



FREE BURNABY WINTER PROGRAMS* 2025

Agency	Website	Program Name(s)	Program Information	Dates	Registration
Burnaby Family Life	www.burnabyfamilylife.org	Family Drop-In's For more information and program descriptions, times and locations please visit: Family Resource Programs — Burnaby Family Life - A place to go a place to grow	Family Resource Programs (FRPs) are parent/child interactive centres for families with children 0–6 years. Our services are designed to strengthen parenting skills, provide stimulating environments for children, and promote family and community engagement. FRPs focus on five core areas of service: <ol style="list-style-type: none"> 1. Family Support 2. Play-based Learning 3. Early Learning and Literacy 4. Parent Education 5. Information and Referrals Families are welcome to drop in any time during program hours (Mother Goose requires advanced registration).	Family Drop-In TUESDAYS ongoing 09:30am-11:30pm 6140 McKercher Avenue WEDNESDAYS ongoing 09:30am-11:30am 6140 McKercher Avenue THURSDAYS ongoing 09:30am-11:30am 6140 McKercher Avenue FRIDAYS ONGOING 12:30pm-2:30pm 6140 McKercher Avenue	Drop ins welcome. No pre- registration required Email: bfl_info@burnabyfamilylife.org Ph: 604-659-2200

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For more information on activities, supports, and services for families with children 0 to 6 years old, go to "COVID 19 Resources & Supports" at www.kidsinburnaby.ca.



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Burnaby Family Life	www.burnabyfamilylife.org	Learning together through play	For more information and program descriptions, times and locations please visit: Family Resource Programs — Burnaby Family Life - A place to go a place to grow	<p>Learning Together Through Play</p> <p>TUESDAYS 3:30-5:30pm 6140 Mckercher Avenue</p> <p>WEDNESDAYS 9:30-11:30am Edmonds Resource Centre, #205-7355 Canada Way</p> <p>SATURDAYS 10am-Noon 6140 Mckercher Avenue</p> <p>SATURDAYS 10am-Noon Montecito Child Care Centre, 7230 Camarillo Place</p>	<p>Drop ins welcome. No pre- registration required</p> <p>Email: bfl_info@burnabyfamilylife.org</p> <p>Ph: 604-659-2200</p>
Burnaby Family Life	www.burnabyfamilylife.org	Baby & Me Second stage	For more information and program descriptions, times and locations please visit: Family Resource Programs — Burnaby Family Life - A place to go a place to grow	<p>Baby & Me second Stage</p> <p>Fridays 9.30-11.30am</p> <p>#205 - Edmonds Resource Centre</p>	<p>Drop ins welcome. No pre- registration required</p> <p>Email: bfl_info@burnabyfamilylife.org</p> <p>Ph: 604-659-2200</p>

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Burnaby Family Life	www.burnabyfamilylife.org	Mother Goose	<p>Family Resource Programs (FRPs) are parent/child interactive centres for families with children 0–6 years. Our services are designed to strengthen parenting skills, provide stimulating environments for children, and promote family and community engagement. FRPs focus on five core areas of service:</p> <p>Family Support Play-based Learning Early Learning and Literacy Parent Education Information and Referrals</p>	<p>Mother Goose</p> <p>PRE-REGISTRATION REQUIRED</p> <p>THURSDAYS 09:30-11:00 am starting January 9 9 weekly sessions Edmonds Resource Centre, #205-7355 Canada Way</p> <p>FRIDAYS 09:45-11:15am starting January 10 9 weekly sessions 6140 McKercher Avenue</p>	<p>Pre- registration require Email: bfl_info@burnabyfamilylife.org</p> <p>Ph: 604-659-2200</p>
Burnaby Family Life	www.burnabyfamilylife.org	Expecting & New Moms: We're Here For You And Baby Pregnancy Outreach Program (prenatal) Baby & Me (second stage) Healthy Care Pregnancy Program	One-to-one, by phone, online, or virtual groups	Ongoing	To register please visit website Burnaby Family Life -Home

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<p>Burnaby Family Life</p>	<p>www.burnabyfamilylife.org</p>	<p>In person & online Parenting and Support groups:</p> <ul style="list-style-type: none"> • Calm & Confident Parenting • Curious Minds (English and Mandarin) • Modern & effective parenting • Nobody's Perfect (English and Korean) • Parenting for Immigrants • Immigrants Women's Support Group • Understanding Your Anger: Anger Management for Men • Fatherhood, A Journey • Parenting Pre-teens 	<p>Our Parenting and Support programs provide a safe and inclusive space for parents, caregivers and individuals to learn about themselves, their children, and how to build skills that can support the healthy development of their family, their children and themselves.</p> <p>For program descriptions please visit: Family Life Education — Burnaby Family Life - A place to go a place to grow</p> <p>Free childcare for children 18m to 10 years is available for all in person programs. <i>Pre-registration required for childcare.</i></p>	<p>For dates, times and locations please visit Family Life Education — Burnaby Family Life - A place to go a place to grow</p>	<p>For registration please visit: Family Life Education — Burnaby Family Life - A place to go a place to grow OR Call 604-659-2200</p>
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Agency	Website	Program Name(s)	Program Information	Dates	Registration
Burnaby Neighbourhood House-South Burnaby	https://burnabynh.ca/get-involved-family/	Family Place at 4460 Beresford Street	Family Drop-In for families with children birth to 5 years old.	Mondays, Tuesdays, Thursdays 9:30-11:30am Wednesdays (for Newcomers/ Immigrants) 9:30-11:30am	First come, first serve. Room Capacity Limit: 15 families. No registration required
Burnaby Neighbourhood House-Brentwood	https://burnabynh.ca/get-involved-family/	Family Place at 2055 Rosser Avenue	Family Drop-In for families with children birth to 5 years old.	Tuesdays 12:30-2:30pm Thursdays 10:00-12:00pm Fridays 9:30-11:30am	First come, first serve. Room Capacity Limit: 15 families. No registration required
Burnaby Neighbourhood House-North, South, Brentwood, Online	https://burnabynh.ca/get-involved-family/	Online and in-person family workshops, info sessions, special activities, and more	Visit website for online calendar with details	Ongoing	To register please visit website
Burnaby School District	https://burnabyschools.ca/strongstart/	StrongStart	StrongStart Centres provide parents and caregivers an opportunity to share in their child's early learning experiences and learn and grow together through PLAY. Families have the most important role in promoting their child's well-being and learning and are asked to remain with their child to engage in this supportive and joyful, no cost, program.	Open for families Jan. 7 - Mar. 14. Reopens after Spring Break on Apr. 1, 2025. Registration necessary.	To register: https://registration.sd41.bc.ca/Forms/strongstartregistration

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<p>Burnaby Public Library</p>	<p>https://burnabypl.bc.ca/events/</p>	<p>Family Storytime</p>	<p>Join us for fun songs and stories! Meet other families and get to know the library.</p>	<p>Bob Prittie Metrotown Branch 6100 Willingdon Ave. Weds: Jan 8 to Feb 12 10:30am - 11:00am Thurs: Feb 20 to Mar 27 10:30am - 11:00am</p> <p>McGill Branch 4595 Albert St. Weds: Jan 22 to Mar 12 10:30am - 11:00am</p> <p>Tommy Douglas Branch 7311 Kingsway Thurs: Jan 9 to Feb13 11:30am - 12:00pm Sat: Mar 1 to Mar 22 11:30am - 12:00pm</p> <p>Temporary Cameron Branch 110-9855 Austin Ave. Tues: Jan 7 to Feb25 10:30am - 11:00am Sat: Jan 18, Feb 15, & Mar 15 11:00am - 11:30am</p>	<p>Drop-in. No registration required.</p>
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<p>Burnaby Public Library</p>	<p>https://pl.bc.ca/events#/</p>	<p>Babytime</p>	<p>Meet other families and share songs, bounces and stories with your baby.</p>	<p>Bob Prittie Metrotown Branch 6100 Willingdon Ave.</p> <p>Wed: Jan 8 to Feb 12 11:30am - 12:00pm</p> <p>Thurs: Feb 20 to Mar 27 11:30am - 12:00pm</p> <p>McGill Branch 4595 Albert St.</p> <p>Wed: Jan 22 to Mar 12 1:30pm - 2:00pm</p> <p>Tommy Douglas Branch 7311 Kingsway</p> <p>Thurs: Jan 9 to Feb 13 10:30am - 11:00am</p> <p>Sat: March 1 to March 22 10:30am - 11:00am</p> <p>Temporary Cameron Branch 110-9855 Austin Ave.</p> <p>Tues: Jan 7 to Feb 25 11:30am - 12:00pm</p>	<p>Drop-in. No registration required.</p>
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Burnaby Public Library	https://burnaby.ca/events#	Family Social	<p>Drop in for social time with other families and their children!</p> <p>We provide a comfortable space to make new friends, play with your child and chat with other adults.</p> <p>Special guests will drop by to share information and talk about programs that support families.</p>	<p>Bob Prittie Metrotown Branch 6100 Willingdon Ave.</p> <p>Thursdays, January 9 to February 27 3:00pm - 4:30pm</p> <p>Wednesdays, March 5 to April 23 3:00pm - 4:30pm</p>	Drop-in. No registration required.
Burnaby Public Library	https://burnaby.ca/events#/	Baby Social	Play with your baby, make new friends and chat with other adults in a comfortable space.	<p>Bob Prittie Metrotown Branch 6100 Willingdon Ave.</p> <p>Thurs:, Jan 9 to Feb 13 1:00pm to 2:30pm</p> <p>Weds: Feb 19 to Mar 26 1:00pm to 2:30pm</p> <p>Temporary Cameron Branch 110-9855 Austin Ave.</p> <p>Tues: March 4 to March 18 10:30am - 12:00pm</p>	Drop-in. No registration required.

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Burnaby Public Library	https://pl.bc.ca/events#/	Cantonese Storytime	Drop in with your little one for a Cantonese circle time to sing songs and participate in fun group activities. There will be time for parents and grandparents to socialize, while children explore library books, toys, and other community resources. Presented in partnership with Colour it Cantonese.	Tommy Douglas Branch 7311 Kingsway Avenue Fridays Jan 3, 10, 17, 24 Feb 7, 21, 28 Mar 7, 14, 21 Apr 4, 11, 25 10:30am-11:15am	Drop in. No registration required.

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Burnaby Public Library	https://burnaby.ca/events/	Korean Storytime	Let's read and sing in Korean together! Practice Korean in a fun way while meeting other Korean speaking families!	<p>Bob Prittie Metrotown Branch 6100 Willingdon Ave. Saturday, February 22 10:30am - 11:30am</p> <p>McGill Branch 4595 Albert St. Friday, March 7 10:30am - 11:30am</p> <p>Tommy Douglas Branch 7311 Kingsway Wednesday, March 26 10:30am - 11:30am</p> <p>Temporary Cameron Branch 110-9855 Austin Ave. Friday, January 24 10:30am - 11:30am</p>	Drop-in. No registration required.

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Burnaby Public Library	https://pl.bc.ca/events/	Portuguese Storytime	Let's read and sing in Portuguese together! Practice Portuguese in a fun way while meeting other Portuguese-speaking families!	<p>Bob Prittie Metrotown Branch 6100 Willingdon Ave. Saturday, March 29 11:00am - 12:00pm</p> <p>McGill Branch 4595 Albert St. Saturday, January 25 11:00am - 12:00pm</p> <p>Temporary Cameron Branch 110-9855 Austin Ave. Friday, February 14 11:00am - 12:00pm</p>	Drop-in. No registration required.
Burnaby Public Library	https://pl.bc.ca/events/	Tigrinya Storytime	Hear stories, songs, and rhymes in Tigrinya. In partnership with Eritrean Community Association in Vancouver.	<p>Tommy Douglas Branch 7311 Kingsway Avenue Saturdays, Feb 8, 22 March 8, 22 April 5, 19 11:30am-1:00pm</p>	Drop-in. No registration required.

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Burnaby Public Library	https://pl.bc.ca/events/	Social Hour for Japanese-Speaking Families	Come and meet other Japanese-speaking families. There will be toys and books, and a librarian who knows some Japanese will lead a short storytime.	Temporary Cameron Branch 110-9855 Austin Ave. Saturdays, January 4 and January 11 10:30am - 11:30am	Drop-in. No registration required.
Burnaby Public Library	https://pl.bc.ca/events/	Family Fun Time in Spanish	Come meet other families who speak Spanish. There will be toys, books, and a librarian who will sing and tell stories in Spanish.	Tommy Douglas Branch 7311 Kingsway Monday, March 24 10:30am - 11:30am Temporary Cameron Branch 110-9855 Austin Ave. Friday, February 21 10:30am - 11:30am	Drop-in. No registration required.
Burnaby Public Library	https://pl.bc.ca/events/	Board Game Club for Kids	Have fun playing with our collection of board games. For kids ages 5 to 12. Siblings welcome	Temporary Cameron Branch 110-9855 Austin Ave. Thurs: Jan 9, Feb 6, Mar 6 3:30pm - 5:00pm Tuesday, March 25 2:30pm - 4:30pm	Drop-in. No registration required.

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Burnaby Public Library	https://pl.bc.ca/events#/	Board Game Club for Kids	<p>Have fun playing with our collection of board games.</p> <p>For kids ages 5 to 12. Siblings welcome</p>	<p>Bob Prittie Metrotown Branch 6100 Willingdon Ave.</p> <p>Friday, February 28 10:30am - 12:30pm & 2:30 - 4:30</p> <p>Friday, March 21 10:30am - 12:30pm & 2:30pm - 4:30pm</p> <p>Thursday, March 27 2:30pm - 4:30pm</p> <p>McGill Branch 4595 Albert St.</p> <p>Mon: Jan 6 & 13 3:30pm - 5:30pm</p> <p>Thurs: Mar 20 & 27 3:30pm - 5:30pm</p> <p>Tommy Douglas Branch 7311 Kingsway</p> <p>Fri: Jan 24 to Mar28 (except Feb 14 & Mar 14) 3:30pm - 5:00pm</p> <p>Tues: Mar 18 & 25 10:30am - 12:30pm</p>	Drop-in. No registration required.

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Cameray Child & Family Services	https://www.cameray.ca/parent-support-program/	<p>One-to-one counselling re: parenting support</p> <p>Interactive groups for young children (i.e. <i>Circle Time, Family Literacy Circle, Temas de Crianza de niños,</i> etc.)</p> <p>Parent education and support groups and workshops (<i>Circle of Security Parenting program, Nobody's Perfect, Sharing Circle - Seven Sacred Teachings, My Tween and Me,</i> etc.)</p> <p>Monthly Parent Education workshops</p> <p>Drop-in groups bi-monthly on Thursdays</p>	<p>For Burnaby and New Westminster families who are expectant parents or parents/guardians with one or more children under the age of 5 years (Early Years Parent Support Program)</p> <p>Additional individual and group parenting support for Burnaby and New Westminster families with one or more children aged 6 to 18 years (Parent Education Program)</p> <p>Online groups and activities for families, parent education, resources and support for parents, including one-one counselling</p>	<p>Ongoing: please visit the website to view the monthly calendars and corresponding flyers, with full program and group descriptions, including the time and location details</p> <p>Program activities Monday to Friday, mornings, afternoons and early evenings</p>	<p>Email: pspgroupsignup@cameray.ca</p> <p>For our full details about our monthly activity calendars, please visit: https://www.cameray.ca/events/</p>

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Family Service of Greater Vancouver	www.fsgv.ca/programs/early-childhood-community-consultant/	Early Childhood Community Consultant	Ask questions and get support with free one-on-one consultations about your child's development, behavior, parenting tips, tricks and education, either virtually, a visit in the community or in the comfort of your own home.	Ongoing	For more information or to see availability contact Anita at: call/text: 604.723.9548 or email aolson@fsgv.ca
Information Children	www.informationchildren.com	Online and in-person Parent Workshops and Events including Circle of Security Parenting, Parenting Toddlers and Preschoolers, New Parents Groups, Online Storytime, and one-to-one parent-coaching. Parenting Helpline and E-support	Information, support and referrals to parents and caregivers with children 12 years and under. Upcoming workshops: <ul style="list-style-type: none"> - Parent Self-Care - New Parents Group - Tween Peer Pressure 	Visit website for online calendar with details	Helpline: 778.782.3548 Email: info@informationchildren.com To book parent coaching: https://calendly.com/informationchildrenparentcoaching

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Metis Nation BC	https://www.mnbc.ca/works-programs/services/metis-family-connections-early-years-birth-8-years	Metis Family Connections Program	For Metis families with children birth to 8 years. Families build a network of support that provides children with opportunities for early learning and childhood development. Metis Family Connections Navigators assist families to access programs and services that are available in their region and connect them to community and culture.	Ongoing	Visit website for details: Métis Family Connections - Early Years (Birth to 8 Years) MNBC For more information contact Chandni Bhatnagar, Metis Family Connections Navigator at cbhatnagar@mnbc.ca or call 778.312.3052

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Metis Nation BC	https://www.mnbc.ca/works-programs-services/miyoopimatishihk-wellbeing-program	Miyoopimatishihk (Wellbeing) Program	For families with Metis children birth to 8 years old. Metis families can apply for financial support to assist in the cost of a wide range of services, programs and products, including but not limited to: respite care, speech therapy, assessments, specialized equipments, mental health supports.	Ongoing	Visit website for details: Miyoopimatishihk (Wellbeing) Program MNBC For more information contact Chandni Bhatnagar, Metis Family Connections Navigator at cbhatnagar@mnbc.ca or call 778.312.3052
Metis Nation BC	https://www.mnbc.ca/works-programs-services/imagination-library	Imagination Library	A literacy program for Metis children birth to 4 years. Metis children that are registered in the program received free, age appropriate books each month.	Ongoing	Visit website for details: Imagination Library MNBC For more information contact Chandni Bhatnagar, Metis Family Connections Navigator at cbhatnagar@mnbc.ca or call 778.312.3052

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Metis Nation BC	https://www.mnbc.ca/works/programs/services/metis-child-care-benefit-program	Metis Child Care Benefit	A service offered by the Metis Child Care Navigation and Support Program, for families with Metis children birth to 12 years. Through this program, families can access additional funding, bridging the connection to the Affordable Child Care Benefit.	Ongoing	Visit website for details: Métis Child Care Benefit Program MNBC For more information contact Chandni Bhatnagar, Metis Family Connections Navigator at cbhatnagar@mnbc.ca or call 778.312.3052
MOSAIC's Family Centre	www.mosaicbc.org/services/family-youth/family-centre/	Newcomer's Group, Parent Participated Early Learning, Preschool Orientation, and One-on-One support	For Government Assisted Refugee families with young children aged 0-6, new to Canada, less than five years: information and programs on parenting, childhood development, as well as programs for families and outreach. Supports families in Burnaby and New Westminister to navigate and utilize other resources. Online and in-person.	Until March 31, 2025	To register please email: family.centre.reception@mosaicbc.org or call 604. 636. 0120

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Pacific Immigrant Resources Society	https://pirs.bc.ca/our-program/s/pathways-to-childcare-careers/	Pathways to Childcare Careers	Free occupational English training with Responsible Adult, Foodsafe, and First Aid certificates plus 80-hour paid practicum for newcomer women interested in entering the early learning and childcare field.	Ongoing registration for 4 cohorts per year (Burnaby or Surrey)	See website for details; email childcare@pirs.bc.ca
Pacific Immigrant Resources Society	https://pirs.bc.ca/our-program/s/one-on-one-support/	Arabic Women Support Circle; One to one support	For Arabic speaking newcomer women, get outreach support, community resources, wellness workshops, meet new friends, practice English.	Jan to March 2025. Online Ongoing 1:1 support	To register please email Nahed at nkhalil@pirs.bc.ca
The Purpose Society	www.facebook.com/purposesociety6thSt/	Early Childhood Programs	Resources, news bulletins and more...	Ongoing	Visit FB page: www.facebook.com/purposesociety6thSt/

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Spirit of the Children	www.sotcs.ca/children/	<ul style="list-style-type: none"> • Soaring Eagles Play Time, • Hlúlú Drop-In's, • Aboriginal Infant Development, • Aboriginal Supported Development, • Obin Ni'i (Gitxsan for "I am pregnant") • Prenatal Program, • Infant Massage, • FASD Parenting Support Group, and • Jordan's Principle Service Coordinator 	Programs and supports (in person and online) for Indigenous parents, grandparents, and caregivers.	See website for details	To register please visit website

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Leo Street Youth and Family Services Society	STAY TUNED - new site coming soon	SMILE Young Parents Program Family Development	26 and under programs for Burnaby and New West residents. Monthly Prenatal Workshop - online and in person Positive Discipline in Everyday Parenting Location is in Burnaby near the Gilmore Skytrain Station	Ongoing intakes and programming See us on Instagram smileypp5271 for calendar and programming opportunities TBD	Please contact us at smile@stleo.ca or 604-298-6245 for more information. Located by the Gilmore Skytrain Station laurel@stleo.ca ashley@stleo.ca
East Burnaby Family Place Society	https://www.facebook.com/eastburnabyfamilyplace/	Free Family Drop-In	For families with children birth to 5 years old, *Crafts/activities *Large/small motor toys *Outdoor play area *Circle time *Community visits *ECE teacher	Tuesday and Friday only 10:00am – 1:00pm year round	No registration required Drop in at 9887 Cameron Street, Burnaby. Programs are run out of St. Stephen's Church. No affiliation.

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Vancouver and Lower Mainland Multicultural Family Support Services Society	www.vl-mfss.ca	Our Mother and Child Emotional Power Drop-in program	Community Room, Metrotown Library 6100 Willingdon Ave., Burnaby, BCM	Mondays, 10:30am-12:00pm September 9, 2024 - December 2, 2024	Drop in

KIDS IN BURNABY WEBSITE AND SOCIAL MEDIA

Visit www.kidsinburnaby.ca your 'one-stop shop hub' for early childhood (birth to 6 years old) development resources and information. Like us on Facebook: <https://www.facebook.com/BurnabyECDCommunityTable/> Follow us on Instagram: #littlethingsmatter

FREE BURNABY CHILD AND FAMILY RESOURCES AND INFORMATION SESSIONS

BC SUPPORTED CHILD DEVELOPMENT

The BC Centre for Ability is committed to inclusive childcare that supports families and enhances all children's experiences. If your child has extra support needs, or if you're wondering if they may need extra support visit www.bc-cfa.org/programs-services/supported-child-development/ where you can find more information and access the online referral.

FAMILY SERVICES OF GREATER VANCOUVER

The Early Childhood Community Consultant (ECCC) also offers:

- **Free one-on-one consultation** about your child's development, behavior, parenting tips, tricks, and education – to set up a phone or virtual appointment please email or call Anita at aolson@fsgv.ca 604-723-9548
- **ECCC Resource Newsletter** – to receive short daily newsletters with children's activities, self-care ideas, parenting information (and more), please email aolson@fsgv.ca with the heading "ADD ME TO NEWSLETTER"

* All programs are for children from birth to 6 years old, unless otherwise indicated.

For more information on activities, supports, and services for families with children 0 to 6 years old, go to "COVID 19 Resources & Supports" at www.kidsinburnaby.ca.



FREE BURNABY WINTER PROGRAMS* 2025

YMCA CHILD CARE RESOURCE AND REFERRAL

For various types of information and support for families searching for childcare visit: <https://www.gv.ymca.ca/ccrr>.

- Early Learning Resource Library (parents in Burnaby/New Westminster/Tri-Cities borrow early learning resources free of charge). An online catalogue is at Early Years Resource Library Catalogue. To contact us please email ygv.ccr@bc.ymca.ca

BURNABY PUBLIC LIBRARY

Services for Children and Families

- Parents: children's librarians can help you find books and more for different ages and on different topics. We can also help you find resources for children and families in Burnaby.
- Group leaders: a children's librarian can coordinate visits for your class or group. We can provide resources, booklists, and make specific recommendations based on your classroom or group. We can talk about books, reading, and encourage literacy. We customize the visit to fit your needs.

Contact the library at eref@bpl.bc.ca or 604-436-5400 and ask to be directed to a Children's Librarian to discuss options.

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