



## FREE BURNABY WINTER PROGRAMS\* 2024

**\* 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](http://www.kidsinburnaby.ca).



## FREE BURNABY WINTER PROGRAMS\* 2024

Agency	Website	Program Name(s)	Program Information	Dates	Registration
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## FREE BURNABY WINTER PROGRAMS\* 2024

<p>Burnaby Family Life</p>	<p><a href="http://www.burnabyfamilylife.org">www.burnabyfamilylife.org</a></p>	<p>Family Drop-In's</p> <p>Learning together through play</p> <p>Baby &amp; Me Second stage</p>	<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>Families are welcome to drop in any time during program hours (Mother Goose requires advanced registration).</p> <p>For more information and program descriptions, times and locations please visit: <a href="#">Family Resource Programs — Burnaby</a></p>	<p><b>Family Drop-In</b></p> <p><b>TUESDAYS</b> ongoing (no program on Dec. 27)   09:30am-11:30pm   6140 Mckercher Avenue</p> <p><b>WEDNESDAYS</b> ongoing   09:30am-11:30am   6140 Mckercher Avenue</p> <p><b>THURSDAYS</b> ongoing   09:30am-11:30am   6140 Mckercher Avenue</p> <p><b>FRIDAYS</b> ONGOING   12:30pm-2:30pm   6140 Mckercher Avenue</p> <p><b>Learning Together Through Play</b></p> <p><b>TUESDAYS</b> 3:30-5:30pm   6140 Mckercher Avenue</p> <p><b>WEDNESDAYS</b> 9:30-11:30am   Edmonds Resource Centre, #205-7355 Canada Way</p> <p><b>SATURDAYS</b> 10am-Noon   6140 Mckercher Avenue</p>	<p><b>Drop ins welcome. No pre- registration required</b></p> <p>Email: <a href="mailto:bfl_info@burnabyfamilylife.org">bfl_info@burnabyfamilylife.org</a></p> <p>Ph: 604-659-2200</p>
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			<a href="#">Family Life - A place to go a place to grow</a>	<p><b>SATURDAYS</b> 10am-Noon   Montecito Child Care Centre, 7230 Camarillo Place</p> <p><b>Baby &amp; Me second Stage Fridays</b> 9.30-11.30am #205 - Edmonds Resource Centre</p>	
Burnaby Family Life	<a href="http://www.burnabyfamilylife.org">www.burnabyfamilylife.org</a>	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><b>Mother Goose</b></p> <p><b>PRE-REGISTRATION REQUIRED</b></p> <p><b>THURSDAYS</b> 09:30-11:00am   starting September 14   10 Sessions   Edmonds Resource Centre, #205-7355 Canada Way</p> <p><b>FRIDAYS</b> 09:45-11:15am   starting September 15   10 sessions   6140 McKercher Avenue</p>	<p>Pre- registration require Email: <a href="mailto:bfl_info@burnabyfamilylife.org">bfl_info@burnabyfamilylife.org</a></p> <p>Ph: 604-659-2200</p>

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Burnaby Family Life	<a href="http://www.burnabyfamilylife.org">www.burnabyfamilylife.org</a>	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 <a href="http://www.burnabyfamilylife.org">Burnaby Family Life -Home</a>

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<p>Burnaby Family Life</p>	<p><a href="http://www.burnabyfamilylife.org">www.burnabyfamilylife.org</a></p>	<p>In person &amp; online Parenting and Support groups:</p> <ul style="list-style-type: none"> <li>● Support Group for parents of LGBTQ2SIA+ children – 1st &amp; 3rd Thursday of the month</li> <li>● Calm &amp; Confident Parenting</li> <li>● Curious Minds</li> <li>● Modern &amp; effective parenting</li> <li>● Nobody's Perfect (English and Korean)</li> <li>● Systematic training for effective parenting</li> <li>● Parenting for Immigrants</li> <li>● Immigrants Women's</li> </ul>	<p>Our Parenting and Support programs provide a safe and inclusive space for parents, caregivers and other individuals to learn about themselves, their children, and how to build productive skills that can support the healthy development of their family, their children and themselves.</p> <p>For program descriptions please visit: <a href="#">Family Life Education — Burnaby Family Life - A place to go a place to grow</a></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 <a href="#">Family Life Education — Burnaby Family Life - A place to go a place to grow</a></p>	<p>For registration please visit: <a href="#">Family Life Education — Burnaby Family Life - A place to go a place to grow</a> OR Call 604-659-2200</p>
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		Support Group <ul style="list-style-type: none"> <li>Understanding Your Anger: Anger Management for Men</li> </ul>			
Burnaby Neighbourhood House-South Burnaby	<a href="https://burnaby.ca/get-involved-family/">https://burnaby.ca/get-involved-family/</a>	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	First come, first serve. Room Capacity Limit: 15 families. No registration required
Burnaby Neighbourhood House-Brentwood	<a href="https://burnaby.ca/get-involved-family/">https://burnaby.ca/get-involved-family/</a>	Family Place at 2055 Rosser Avenue	Family Drop-In for families with children birth to 5 years old.	Tuesdays 12:30-2:30pm Wednesdays 9:30-11:30am 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	<a href="https://burnaby.ca/get-involved-family/">https://burnaby.ca/get-involved-family/</a>	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

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Burnaby School District	<a href="https://burnabyschools.ca/strongstart/">https://burnabyschools.ca/strongstart/</a>	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.	2023-2024 school year.	To register: <a href="https://registration.sd41.bc.ca/Forms/strongstartregistration">https://registration.sd41.bc.ca/Forms/strongstartregistration</a>
Burnaby Public Library	<a href="https://bpl.bc.ca/events/#/">https://bpl.bc.ca/events/#/</a>	Family Storytime	We'll meet in the library for songs, rhymes and stories for kids of all ages, and their adults. Come early or stay later to meet other families and have extra social time.	Tuesdays, Sep 12 – Oct 24 10:30-11:00 am  Cameron Branch 9523 Cameron Street	Drop in. No registration required.
Burnaby Public Library	<a href="https://bpl.bc.ca/events/#/">https://bpl.bc.ca/events/#/</a>	Family Storytime	We'll meet in the library for songs, rhymes and stories for kids of all ages, and their adults. Come early or stay later to meet other families and have extra social time.	Saturdays, Sept 16 – Oct 14 Wednesdays, Nov 8 – Dec 13 11:00-11:30am  Tommy Douglas Branch, 7311 Kingsway Avenue	Drop in. No registration required.

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Burnaby Public Library	<a href="https://bpl.bc.ca/event/s#/">https://bpl.bc.ca/event/s#/</a>	Family Storytime	We'll meet in the library for songs, rhymes and stories for kids of all ages, and their adults. Come early or stay later to meet other families and have extra social time.	Tuesdays, Sep 19 – Oct 24, Thursdays, Nov 9 – Dec 14 10:30 – 11:00 am  Metrotown Branch, 6100 Willingdon Avenue	Drop in. No registration required.
Burnaby Public Library	<a href="https://bpl.bc.ca/event/s#/">https://bpl.bc.ca/event/s#/</a>	Family Storytime	We'll meet in the library for songs, rhymes and stories for kids of all ages, and their adults. Come early or stay later to meet other families and have extra social time.	Wednesdays, Sep 27-Oct 25, 10:30-11:15 am  McGill Branch, 4595 Albert Street	Drop in. No registration required.
Burnaby Public Library	<a href="https://bpl.bc.ca/event/s#/">https://bpl.bc.ca/event/s#/</a>	Babytime	Meet other families and share songs, bounces and stories with your baby. Come early or stay late for extra social time.	Tuesdays, Sep 12 – Oct 24 11:30am- 12:00pm  Cameron Branch 9523 Cameron Street	Drop in. No registration required.
Burnaby Public Library	<a href="https://bpl.bc.ca/event/s#/">https://bpl.bc.ca/event/s#/</a>	Babytime	Meet other families and share songs, bounces and stories with your baby. Come early or stay late for extra social time.	Saturdays, Sep 16 – Oct 14 Wednesdays, Nov 8 – Dec 13 10:30 – 11:00 am  Tommy Douglas Branch, 7311 Kingsway Avenue	Drop in. No registration required.

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Burnaby Public Library	<a href="https://bpl.bc.ca/event/s#/">https://bpl.bc.ca/event/s#/</a>	Babytime	Meet other families and share songs, bounces and stories with your baby. Come early or stay late for extra social time.	Tuesdays, Sep 19 – Oct 24, Thursdays, Nov 9 – Dec 14 11:30-12:00 am  Metrotown Branch, 6100 Willingdon Avenue	Drop in. No registration required.
Burnaby Public Library	<a href="https://bpl.bc.ca/event/s#/">https://bpl.bc.ca/event/s#/</a>	Babytime	Meet other families and share songs, bounces and stories with your baby.  Come early or stay late for extra social time.	Wednesdays, Nov 1 – Nov 29 10:30 – 11:15 am and 1:30-2:15 pm  McGill Branch, 4595 Albert Street	Drop in. No registration required.
Burnaby Public Library	<a href="https://bpl.bc.ca/event/s#/">https://bpl.bc.ca/event/s#/</a>	Baby Social	Drop in for social time with other families and their babies! We provide a comfortable space to make new friends, play with your baby, and chat with other adults.	Wednesdays, Sep 13 – Oct 25 1:00 to 3:00 pm  McGill Branch, 4595 Albert Street	Drop in. No registration required.
Burnaby Public Library	<a href="https://bpl.bc.ca/event/s#/">https://bpl.bc.ca/event/s#/</a>	Baby Social	Drop in for social time with other families and their babies! We provide a comfortable space to make new friends, play with your baby, and chat with other adults.	Tuesdays, Nov 7 – Nov 21 11:00 am – 12:00 pm  Cameron Branch 9523 Cameron Street	Drop in. No registration required.

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Cameray Child and Family Services	<a href="https://www.cameray.ca/parent-support-program/">https://www.cameray.ca/parent-support-program/</a>	<p>Interactive groups for young children (i.e. <i>Circle Time</i>, <i>Family Literacy Circle</i>, <i>Temas de Crianza de niños</i>, etc.).</p> <p>Parent education and support groups (<i>Circle of Security Parenting program</i>, <i>Nobody's Perfect</i>, etc.) and one-one counselling.</p> <p>Monthly Parent education workshops</p>	<p>For Burnaby and New Westminster for families with one or more children under the age of 5 years.</p> <p>Additional individual and group parenting support for Burnaby and New Westminster families with one or more children aged 6 to 18 years.</p> <p>Online family groups, activities for children and families, parent education, and support for parents. including one-one counselling.</p>	Ongoing: please visit the website to see the monthly calendars, with full program and group descriptions and time/location details.	Email: <a href="mailto:pspgroupsignup@cameray.ca">pspgroupsignup@cameray.ca</a>
Family Service of Greater Vancouver	<a href="http://www.fsgv.ca/programs/early-childhood-community-consultant/">www.fsgv.ca/programs/early-childhood-community-consultant/</a>	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 <a href="mailto:aolson@fsgv.ca">aolson@fsgv.ca</a>

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Information Children	<a href="http://www.informationchildren.com">www.informationchildren.com</a>	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.	Visit website for online calendar with details	Helpline: 778.782.3548 Email: <a href="mailto:info@informationchildren.com">info@informationchildren.com</a> To book parent coaching: <a href="https://calendly.com/informationchildrenparentcoaching">https://calendly.com/informationchildrenparentcoaching</a>
Metis Nation BC	<a href="https://www.mnbc.ca/work-programs/programs-services/metis-family-connection-early-years-birth-8-years">https://www.mnbc.ca/work-programs/programs-services/metis-family-connection-early-years-birth-8-years</a>	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: <a href="#">Métis Family Connections - Early Years (Birth to 8 Years)   MNBC</a>

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Metis Nation BC	<a href="https://www.mnbc.ca/work-programs-programs-services/miyoopimatisihk-wellbeing-program">https://www.mnbc.ca/work-programs-programs-services/miyoopimatisihk-wellbeing-program</a>	Miyoopimatisihk (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: <a href="https://www.mnbc.ca/work-programs-programs-services/miyoopimatisihk-wellbeing-program">Miyoopimatisihk (Wellbeing) Program   MNBC</a>
Metis Nation BC	<a href="https://www.mnbc.ca/work-programs-programs-services/imagination-library">https://www.mnbc.ca/work-programs-programs-services/imagination-library</a>	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: <a href="https://www.mnbc.ca/work-programs-programs-services/imagination-library">Imagination Library   MNBC</a>

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Metis Nation BC	<a href="https://www.mnbc.ca/work-programs-programs-services/metis-child-care-benefit-program">https://www.mnbc.ca/work-programs-programs-services/metis-child-care-benefit-program</a>	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: <a href="#">Métis Child Care Benefit Program   MNBC</a>
MOSAIC's Family Centre	<a href="http://www.mosaicbc.org/services/family-children-youth/family-centre/">www.mosaicbc.org/services/family-children-youth/family-centre/</a>	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 to help families navigate and locate other supports and resources. Online and in-person.	Ongoing	To register please email: <a href="mailto:family.centre.reception@mosaicbc.org">family.centre.reception@mosaicbc.org</a> or call 604. 636. 0120

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Pacific Immigrant Resource Society	<a href="https://pirs.bc.ca/programs-services/outreach-support/">https://pirs.bc.ca/programs-services/outreach-support/</a>	Outreach Program	Program includes connecting and helping participants to navigate community resources, services, and programs; peer mental health support; food access and other aspects. Provided in a variety of languages, including English, French, Spanish, Cantonese, Mandarin, Dari, Farsi, Pashto, Arabic, Ukrainian and Russian.	Ongoing	To set up an appointment, or for more information call: 604.298.5888 or email: <a href="mailto:osw@pirs.bc.ca">osw@pirs.bc.ca</a>
Pacific Immigrant Resource Society	<a href="https://pirs.bc.ca/our-programs/pathways-to-childcare-careers/">https://pirs.bc.ca/our-programs/pathways-to-childcare-careers/</a>	Pathways to Childcare Careers	Free occupational English training with Responsible Adult, Foodsafe, and First Aid certificates plus 40-hour paid practicum for newcomer women interested in entering the early learning and childcare field.	November 6, 2023 - February 28, 2024	See website for details; email <a href="mailto:childcare@pirs.bc.ca">childcare@pirs.bc.ca</a>
The Purpose Society	<a href="http://www.facebook.com/purposesociety6thSt/">www.facebook.com/purposesociety6thSt/</a>	Early Childhood Programs	Resources, news bulletins and more...	Ongoing	Visit FB page: <a href="http://www.facebook.com/purposesociety6thSt/">www.facebook.com/purposesociety6thSt/</a>

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Spirit of the Children	<a href="http://www.sotcs.ca/children/">www.sotcs.ca/children/</a>	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
STLEO Youth and Family Services Society	<a href="https://www.stleo.ca/our-services/young-parents/">https://www.stleo.ca/our-services/young-parents/</a>	SMILE Young Parents Program	24 and under programs for Burnaby and New West residents.  Prenatal Workshop - 3 <sup>rd</sup> Wednesday monthly-online and in person	Ongoing intakes and programming See us on Instagram smileypp5271 for monthly calendar and programming opportunities	Please contact us at <a href="mailto:smile@stleo.ca">smile@stleo.ca</a> or 604-298-6245 for more information. Located by the Gilmore Skytrain Station
East Burnaby Family Place	<a href="https://www.facebook.com/eastburnabyfamilyplace/">https://www.facebook.com/eastburnabyfamilyplace/</a>	Free Family Drop-In	Drop in for families with children birth to 6 years old, at 9887 Cameron Street, Burnaby	Tuesdays and Fridays, 10:00am – 1:00pm	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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East Burnaby Family Place	<a href="https://www.facebook.com/eastburnabyfamilyplace/">https://www.facebook.com/eastburnabyfamilyplace/</a>	Clothing Exchange	Free clothing to take and to donate.	Tuesdays and Fridays, 10:00am – 1:00pm	No registration required. Drop in at 9887 Cameron Street, Burnaby
Vancouver & Lower Mainland Multicultural Family Support Services Society		Mother & Child Emotional Power Program	<p>Through fun games, storytelling, arts &amp; crafts and songs ...</p> <p>Explore the role of emotional well-being in early childhood            Become aware of your child's emotions            Encourage healthy expressions of emotions            Parenting            Learn about children's developmental stages            Community resources            Connect with other parents</p> <p>For: parents/caregivers with children ages 0-6 years old</p> <p>Snacks for children will be provided.</p>	<p>Sept.11th to Dec.11th., 2023</p> <p>Mondays, 10:30am to 12:00pm</p> <p>Tommy Douglas Library (7311 Kingsway Ave., Burnaby)</p>	For more information, please contact Maria Elena or Ramzia cwwa@vlmfss.ca or Tel : (604) 436-1025

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### KIDS IN BURNABY WEBSITE AND SOCIAL MEDIA

Visit [www.kidsinburnaby.ca](http://www.kidsinburnaby.ca) your 'one-stop shop hub' for early childhood (birth to 6 years old) development resources and information. There is also an online google map of the majority of Burnaby-based agencies offering services and supports.

Like us on Facebook: <https://www.facebook.com/BurnabyECDCommunityTable/>

Follow us on Instagram: #littlethingsmatter

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### 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/](http://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](mailto: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](mailto:aolson@fsgv.ca) with the heading "ADD ME TO NEWSLETTER"

#### 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 Westminister/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.ccrr@bc.ymca.ca](mailto:ygv.ccrr@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 virtual 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](mailto:eref@bpl.bc.ca) or 604-436-5400 and ask to be directed to a Children's Librarian to discuss options.

\* 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](http://www.kidsinburnaby.ca).