

MONDAYS



**Strong Start
Chemainus EI 0-5yrs**

12:30-3:30
While school is in session
Strong Start 0-5yrs
Crofton Comm..School
aboard the Resource Bus
8:45-11:45
While school is in session



TUESDAYS

**Eagles Nest Resource Prog
Chemainus EI 0-5yrs**
9:00-11:00 \$2 Drop-in Fee
While school is in session

Community Resource Bus
Penelakut Island
10:20-1:15

**Ladysmith Family and Friends
Resource Program 0-6yrs**
9:30-12:00
Suggested donation \$2.00
Aggie Hall, 1st Avenue
210-0870

**Infant to School age immunization by
appoint**
1:15- 3:30 pm
Ladysmith Community Health Centre
755-3342 to book appointment

Family Frolics 0-6yrs
5:45-6:45

Frank Jameson Community Centre,
Ladysmith
While school in session



WEDNESDAYS

Born Healthy Pre-natal Program
10:00 am-2:00 pm
Ladysmith Resource Centre Association
245-3079

**Strong Start
Chemainus EI 0-5yrs**
12:30-3:30

**Chemainus Library Storytime
3-5yrs**
11:30-12:00
Pre-register 246-9471

**Ladysmith Family and Friends
Resource Program 0-6yrs**
9:30-12:00
Aggie Hall, 1st Avenue
210-0870



THURSDAYS

**Strong Start
Chemainus EI 0-5yrs**
12:30-3:30
While school is in session

**Infant to School age immunization by
appoint**
1:15- 3:30 pm
Ladysmith Community Health Centre
755-3342 to book appointment

**Ladysmith Family and Friends Resource
Program 0-6yrs**
9:30-12:00
Aggie Hall, 1st Avenue
210-0870



FRIDAYS

**Eagles Nest Resource Prog
Chemainus EI 0-5yrs**
9:00-11:00 \$2 Drop-in Fee
While school is in session

**Strong Start
Chemainus EI 0-5yrs**
12:30-3:30
While school is in session

**Healthy Beginings
(Pre- natal- 12 months)**
10:30- noon
Ladysmith Health Centre

**Child Health Clinic
Chemainus EI**
1st & 3rd Frid.
By appointment only
709-3050

Breast Feeding Drop In
1:30-3:30
Ladysmith Resource Centre Family House
245-3079



SATURDAYS

**Ladysmith Dads Group
(Drop in Breakfast for Dads and Children)**
10:00 am – 1:00 pm
Ladysmith Resource Centre Family House
245-3079



NOTES

***LRCA Volunteer Counselling Program**
Please call 250-245-3079 for more
information and to schedule an assessment.

***LRCA Family & Youth Support Services.**
Please call 250-245-3079 for more
information or to book an appointment.


***Preschool Summer Read to Me Club.**
Please call the Ladysmith Library at 250-
245-2322 for registration and information.

***Please telephone first to confirm times
and locations for all events.**

FAMILY DROP IN ACTIVITIES:
CHEMAINUS - CROFTON - LADYSMITH
FREE OR LOW COST

FAMILY DROP IN ACTIVITIES:
DUNCAN, COBBLE HILL, MILL BAY, SHAWNIGAN
FREE OR LOW COST

MONDAYS



Strong Start 0-5yrs
 Alexander School - 9:00-12:00
 Bench School - 8:30-11:30
 Khowhemun School - 8:30-11:30
 Drinkwater School 9:00 -12:00
 Koksilah School - 9:00-12:00
 When school is in session

Whales Tales 0-5yrs
 Story and Play Time
 By Sears Mall 10:00-2:00

Child Health Clinic
 Margaret Moss 1:15-3:30
 by appointment only 709-3050

Canadian Mental Health
 Counseling Support
 following sexual abuse
 371 Festubert Street
 746-5521

Young Naturalists Club
 10:00-12:00
 Ages: Up to 10 yrs
 Once per month call 746-6141

Strong Start 0-5yrs
 Bench Elementary
 8:30-11:30
 When school is in session

Woodruff Music School
 3-12yrs Various classes
 Call Jennie Stevens 743-7738

TUESDAYS

Strong Start 0-5yrs
 Alexander School - 9:00-12:00
 Bench School - 8:30-11:30
 Khowhemun School - 8:30-11:30
 Koksilah School - 9:00-12:00
 When schools are in session

Mothers Morning Out 0-5yrs
 Duncan United Church
 9:30-11:00
 Summer programs in local parks
 Call 746-1553 or 746-7937 for info

Whales Tales 0-5yrs
 Story and Play Time in the summer
 By Sears Mall 10:00-2:00

Healthy Beginnings
 Margaret Moss
 Children 1yr and under 10:30-11:30

Mother Goose in Centennial Park
 10:30-11:30
 2-5yrs
 July 5-Aug 30
 Call Bonnie to register 709-3050

Breastfeeding Clinic
 Margaret Moss 1:00-3:00

Strong Start 0-5yrs
 Bench Elementary
 8:30-11:30
 When school is in session

Child Health Clinic
Shawn. Lake Comm. Centre
 9:30-11:45 appointment only
 709-3050

ToddlerTime-Mill Bay Library
15m-3yrs
 10:30-11:00
 743-5436
 When school is in session

Woodruff Music School
 3-12yrs Various classes
 Call Jennie Stevens 743-7738

WEDNESDAYS

Strong Start 0-5yrs
 Alexander School - 9:00-12:00
 Bench School - 8:30-11:30
 Drinkwater School 9:00- 12:00
 Khowhemun School - 8:30-11:30
 Koksilah School - 9:00-12:00
 When school is in session

Child Health Clinic
 Margaret Moss 9:00-11:30 Drop-in

Whales Tales 0-5yrs
 Story and Play Time
 By Sears Mall 10:00-2:00

Mother Goose at St. Andrews Church
0-2yrs
 10:30-11:30
 July 6-Aug 31
 Call Bonnie to register 709-3050

Counseling Support
 following sexual abuse
 371 Festubert Street
 746-5521

Strong Start 0-5yrs
 Bench Elementary
 8:30-11:30
 When school is in session

Community Resource Bus
 -Malahat First Nations
 10:00-1:00

Story Time-Mill Bay Library
3-5yrs
 10:30-11:00
 743-5436
 When school is in session

Woodruff Music School
 3-12yrs Various classes
 Call Jennie Stevens 743-7738

Family Pages Sponsors

Success By 6
 Helping all children succeed for life.

LEARNING LINKS
 S. D. #79

Linking Families, Schools and Communities

LEADER PICTORIAL





THURSDAYS

Strong Start 0-5yrs

Alexander School - 9:00-12:00
 Bench School - 8:30-11:30
 Khowhemun School - 8:30-11:30
 Koksilah School - 9:00-12:00
 When schools are in session

Community Resource Bus

St. Andrews Church – Cairnsmore
 9:30-12:30

Breastfeeding Clinic

Margaret Moss 10:00-11:30

Whales Tales 0-5yrs

Story and Play Time in the summer
 By Sears Mall 10:00-2:00

Summer Reading Club

Cowichan Library
 3-12yrs. Starts July 4th
 For program information go to
 www.virl.bc.ca
 under events or call Kirsten at 746-7661

Strong Start 0-5yrs

Bench Elementary
 8:30-11:30
 When school is in session

Healthy Beginnings

Margaret Moss
 Shawnigan Community Centre
 Children 3yrs and under
 9:30-10:30
 Children 1yr and under
 11:00-12:00

Woodruff Music School

3-12yrs Various classes
 Call Jennie Stevens 743-7738

FRIDAYS

Strong Start 0-5yrs

Alexander School - 9:00-12:00
 Bench School - 8:30-11:30
 Drinkwater School 9:00 -12:00
 Khowhemun School - 8:30-11:30
 Koksilah School - 9:00-12:00
 When schools are in session

Whales Tales 0-5yrs

Story and Play Time
 By Sears Mall 10:00-2:00

Healthy Beginnings

Margaret Moss
 Children 3 and under
 1:00-2:00

U Fix it Bike Works

51 Trunk Road
 2:30-5:30 746-5521

Strong Start 0-5yrs

Bench Elementary
 8:30-11:30
 When school is in session

Woodruff Music School

3-12yrs Various classes
 Call Jennie Stevens 743-7738



SATURDAYS

Margaret Moss Health Centre

Child Health Clinic
 1 morning per month
 By appointment only
 709-3050

U Fix it Bike Works

51 Trunk Road
 12:00-4:00 746-5521

Young Naturalists Club

10:00-12:00
 Ages: Up to 10 yrs
 Once per month call 746-6141



Resources:

Child Care Resource and Referral	746-4135
Clements Centre Children's Services	746-4135
Cowichan Lake Community Services	749-6822
Healthiest Babies Possible	748-2242
Healthy Children Health y Futures (CAPC)	748-2242
Hiiye'yu LeLum (House of Friendship Society)	748-2242
Ts'ewulhtun Health Centre	746-6184

Contact Information- Charlotte Brown 250-748-3936 cbrown@sd79.bc.ca or Cindy Lise 250-748-5866 cindylsuccessby6@shaw.ca

SUMMER PROGRAMS

Eagle Arts Summer Arts Academy

..Tiny Seeds ages 2 ½ to 5 yrs
 ..Leaping Leos ages 6-8yrs
 Dwight International School,
 Shawnigan Lake. July 4-29th.
 Laura Lee 250-896-4664 or 709-8432
 Email lauralee99@hotmail.com
 Please register with Bonnie for September

Mother Goose Programs.

Call: 709-3050



July 1st Canada Day

Honeymoon Bay – Parade – games etc
 Contact 250- 749-3841 for more info on parade
 Mesachi Lake Skydome- 6:00 – 10:00 pm
 Music, games, face painting, vendors, give aways
 And more! Free for everyone

FIREWORKS

Youbou- Arbutus Park

10:00 am – Noon
 Entertainment, cake, concession



Duncan Cowichan Children's Festival

Sunday July 10
 11-4:00 pm
 Charles Hoey Park (Train Station)
 Downtown Duncan
 Entertainment, Activities and Free Family Fun

Children's Parade

Friday July 15

Marshal at 5:30 Jubilee and Kenneth St
 Downtown Duncan
 Goody Bags for Everyone!

Grand Parade

Saturday July 16th
 11:00 am start
 Down Town Duncan



Celebrate BC Day at Forest Discovery Centre

Monday, August 1, 2011

10 am – 4:00 pm
 Fun day for the kids with train rides, bouncy castle,
 Face painting, crafts and games –Regular
 admission rates apply



Pull Out For Handy Reference

**FAMILY DROP IN ACTIVITIES:
LAKE COWICHAN - YOUBOU**

FREE OR LOW COST

MONDAYS	WEDNESDAYS	FRIDAYS
Healthy Beginnings Kaatza Health Centre Children 3 and under 10:00-11:00	Group for Parents & Tots Lake Cowichan Community Services 0-5yrs 9:30-10:30 749-6822	Resource Bus Saywell Park 9:00-12:00



Child Care Resources

PRESCHOOLS

Agapeland Christian Preschool	746-4551	3-5yrs
Angel Care Christian Preschool	701-0433	3-5yrs
Cobble Hill Montessori Preschool	746-9889	3-5yrs
Cowichan Lake Rec. Playschool	745-3712	3-4yrs
Cowichan Preschool	748-4112	3-5yrs
Eagle Wings -Chemainus Comm.School	246-3588	3-5yrs
Foot Steps Preschool	743-5923	
Jitterbugs Childcare	743-7242	0-12yrs
King's Kids Montessori Preschool	710-8640	2 1/2-5yrs
Le'lum'uy'Ih Child Dev.Centre	746-5966	1-12yrs
Little Peoples Early Childhood Academy	929-5437(KIDS)	
Nutsumaat Lelum Childcare Centre/Chem.First Nations	245-0994	
Parkside Academy Society Early Learning Centre		
- Alexander EI	748-3936 ext 207	30m-5yrs
- Khowhemun EI	746-1711	30m-5yrs
- Tansor EI	746-1711	30m-3yrs
Queen Margaret's Preschool	746-4185	
Serenity Cove Children's Centre	743-7711	0-6yrs
Shawnigan Lake Comm.Cntr. Preschool & Child Care	743-6643	
Shawnigan Lake Montessori Pre-school & Child Care	743-6279	2 1/2-5yrs
St. Joseph's Preschool, Chemainus	246-3191	3-5yrs
Sunrise Waldorf School	743-7253	

DAY CARE CENTRES

Arcadian Day Care	748-3922	0-5yrs
Growing Together Child & Parent Society	748-9754	
Kaatza Day Care Centre, Lake Cowichan	749-6422	0-5yrs
Le'lum'uy'Ih Child Development Centre/Cowichan Tribes	746-5966	1-12yrs
Little Peoples Early Childhood Academy	939-5437(KIDS)	K-12yrs
Majestic Cedars Childcare Centre	733-2324	30m-5yrs
Nutsumaat Lelum Childcare Centre/Chem. First Nations	245-0994	
Parkside Academy Society Early Learning Centres		
- Khowhemun	746-1711	30m-5yrs
- Tansor EI	746-1711	30m-12yrs
Pathways Childcare Centre	748-7270	3-5yrs
Puddle Jumpers Christian Child Care	746-9976	0-2 + 3-5yrs
Shawnigan Lake Montessori Pre-school & Child Care	743-6279	2 1/2-5yrs
Smun'eem Head Start Daycare (Penelakut Tribe)	246-2321	6m-5yrs
Sunrise Waldorf School	743-7253	

OUT OF SCHOOL CARE

Angel Care Christian Preschool	701-0433	
Arcadian Day Care	748-3922	
Cobble Hill Montessori	746-9889	5-8yrs
Majestic Cedars Childcare Centre	733-2324	5-12yrs
Little Peoples Out of School Care—Discovery EI.	743-5437(KIDS)	
Parkside Academy Society Early Learning Centres		
-Bench/Tansor EI	746-1711	5-12yrs
- Sumun'een After School Care, Khowhemun	746-1711	5-12yrs

