



Cedar Cottage Fall Family Programs

Free Programs 0-5 years years old September - December 2016

Let's Cook

Mondays October 17th-
November 21st
1:00pm-2:30pm

Join us for an afternoon of
nutrition and hands-on learning
For ages 3 and older with their
caregiver

Must register

Vietnamese Drop-in with MOSAIC

Tuesdays, September 20th-
December 6th
12:30pm-2:30pm

Join us for lunch, crafts, guest
speakers and parent education

Little S.E.E.D.s

Wednesdays, October 12th-
November 30th
10:00-11:30am

Join us for Social-Emotional
Exploration and Discovery
through art, song and story

For ages 3 and older with
their caregiver

Must register

Active for Life

Wednesdays, October 5th-
November 23rd 12:30pm-2:30pm

Learn to jump, throw, catch and
move together!

For ages 3 and older with their
caregiver

Must register



Love2Learn

Thursdays, October 6th-December
15th (no program November 11th)
12:30pm-2:30pm

A family literacy drop-in for
practicing English.

Yoga with Wendy

Friday, September 30th-
November 25th
10:00am-11:00am

This child friendly yoga space is
take a deep breathe and relax
with other families

Must register

Friday Family Fun

Friday, September 30th-
December 16th
12:30-2:30pm

An afternoon of free play, circle
time, coffee and chats

Saturday Family Drop-in

Every Saturday
9:30am-12:00pm

Join us for songs, games, circle
time and art with our youth
volunteers!

Aboriginal Family Night with Native Health

Tuesdays, September 13th-
December 13th 5:00pm-6:30pm

Join us for a family meal with guest
speakers, cultural activities and more

Please call to RSVP for dinner

604-874-4231

Family Nights



Family DIY Night

Last Thursday of every month,
September 29th, October 27th,
November 24th 6:00pm-8:00pm

Bring a veggie to share

Join us for hands on activities and
learn to do-it-yourself!

Please call to RSVP for dinner

604-874-4231

For more information please call Brigette or Marlyse at (604) 874-4231

Cedar Cottage Neighbourhood House

4065 Victoria Drive

