



South Vancouver Family Place

Night Out @ SVFP

Wednesday September 25, 2024

6:00-8:00pm

SPACES ARE LIMITED!

Parent's Night Out is an opportunity for parents/caregivers to come out and take part in hands-on activities that will promote self care, mental health, and social & emotional wellbeing.

Join us and meet other parents who are raising and caring for young children as well!

This event takes place once a month in a fun and relaxed environment.

Such activities will include arts and crafts, dancing, music, yoga, meditation, gardening, cooking.

Childcare and snacks will be provided

Interested in registering? Email: ingrid@svfp.org



(604) 325-5213



www.southvancouverfamilyplace.org

7710 Nanaimo Street
Vancouver, BC V5P 4Y2



This Month's Theme
Mandala Art

