



COME JOIN US AS WE PREPARE FOR THE GROWING SEASON!

This program is meant to be family oriented, and parents and caregivers will participate in activities with their child. Families can register as one or two parents or caregivers per child. Maximum of two children per one adult is recommended.

Families do not have to attend all outings scheduled, and are welcome to attend outings that work for the families spring plans.

There is no registration fee, and all outings, transportation, and activities are covered.

RILEY PARK
COMMUNITY GARDEN



THE UNIVERSITY
OF BRITISH COLUMBIA



United Way

REGISTER YOUR FAMILY TODAY!

Little Mountain
Neighbourhood House
Front Desk

3981 Main Street,
Vancouver BC Monday-
Friday 9:00am-4:30pm
604-879-7104

QUESTIONS?

You can call the number above
or send an email to:

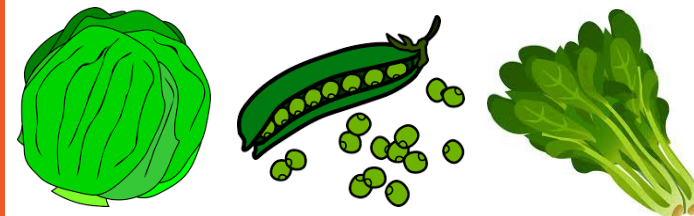
Maria Valenzuela *Manager of
Family Resources Programs:*
maria_valenzuela@lmnhs.bc.ca

or,

Greg Kidd *PLANE Coordinator:*
Gregory_kidd@lmnhs.bc.ca



LITTLE MOUNTAIN
NEIGHBOURHOOD HOUSE
PRESENTS A...



COMMUNITY GARDEN PROGRAM

A SPRING PROGRAM THAT
CONNECTS FAMILIES TO NATURE
THROUGH GARDENING,
FUN OUTDOOR ACTIVITIES,
AND FIELD-TRIPS TO THE FARM!

FOR FAMILIES WITH CHILDREN
AGED 0-6

MARCH 3 -
APRIL 28, 2018

WHAT TO PACK

- A snack for you and your child
- Lots of water
- Dress warmly and wear clothing that is OK to get a little dirty. Most, if not all, the activities will be outside.
- Best to be prepared for rain: rain jacket and boots
- Good pair of walking shoes
- Have all allergy medication readily available if needed

★ FIELD TRIP INFO

- Same principles apply: dress warm and for the weather
- Bring pocket snacks! There may not be time for a full break
- We will meet at Little Mountain Neighbourhood House at **9:30 am** and be travelling together to the destination. Transportation is provided

MARCH

SATURDAY MARCH 3RD 10AM-12PM

Intro to Community Gardening

Meet at Riley Park by the fenced playground. We will be learning some gardening basics, exploring the park and garden, and preparing the soil!

50 East 30th Avenue, Vancouver BC (off Ontario street)

SATURDAY MARCH 10TH 10AM-12PM

Planting Seeds

Meet at Riley Park by the fenced playground. We will be planning the garden space and planting seeds!

50 East 30th Avenue, Vancouver BC (off Ontario street)

SATURDAY MARCH 17TH 9:30M-12:30PM

UBC Farm Field-trip

Meet at 9:30 at Little Mountain Neighbourhood House. We will be travelling together to UBC Farm for a fun filled day! Lots of activities for the children, and a nice area to explore. Expect to return by 12:30. Dress warm!

SATURDAY MARCH 24TH 10AM-12PM

Soil, Worms, and Composting

Meet at Riley Park by the fenced playground. Get ready for some worms! We will be learning about soils and composting, and how these little critters are so important!

50 East 30th Avenue, Vancouver BC (off Ontario street)

APRIL

SATURDAY APRIL 7TH 10AM-12PM

Garden Maintenance at Riley Park

Meet at Riley Park by the fenced playground. We will be playing activities and interactively learning what plants need to grow!

50 East 30th Avenue, Vancouver BC (off Ontario street)

SATURDAY APRIL 14TH 9:30AM-12:30PM

Fresh Roots Field-trip

Meet at 9:30 at Little Mountain Neighbourhood House. We will be travelling together to Fresh Roots Farm at Vantech Secondary for a Farm Tour with activities! Expect to return by 12-12:30.

SATURDAY APRIL 21ST 10AM-12PM

Exploring local farmers markets

Meet at Riley Park by the fenced playground. We will explore the Nat Bailey Farmers Market and have a fun scavenger hunt!

50 East 30th Avenue, Vancouver BC (off Ontario street)

SATURDAY APRIL 28TH 10AM-12PM

Harvest time!

Meet at Riley Park by the fenced playground. We will be harvesting the plants we sowed at the beginning of the program, playing games, and making a scrapbook.

50 East 30th Avenue, Vancouver BC (off Ontario street)