

FAQs

Who is eligible?

Referrals come from the Ministry of Children and Family Development or directly from families and community.

One-to-one support requires you reside in the South Surrey/White Rock area.

When are the groups offered?

Programs are offered throughout the year, with on-going interest lists taken.

Call or visit our website for current group information.

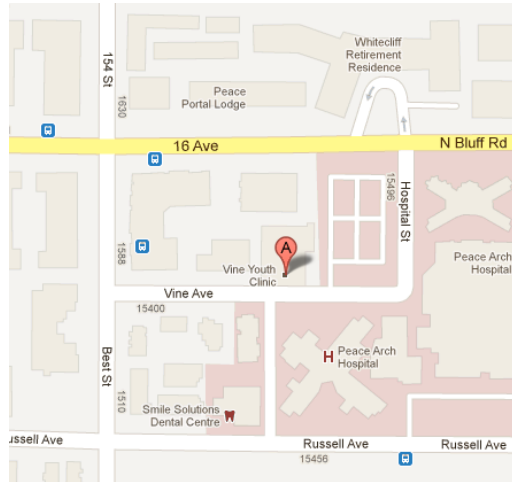
Is there a cost?

There is a small fee for some of our parent education groups. No one is turned away for inability to pay.

About

ALEXANDRA NEIGHBOURHOOD HOUSE is a community organization focused on providing opportunities for people to gather, grow and build a spirit of community. Alexandra Neighbourhood House has been connecting the South Surrey/White Rock community since 1894.

Contact



Youth and Family Centre

15455 Vine Avenue
White Rock, B.C. V4B 2T3

Phone: 604-538-5060

Fax: 604-531-3873

www.alexhouse.net
info@alexhouse.net



Services to Strengthen Families

*Programs and services for
families with
children and youth*



alexandra
NEIGHBOURHOOD HOUSE

www.alexhouse.net

Programs & Services

Parent Education Programs

Positively Parenting Your Toddler

A group for parents/caregivers of children ages 8 months to 3 years

The toddler years are a time of exciting growth and learning but they can also be challenging! This interactive program for parents and caregivers addresses development, temperament, emotional literacy, promoting positive behaviour, self-care and much more.

*“Love between a parent and a child forms the basis of every other relationship in a child’s life.”
- Author unknown*

Mommy and Me

A group for moms with babies under a year

The adjustment to becoming a Mommy is a significant life change filled with both joys and challenges.

This group offers connecting times with other Moms, community resources, information and support. Topics covered include attachment with our babies, development, temperament and self-care. We also teach songs, rhymes and bounces that you can do with your baby.

Parent Education Workshop Series

An ongoing workshop series for parents of children and youth ages 5-18

This informative and interactive workshop series is designed so you can attend as often as you like, continue to develop your skills and network with other parents.

What’s Love Got to Do With It?

A relational-based approach to parenting and exploring temperament.

Why Are you Acting this Way?

Understanding challenging behaviours.

Listen to Me!

Learning to listen, understand and communicate with your child.

We Have a Problem...

Building collaborative problem solving with children and in our families.

*“This was a fantastic class! I learned a lot and have more confidence going through this parenting journey.”
-Parent Participant*

*To register for groups, contact
604-538-5060 ext. 24*

One-to-One Family Support

For families with children ages 0-13 who require additional support with parenting

The aim of our service for families is to support parents/caregivers to strengthen the parent-child relationship, increase parenting knowledge through education, connect families to community resources and develop their own support networks.

For more information, contact the Team Leader, Youth & Family Programs at 604-538-5060 ext.28

“Warm, inviting atmosphere, with so many helpful tools and resources to take home and use again and again. Thank you for offering courses such as these!” -Parent Participant

Connect Parent Group

For parents/caregivers of teenagers

An attachment-based program for parents and caregivers who are trying to understand and respond to their teen’s challenging behaviour.

Connect is offered through Child and Youth Mental Health in collaboration with community partners, including Alexandra Neighbourhood House.

For more information contact Child and Youth Mental Health at 604-542-3900.