



# Family FUNdamentals Program

Fun, Unique, Nurturing Activities for Families with Children 3 & 4 years old



- This is an early childhood development program with the goal of fostering the relationship between parents and children through activities such as yoga, story time and games.
- The program promotes healthy eating, healthy weights, active living, positive body image and positive parenting skills.

**6 Sessions:** Tue., Jan 20 – Feb 24

**Time:** 1:00pm – 2:30pm

**Cost:** \$15 + \$ 20 Family Membership

**Location:** Kits House (W. 7<sup>th</sup> & Vine)



\*\*free child minding during sessions\*\*

To register or for more info, please contact: [patricia@kitshouse.org](mailto:patricia@kitshouse.org) or 604-736-3588 ext. 128

If you can't afford this program fee you can apply for a program subsidy. Please contact Front Desk for more information.

Jessie's Legacy  
Eating disorders prevention resources and support for people in B.C.



Family Services North Shore  
Caring for our Community

MEMBER ASSOCIATION OF NEIGHBOURHOOD HOUSES BC