



**CEDAR COTTAGE  
NEIGHBOURHOOD HOUSE**

**FREE  
PROGRAMS**

**CEDAR COTTAGE NEIGHBOURHOOD HOUSE  
FAMILY PROGRAMS 0-5 YEARS OLD  
SEPTEMBER-DECEMBER 2017**

**Mondays**

**Yoga with Wendy**

Sept 25th-Dec 4th (no program Oct 9th)  
10:00am-11:00am

Join us in this child-friendly  
yoga space to breathe, stretch and practice  
self-care with other parents.

**Mondays**

**Let's Cook!**

September 18-October 30 (no session Oct 9)  
1:00pm-2:30pm

For children 3-5 years old and their Parents  
Engage you child in fun, hands-on food  
activities!

**Tuesdays**

**Vietnamese Family  
Drop-in with MOSAIC**

September 26-December 12  
12:30pm-2:30pm

Join us for lunch, songs, art and more!

**Wednesdays**

**Infant Drop-in 0-18 months**

Sept 27th-December 13th  
10:00am-11:30am

Connect with other parents, Coastal Health  
Nurses and more!

**Thursdays**

**Mother Goose with Vancouver Public Library**

September 14-November 2nd  
10:00am-11:30am

Must register with VPL 604-331-3657  
For children 0-2 years old

**Thursdays**

**Active for Life**

October 5th-Nov 23rd  
12:30am-2:00pm

Move, shake, explore with us this fall!

**Fridays**

**Singing Songs with Babies and Seniors**

September 22nd-October 27th  
10:15-11:45

Are you a Mom with a baby interested in volunteering  
with seniors in the neighbourhood? Join us in a Mother  
Goose style program as we sing along with seniors!

**Saturday**

**Family Drop-in**

September 2nd-December 30th  
9:30am-12:30pm

Free play, art, stories and more!

**Indigenous Family Night with Native Health**

Tuedays, September 5th-December 19th  
5:00pm-6:30pm

Join us for supper and hands on activities  
for the whole family (all ages welcome)!  
Please RSVP for dinner 604-874-4231

**DIY Family**

Last Thursday of the month  
September 28th, October 26th, November 30th  
5:30pm-7:30pm

Bring a veggie for soup and join us for  
do-it-yourself fun for the whole family!

**For more info call Brigette and Ena 604-8744231**

**Cedar Cottage Neighbourhood House 4065 Victoria Drive**



Public Health  
Agency of Canada

Agence de santé  
publique du Canada

