

# OCTOBER 2022

# COMMUNITY UPDATES



For families at Queen Mary, Ridgeway, Westview, Brooksbank, Larson Elementary Schools



## NSNH Youth Centre

The goal of the NSNH Youth Outreach Team is to support youth as they navigate life and their mental health. Our services are completely client driven, and we aim to aid youth in growing their social and life skills.

As Youth Workers, we strive to build meaningful connections with youth on the North Shore, help them foster peer relationships, and connect them to other community partners and resources.

Our list of programs are frequently changing in order to reflect the needs of the youth we serve. Currently we are running programs that focus on peer connections, physical movement, creative expression, and fun!

Preteen Outreach Worker  
Cell: 604-258-8750  
Instagram: nsnh\_youth\_outreach

Youth Services Manager, Dave Huber  
Email: dhuber@nsnh.bc.ca  
Tel: 604-987-8138

### Fall programs for pre-teens

Youth Centre at JBCC, 145 West 1st Street  
**Tuesday: 3:30-5:30pm**

Lynn Valley Recreation Centre, 3590 Mountain Hwy  
**Wednesday: 3:00-5:00pm**

## OVERVIEW:

- NSNH Youth Outreach Workers
- Queen Mary Family Learning Program
- Red Fox
- The Polygon
- Lynn Canyon Ecology Centre
- NVRC School Age Programs
- MONOVA
- North Vancouver City Library

## Queen Mary Family Learning Program

**A PROGRAM FOR NEWCOMERS WITH CHILDREN IN NORTH VANCOUVER SCHOOLS**

In this FREE program, participants get to learn and practice English language skills, meet others in the community, and learn about Canadian schools, community services and much more.

For more information and to sign up, contact Ana Fortes:

Phone: 604.986.1911  
Email: qmflp@capilanou.ca

**Mondays, 1-3pm**

**Thursdays, 9-11am**

At St. John's Anglican Church  
220 West 8th St. - North Vancouver

## Red Fox



Red Fox Healthy Living Society offers a wide variety of programs for all age groups including Active Play and other activities to keep children active and engaged.

For more information about fall programs, visit their website at [redfoxsociety.org](http://redfoxsociety.org)



## THE POLYGON

### Kids First Saturdays

An opportunity for families of all kinds to create an in-house art project, based on the exhibitions being shown in the Gallery. The projects are geared towards children ranging in age from 5 to 12 years old. All children must be accompanied by an adult. Admission is by donation.

The activity on Sunday, November 6 is inspired by our fall exhibition Stan Douglas: 2011 ≠ 1848. Using Stan Douglas's large-scale photos of cities as a jumping off point, we'll create cityscape collages using envelopes, markers, and glue, then populate our cities with people. Sessions take place at 10:15, 11:15, 1:00, 2:00, and 3:00.

Advance registration is appreciated, register online. Walk-ins are always welcome at Kids First.



## Lynn Canyon Ecology Centre

Drop by the Ecology Centre, located in beautiful Lynn Canyon Park, over the weekend before Halloween to discover, connect and explore nature! Throughout the weekend there will be a variety of family friendly events, including crafts, stories and films about this spooky season.

Did you know bats aren't blind? Some bats use their eyes to travel, while others use echolocation. Discover facts about bats, spiders, owls and more in our nature museum displays. Enter our draw to win a bat house, to help bats in your neighbourhood.

Wear a costume to receive a prize! Our Halloween Weekend Extravaganza is suitable for all ages. Entrance to the Ecology Centre is by donation.

**Sat-Sun, 12-4pm**  
**October 29 & 30, 2022**

Visit [ecologycentre.ca](http://ecologycentre.ca) for more information.



## Halloween Safety

[Caring for Kids.cps.ca](http://CaringforKids.cps.ca)

### Tips for families

Halloween can be a fun and exciting time for kids. These safety tips for parents helps to keep children safe and happy this Halloween.

Do not use masks. Masks make it hard for children to see what's around them, including cars. Try a hypoallergenic (less likely to cause an allergic reaction), non-toxic make-up kit instead. Make or buy costumes in light-

coloured material.

Place strips of reflective tape on the back and front of costumes, so that drivers can better see your child.

Costumes should fit properly to prevent trips and falls. Avoid items such as oversized shoes, high heels, long dresses and long capes.

Dress your child for the weather. Add layers if needed.

Visit [Caring for Kids](http://CaringforKids) website for more information.

## School Age Programs at NVRC

The North Vancouver Recreation and Culture offers variety of programs for school age children at different locations on the North Shore. This Fall you can choose from a list of different classes in Dance, Music, Pottery, Soccer, Basketball, Volleyball, and Swimming. You can register for a program online or by phone at 604-987-7529

Check out the new feature, my program guide at [www.nvrc.ca/my-program-guide](http://www.nvrc.ca/my-program-guide)

## MONOVA Museum of North Vancouver

### RIDING WITH CHANGE: HISTORY PERFORMED!

This 20 minute one-person show, Riding with Change, is ideal for groups of youth and adults who would enjoy a theatrical program. Through this exciting and thoughtful show, explore MONOVA's centrepiece installation, Streetcar #153. Hear from the riders, and learn about the pivotal role the streetcar played on the North Shore. After the play, the actor-interpreter will engage in post-show dialogue and share some archival images.

Available: Group Booking (minimum 10 people per group; age 10+)  
Duration: 30 mins (20 min performance with a 10 min post-show dialogue)



## Jr. Collaboratory explorers

Try out some fun devices at the Jr. Collaboratory explorers, a drop-in after school program for youth ages 6 – 10 and their parents and guardians.

Each week we will pull out our Collaboratory devices for drop-in free play! Play with your favourite, or experiment with them all!

Devices available for this program:

- Code n' Go Robot Mouse with maze
- Kano Harry Potter Coding Kit
- Keeva Bot Maze
- Marble Circuit
- Merge Cubes
- LEGO WeDo kit

Children under 10 must be accompanied by a parent or caregiver who will supervise them during play; staff will be present to assist with technology.

Technology will be available on a first come, first served basis, and availability is not guaranteed. We encourage sharing as this is more fun! The Collaboratory is limited to 15 participants at a time and will also be first come, first served for drop-in attendees.

**Fridays, 3:45-4:45pm**  
**Oct. 14 - Dec. 9, 2022**

Check out [nvcl.ca](http://nvcl.ca) for more information.

