</li> <li>Information &amp; resources, breastfeeding support</li> <li>Community guest speakers</li> <li>One to one outreach support</li> <li>Lunch and transportation provided</li> </ul>	C.V. Family Services Association  1415 Cliffe Ave, Courtenay 250-338-7575  <a href="https://www.comoxvalleyfamilyservices.com/programs--">https://www.comoxvalleyfamilyservices.com/programs--</a>	Tues 10:00 – 12:00	Free

<p><b>Stay n' Play</b></p>	<ul style="list-style-type: none"> <li>• For parents &amp; children 4-12 months</li> <li>• Information, resources, parent education &amp; playtime</li> <li>• Lunch &amp; transportation provided</li> <li>• Part of the Healthy Families Program</li> </ul>	<p><a href="https://www.sd71.bc.ca/healthy-families-program">2/healthy-families-program</a></p>	<p>Tuesday 12:30 – 2:00  (Groups are 3 Tue/month; call to confirm dates)</p>	<p>Free</p>
<p><b>Toddler Time</b></p>	<ul style="list-style-type: none"> <li>• For parents &amp; children 12-36 months</li> <li>• Information, resources, parent education and playtime</li> <li>• Lunch provided</li> <li>• Part of the Healthy Families Program</li> </ul>	<p>Courtenay Elementary 1540 McPhee Ave  250-871-7575 or 250-871-7577</p>	<p>Wed 10:00 - 11:30</p>	<p>Free</p>
<p><b>Toy Library Society</b></p>	<ul style="list-style-type: none"> <li>• Lends toys to community members for a yearly membership fee</li> <li>• Children ages 0-7</li> </ul>	<p>St. George's United Church, 505 6th Street, Courtenay 250-668-4562 <a href="mailto:cvtoylibrary@gmail.com">cvtoylibrary@gmail.com</a></p>	<p>1st and 3rd Sat/month 10-11:30  2nd Wed/ month 7:30-8:30 pm</p>	<p>\$20 /year  Subsidy available for low income</p>
<p><b>Strong Start</b></p>	<ul style="list-style-type: none"> <li>• For parents &amp; children 0-5 years</li> <li>• Play and learn together, circle time, games</li> </ul>	<p>Courtenay Elementary 1540 McPhee Ave Courtenay, B.C. 250-338-5396  Ecole Puntledge Park 401 Willemar Ave. Courtenay 250-334-4495  Queneesh Elementary 2345 Mission Rd. Courtenay, B.C. 250-334-4089  <a href="http://www.sd71.bc.ca/strongstart/">www.sd71.bc.ca/strongstart/</a></p>	<p>Mon-Thur 8:30-11:30 Fresh Air Friday 9:30-11:30  Monday/Friday 8:45-11:45  Mon-Thurs 9:00-12:00 Fresh Air Friday 9:30-11:30</p>	<p>Free</p>
<p><b>Drop-In Play Day</b></p>	<ul style="list-style-type: none"> <li>• The Courtenay Library is hosting a drop-in play day on Saturday mornings!</li> <li>• The program room will be set up with toys &amp; activities for a range of ages (mostly 0-5y)</li> </ul>	<p>Courtenay Library  300 6th St, Courtenay, BC</p>	<p>Saturday 10:30-12:00</p>	<p>Free</p>

## Cumberland Programs

Name	Description	Location	Time	Cost
<b>Mamacentric</b>	<ul style="list-style-type: none"> <li>• For mothers and babies / siblings from birth to age 3</li> <li>• This group focuses on self-care, postpartum adjustment and life after baby</li> </ul>	Cumberland Community School 2674 Windermere Ave, Cumberland <a href="mailto:ccss.youthcoordinator@gmail.com">ccss.youthcoordinator@gmail.com</a>	Tuesday 3:30-5:00	Free
<b>Family StoryTime</b>	<ul style="list-style-type: none"> <li>• For parents &amp; children ages 0-5y</li> <li>• Songs, rhymes, stories and more</li> </ul>	Cumberland Library 2724 Dunsmuir Ave, Cumberland, BC V0R 1S0	Friday 10:30-11:00	Free
<b>Parent and Tot Gym</b>	<ul style="list-style-type: none"> <li>• For parents &amp; children 0-6y</li> <li>• Unstructured play, self-supervised</li> </ul>	<a href="https://cumberland.ca/recprograms/">https://cumberland.ca/recprograms/</a>	April 11-June 29 <sup>th</sup> Tues & Thu 10:30-12:00	\$2/child
<b>Strong Start</b>	<ul style="list-style-type: none"> <li>• For parents &amp; children 0-5 years</li> <li>• Play and learn together, circle time, games</li> </ul>	Cumberland Elementary 2644 Ulverston Ave Cumberland, BC V0R 1S0 250-336-8511  <a href="http://www.sd71.bc.ca/strongstart/">www.sd71.bc.ca/strongstart/</a>	Mon-Fri 8:45-11:45  Fresh Air Friday 9:30-11:30	Free
<b>Plum Postpartum Drop-In</b>	<ul style="list-style-type: none"> <li>• For all postpartum parents and babies from 0-3m</li> <li>• Baby scale and well-baby checks by midwife</li> <li>• Supportive place to learn, share, and meet other new parents</li> <li>• Drop-in</li> </ul>	Masonic Hall 2687 Dunsmuir Ave Cumberland Ph: 250-890-0832 <a href="mailto:office@plummidwifery.com">office@plummidwifery.com</a>	Thu 1:15	Free

## Comox

Name	Description	Location	Time	Cost
<b>Mini Franco Fun</b>	<ul style="list-style-type: none"> <li>For parents &amp; children 1 month-5 years (one parent must be French speaking)</li> <li>Pre-school activities</li> </ul>	École Au coeur de L'île  For more information: (250) 898-9833 <a href="mailto:project@afcr.bc.ca">project@afcr.bc.ca</a>  <a href="https://cafe-cb.ca/portfolio/les-mini-franco-fun-comox/">https://cafe-cb.ca/portfolio/les-mini-franco-fun-comox/</a>	Two Fridays a month 9:30-11:30	Free
<b>Gym Bugs</b>	<ul style="list-style-type: none"> <li>For parents &amp; children 0-5yrs</li> <li>Open gym time</li> <li>Parent registration and supervision is required.</li> </ul>	Comox Community Centre 1855 Noel Ave, Comox, BC V9M 2H4 (250) 339-2255	Sundays 8:30-10:00 am	\$5
<b>Baby &amp; Me</b>	<ul style="list-style-type: none"> <li>Babies 0-2y with parent</li> <li>Certified Doula guides and facilitates discussions</li> <li>Reflect, share, laugh</li> <li>Stay and play with your little one.</li> <li>Bring a reusable mug for tea.</li> </ul>		April 13-June 29 Thursdays 1:00-2:30 <b>May social,            May 18<sup>th</sup> 1:00-2:30 (meet &amp; greet)</b>	Free
<b>Childminding</b>	<ul style="list-style-type: none"> <li>2m – 5y</li> <li>parent must be in building</li> </ul>		April 6-June 30 Mon – Fri 8:45-10:45  No session April 7, 10 and May 22	1 child: \$3.25/visit or \$32.50/10 punch card  2 children: \$5.75/visit or \$57.50/10 punch card
<b>Family Story Time</b>	<ul style="list-style-type: none"> <li>For parents &amp; children ages 0-5y</li> <li>Songs, rhymes, stories and more</li> </ul>	Comox Library 1720 Beaufort Ave #101, Comox, BC V9M 1R7	Wednesday 10:30-11:00	Free
<b>Strong Start</b>	<ul style="list-style-type: none"> <li>For parents &amp; children 0-5 years</li> <li>Play and learn together, circle time, games</li> </ul>	Brooklyn Elementary 1290 Guthrie Road Comox, BC 250-339-2232  Aspen Park Elementary 2250 Bolt Ave 250-890-0944  <a href="http://www.sd71.bc.ca/strongstart/">www.sd71.bc.ca/strongstart/</a>	Mon-Fri 8:45-11:45 Fresh Air Friday 9:30-11:30  Tues/Thurs 8:45-11:45	Free

## Surrounding Areas

Name	Description	Location	Time	Cost
<b>Parent &amp; Peanut</b>	<ul style="list-style-type: none"> <li>For parents &amp; children 0 - 5 years</li> <li>Crafts, games, songs, storytelling</li> <li>Lunch provided</li> <li>Parental supervision required</li> <li>Drop-in</li> </ul>	Black Creek Community Centre 2001 Black Creek Road Ph: 250-337-5190  <a href="https://www.blackcreek-cc.com/program-calendar/">https://www.blackcreek-cc.com/program-calendar/</a>	Thu 9:30-12:00	Free
<b>Childminding</b>	<ul style="list-style-type: none"> <li>Childminding for parents using the facility</li> </ul>		April 4-June 29 Mon, Wed, Fri 8:30-10:30	\$1/hour per child
<b>Toddler Drop-In</b>	<ul style="list-style-type: none"> <li>For children 0-30 months and parents</li> <li>Information, support, parent education and playtime</li> </ul>	Hornby Island Educational Society Ph:250-335-1085 Jade Wilson <a href="mailto:hies.communityschoolcoord@gmail.com">hies.communityschoolcoord@gmail.com</a>	Tues 9am-12pm	Free
<b>StrongStart</b>	<ul style="list-style-type: none"> <li>For parents &amp; children 0-5 years</li> <li>Play and learn together, circle time, games</li> </ul>	Royston Elementary 3830 Warren Ave. Royston 250-334-2161 <a href="http://www.sd71.bc.ca/strongstart/">www.sd71.bc.ca/strongstart/</a>	Mon & Fri 8:45-11:45	Free
<b>Parents &amp; Tots Morning Out</b>	<ul style="list-style-type: none"> <li>Children with parents, no specified age range</li> <li>Games in the gym, stories, crafts and snacks</li> <li>Must enroll using link</li> </ul>	Facilitator: Veronique 250-335-2058 <a href="https://dices.ca/after-school-programs/">https://dices.ca/after-school-programs/</a>	Friday 9:30-12:00	Free

## Online Programs

Name	Description	Location	Time	Cost
<b>Island Dads</b>	<ul style="list-style-type: none"> <li>Celebrate dads with children and their families</li> <li>Online via Zoom</li> </ul>	Contact Facilitator Andrew McKenzie for Zoom link via: <a href="https://islanddads.ca/">https://islanddads.ca/</a>	Most Tuesday 6:00pm	Free
<b>Parent Support Circle Vancouver Island</b>	<ul style="list-style-type: none"> <li>Online support circle for parents</li> </ul>	Zoom: visit <a href="https://www.parentsupportbc.ca/services/in-your-region/vancouver-island/">https://www.parentsupportbc.ca/services/in-your-region/vancouver-island/</a> to fill out registration form	Wednesdays 7:30pm	Free
<b>Multicultural Parenting Circle</b>	<ul style="list-style-type: none"> <li>Online support circle for parents</li> </ul>		Tuesday 7:00pm	Free
<b>Grandparents Raising Grandchildren (Kinship Care) Support Circles</b>	<ul style="list-style-type: none"> <li>Online support circle for grandparents raising grandchildren</li> </ul>		Mondays 10:00am Tuesdays 7:30pm Thursdays 10:00am	Free
<b>Storytime Corner</b>	<ul style="list-style-type: none"> <li>Songs, stories, finger puppets and more!</li> </ul>	Storytime Corner Facebook Group (private) <a href="https://www.facebook.com/groups/655179938676675/">https://www.facebook.com/groups/655179938676675/</a>	Mon and Fri 10:30-10:45	Free
<b>Jumpstart Play From Home</b>	<ul style="list-style-type: none"> <li>Focused on physical activity and movement</li> <li>Indoor &amp; outdoor activities</li> <li>Videos</li> <li>Partnered with professional athletes from across Canada, including Olympians and Paralympians</li> </ul>	Jumpstart Website <a href="https://jumpstart.canadiantire.ca/pages/play-from-home">https://jumpstart.canadiantire.ca/pages/play-from-home</a>	Anytime	Free