

Parent & Child Activities

Aboriginal Family Literacy Outreach Program

The Aboriginal FLO Step In, Step Out Program is for all families of Aboriginal ancestry.

This program will focus on cultural literacy, family literacy, adult literacy, food literacy, and early childhood development.

The schedule of the program is:

- 9-9:45am: Welcome, connect and play
- 9:45-11am: Parent time to participate in a learning circle: computer literacy, college/employment readiness, family literacy and more! Child care provided
- 11-12 pm: Lunch together and closing

To register or for more information, please contact Terry.

Courtenay Elementary School
Courtenay BC

Contact: Terry Louden

Email: cveyap@shaw.ca

[Visit website](#)

Aboriginal Early Years Program

This program is for open to all children who are between birth and 4 years of age. Program has an Aboriginal history and focus.

Early Years program is open Tuesday and Wednesdays from 9 am to 11:45 am and includes a healthy snack, cultural presentations and activities; designed to meet the needs of the child.

Children are accompanied by their parents or other family/caregiver members who are an important part of the child's life.

Thursdays operate from 10 am to 1 pm and has a parent focus. This is a place for parents to come and express or discuss challenges of parenting, as well as enjoying a meal and discussion from the Elders and Facilitators of the group. Facilitators include a Speech & Language Therapist, 3 Elders of Metis background and 1 Facilitator of the Lene Lenape Nation.

Transportation is available, and we accept on-going registration.

For dates and times of this program, please visit the [event page](#).

Note: This program runs September to June.

Courtenay Elementary School
Courtenay BC

Contact: Terry

Phone: 250-465-9944

Email: cveyap@shaw.ca

Parent & Child Activities

Baby Talk

This is a drop-in group for parents with babies between birth and 6 months.

There are guest speakers, a resource library and lots of room for babies to move around. The doors open at 10 and the group starts at 10:30.

For dates and times of this group, please visit the [event page](#).

There is a \$1 suggested donation for this group.

Lewis Centre
489 Old Island Highway
Courtenay BC

Contact: Andrea Postal
Email: cvbabytalk@shaw.ca

Canadian Tire Jumpstart

Financial assistance is available for Comox Valley children ages 4 - 18 years in eligible activities. For more information contact [Canadian Tire Jumpstart](#) or your local recreation centre.

[Visit website](#)

CAPC (Community Action Program for Children)

This drop-in group is for families with children under 5 years of age. It is part of the Healthy Families program, offered through Comox Valley Family Services Association.

It is an opportunity for parents to:

- connect with other parents and caregivers in a supportive, learning environment
- learn more about children's health, safety, nutrition, growth and development
- access clothing sharing shelves & emergency food hampers
- talk with community guest speakers while the children enjoy crafts, play and a variety of early learning activities

Transportation is available and a healthy lunch is always provided.

If you are attending this group for the first time, please contact the Healthy Families program to pre-register.

For this group's schedule, please visit the [event page](#).

Courtenay Elementary School
Courtenay BC

Phone: 250-871-7577 or 250-871-7575

[Visit website](#)

Parent & Child Activities

Comox Valley Toy Library
Society

The toy library is a place where families and caregivers can borrow toys.

What are the benefits to borrowing toys?

- It saves money!
- It's a good way to see if your child likes a toy before buying it.
- It helps cut down on clutter and storage issues.
- It's good for the environment.
- It's a chance to try different types of toys as your child grows.
- It's an excellent rainy day strategy (bringing out something "new" to play with!)

Does it cost anything to join the toy library?

Memberships to the Comox Library Toy Library Society are \$20/year. That fee can be waived, though, if your income is low. You can ask about this when you register. (You may be asked to produce your most recent Canada Revenue Agency Notice of Assessment to verify eligibility or if your family has PLAY booklets from the Comox Valley Regional District Sports and Aquatic Centres, you can show these, instead.)

Where is the toy library? When is it open?

The toy library is located at St. George's United Church (at the corner of 6th & Fitzgerald). It is open every Tuesday from 10-11 and the 1st Saturday of the month from 10-11.

St. George's United Church
505-6th Street
Courtenay BC

Contact: Andrea

Phone: 250-218-6764

Email: cvtoylibrary@gmail.com

[Visit website](#)

English Language Learning
(formerly known as Mother
Goose and More)

This program is for English Language Learners and their young children. It is an opportunity for families to enjoy Early Literacy activities as well as to practice speaking and listening to English.

The group starts with the parents doing a cooking activity while the children play in in the StrongStart room. This is followed by sharing a hot lunch and conversation as a group.

After lunch, there are English classes (beginner and intermediate) with trained volunteer tutors from the Adult Learning Centre, while the children do Early Learning activities with qualified Early Childhood Educators.

The group wraps up with Mother Goose rhyme time and interactive literacy activities.

Courtenay Elementary School
Courtenay BC

Contact: Carlene Steeves or Adult
Learning Centere

Phone: 250-338-5396 or 250-338-9906

Email: carlene.steeves@sd71.bc.ca

Family Storytime @
Cumberland Library

A drop-in group for families of all ages!

This is an opportunity to learn stories, fingerplays, songs and more.

Please visit the [Event page](#) to see when this is happening.

Cumberland Library
2746 Dunsmuir Avenue
Cumberland BC

[Visit website](#)

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Friday's Child

This program is for families and children under 6 years of age who are of Aboriginal Ancestry.

It is for families of children with extremely challenging behaviours, including FASD (Fetal Alcohol Spectrum Disorder), ADD (Attention Deficit Disorder), ADHD (Attention Deficit Hyperactivity Disorder) and other undiagnosed challenges. Friday's Child is a strengths-based program and teaches parenting, life and advocacy skills.

The format of the program is as follows:

9:45 - 10:00	Arrive at the preschool.
10:00 - 10:30	Social time (tea & coffee, playtime for children)
10:30 - 10:40	Circle Time with families
10:40 - 11:15	Circle Time for parents, guest speakers while children play with an ECE
11:30 - 12:30	Family Activity
12:30 - 1:15	Lunch (provided)
1:30	Wrap up and go home!

Aboriginal Head Start
956 Grieve Ave
Courtenay BC

Phone: 334-9591

Email: fridayschild@shaw.ca

Healthy Babies Prenatal Nutrition Program

This group is for pregnant women and new mothers with their babies (up to the age of 6 months) who are looking for extra support during pregnancy and with breastfeeding.

There are guest speakers and a Public Health Nurse at each group. Other resources include:

- sharing shelves
- prenatal vitamins
- emergency food hampers
- \$10 gift cards
- individual and group support

Transportation is available and a healthy lunch is always provided.

For dates and times of this group, please visit the [event page](#).

Comox Valley Family Services
Association
1415 Cliffe Ave
Courtenay BC

Phone: 250-871-7577 or 250-871-7575

[Visit website](#)

Drop-ins are most welcome!

Parent & Child Activities

Hummingbirds Playgroup

This drop-in parent and child program is for families with children ages 0-6. It is a great opportunity to enjoy child-centred play through planned activities and free play with cultural components.

There is also:

- healthy snacks
- visit with community elders
- celebrate a focus of community and Aboriginal Culture
- circle time with song and story
- art and crafting

Parents can also find out more about parenting and family supports in the Comox Valley.

For contact information, dates and times for this group, please visit the [event page](#).

Wachiay Friendship Centre
1625 McPhee Ave
Courtenay BC

Phone: 250-338-7793, ext. 232

KidSport Comox Valley

KidSport is a community-based sport funding program that provides grants for children under the age of 18 to participate in a sport season of their choice.

Grants are up to a maximum of \$300. To print off an application, please visit the [KidSport Comox Valley website](#). The completed application can be dropped off at Courtenay City Hall.

Courtenay City Hall
830 Cliffe Avenue
Courtenay BC

Phone: 250-338-7714

Email: kidsportcomox@gmail.com

[Visit website](#)

Little Cruisers

This weekly drop-in group is for parents with babies age 7-14 months.

As well as it being an opportunity to meet with other Comox Valley parents, there are guest speakers, a resource library and lots of room for babies to crawl, walk and wiggle around!

There is a \$1 drop in fee.

For dates and times of this group, please see the [event page](#).

Note: this group runs September - June.

Lewis Centre
489 Old Island Highway
Courtenay BC

Parent & Child Activities

Mamacentric Group

For mothers and babies, this group focuses on self-care, postpartum adjustment and life after baby.

Siblings up to the age of 3 are also welcome. Tea and snack provided.

To find upcoming dates and times, please visit the group's [event page](#) on Valley Child.

Cumberland Community School
2674 Windermere
Cumberland BC

Email: ccss.coordinator@gmail.com

[Visit website](#)

The group meets in the StrongStart room of the school.

Parents N' Tots at CFB Comox

This drop-in group is for military parents and children from birth to 5 years.

The group gives military families a place to meet with other families to share experiences, interests and resources while having fun playing with their children.

19 Wing Family Centre
1471 Snowberry Avenue
Comox BC

Phone: 250-339-8211, ext. 7232

New Discoveries (Drop-In)

This drop-in group is for parents with children between the ages of birth to 5 years.

New Discoveries has several programs during the week:

- Mondays: drop in and bake or paint with your kids.
- Thursdays: Home with a Heart program (registration required)
- Fridays: lunch & drop in.

All of the programs are free, however space is sometimes limited.

Salvation Army Community Church
1580 Fitzgerald
Courtenay BC

[Visit website](#)

Contact: Brandi

Phone: 250-338-8221

Email: brandi@cvsalarmy.ca

[Visit website](#)

Parent and Tot Gym

This drop-in at Cumberland Recreation Centre is an opportunity to come play (there are riding toys, balls, climbers and more), socialize and let your young ones burn off some energy in a warm, dry space.

It is open Tuesdays, and Fridays, from 10:00 - 11:30. This program is put on by Cumberland Parks and Recreation and is by donation.

Cumberland Recreation Centre
2665 Dunsmuir Avenue
Cumberland BC

[Visit website](#)

Phone: 250-336-2231

[Visit website](#)

Parent & Child Activities

Parent & Peanut

This drop-in group is for parents with children from 0 - 5 years of age.

Activities may include crafts, games, play stations, songs and stories - all in a friendly, supportive atmosphere at the Black Creek Community Centre.

For dates and times of this group, please visit the [event page](#).

Note: this group runs September to June.

Black Creek Community Centre
Black Creek BC

[Visit website](#)
Phone: 250-337-5190

[Visit website](#)

Parents & Tots

This weekly drop-in group is a chance to bring your children 0-5 years of age for crafts, play and a variety of early learning activities.

It is also an opportunity for you to meet with other parents for support and to learn about community resources.

For contact information, dates and times for this group, please visit the [event page](#) or our [online calendar](#).

Fanny Bay Hall
7793 Island Highway
Fanny Bay BC

Contact: Evelyn

Phone: 250-335-9022

Email: pedbally@shaw.ca

Queneesh Family Literacy Outreach

This Family Literacy Outreach program is for parents with children between 0 to 5 years of age.

It involves the preparation and eating of a healthy lunch which is followed by small group learning circles for parents. (Topics may include family and computer literacy, college / employment readiness and Essential Skills.)

During this learning time, the children do Early Learning activities with qualified Early Childhood Educators.

The group wraps up with parent and child activities and circle time.

Contact: Colleen Friendship or Danielle Hoogland

Phone: 250-897-2623 (Danielle)

Email: colleen.friendship@sd71.bc.ca

[Visit website](#)

Parent & Child Activities

Stay N' Play

This interactive parent-child support group is for families with children between 4 - 12 months of age. It is an opportunity for parents to:

- connect with other parents and caregivers in a supportive, learning environment
- learn more about children's health, safety, nutrition, growth and development
- access clothing sharing shelves & emergency food hampers
- talk with community guest speakers while the children enjoy a variety of early learning activities

Transportation is available and a healthy lunch is always provided.

For contact information, as well as dates and times for this group, please visit the [event page](#) or our [online calendar](#).

Comox Valley Family Services
Association
1415 Cliffe Ave
Courtenay BC

Phone: 250-871-7577

[Visit website](#)

Storytime @ Comox Library

A drop-in group for families with children 0 - 5 years old.

This group is an opportunity for stories, fingerplays, songs, nursery rhymes and other fun activities.

For this program's schedule, please visit our [online calendar](#).

Comox Library
101-1720 Beaufort Avenue
Comox BC

[Visit website](#)

Phone: 250-339-2971

Storytime @ Courtenay Library

A drop-in group for all ages.

This group is an opportunity for stories, fingerplays, songs, nursery rhymes and other fun activities.

[Please check our calendar for dates.](#)

Courtenay Library
300-6th Street
Courtenay BC

[Visit website](#)

Phone: 250-334-3369

Parent & Child Activities

StrongStart (School District #71)

This is a drop-in early learning program for children from newborn - 5 years of age, accompanied by their parent or caregiver.

Children, families and caregivers attending StrongStart centres can expect a play-based environment which includes circle time, art, snack and gym.

StrongStart centres are located in 7 Comox Valley elementary schools. (Click on the school name to get address, contact information and upcoming dates.)

[Aspen Park Elementary](#): Tuesday & Thursday, 8:45-11:45

[Brooklyn Elementary](#): Monday - Friday, 8:30-12

[Courtenay Elementary](#): Monday, Tuesday, Friday: 8:30-11:30, Thursday: 8:30-2:30 (closed Wednesdays)

[Cumberland Community School](#): Monday - Friday, 8:30-11:30

[Puntledge Park Elementary](#): Wednesday, 8:45-11:45

[Queneesh Elementary](#): Monday, Tuesday, Wednesday: 8:30-11:30, Friday: 8:30-2:30 (closed Thursdays)

[Royston Elementary](#): Monday & Friday, 8:30-11:30

Note: StrongStart Centres follow the school district calendar.

[Visit website](#)

Please bring your child's birth certificate or passport when you come to your first Strong Start.

Toddler Time

This interactive parent-child support group is for families with children 1 - 2 years of age. It is an opportunity for parents to:

- connect with other parents and caregivers in a supportive, learning environment
- learn more about children's health, safety, nutrition, growth and development
- access clothing sharing shelves & emergency food hampers
- talk with community guest speakers while the children enjoy crafts, play and a variety of early learning activities

Transportation is available and a healthy lunch is always provided.

If you are attending this group for the first time, please contact the Healthy Families program to pre-register.

For dates and times of upcoming groups, please visit the Valley Child [Event Calendar](#).

Courtenay Elementary School
Courtenay BC

Contact: Healthy Families program

Phone: 250-871-7577 or 250-871-7575

Parent & Child Activities

Valley Child "Pop-Up" Program

A "pop up" program provides an informal, welcoming environment for families and childcare providers with children from the age of 0-6.

The groups take place in different locations as either a one-time event or on a time-limited basis. Families do not need to register nor is there a cost to attend.

Some of the activities and resources available are:

- simple art activities
- books and story time
- circle time activities such as songs, rhymes and basic movements
- information on community resources via the [Valley Child website](#)
- information on child development and behaviour issues

There are also simple refreshments available.

For upcoming dates for this program, please visit the [Event page](#).

625 England Avenue
Courtenay BC

Contact: Sandra

Phone: 250-338-4288, ext. 239

Email: early.years2@cvcda.ca

Dad's Night Out (Valley Dad's)

A night to celebrate time for children and their dads! Kids grab your dad, grandpa or male caregiver and join us each Wednesday of the month for Dad's Night Out. Check out the [events page](#) for location, each week is different. 5:30 - 7:00 pm

Sponsored by Success by 6 and LUSH Valley.

Waiting for the Bus

This Family Literacy Outreach program is for parents with children between 0 to 5 years of age.

The longer sessions (12:30 - 2:30) involve the preparation and eating of a healthy lunch. This is followed by small group learning circles for parents while the children do Early Learning activities with qualified Early Childhood Educators.

The group wraps up with parent and child activities and circle time.

Glacier View Learning Centre
241 Beecher Drive
Courtenay BC

Contact: Colleen Friendship or Danielle Hoogland

Phone: 250-897-2623 (Danielle)

Email: colleen.friendship@sd71.bc.ca

[Visit website](#)
