

Content: For parents to extend their social network, to share experience, to learn more about community resources. Participate in group discussions on the topics of parenting, emotional development, family relationship and self discovery etc. At the same time, children will have interactive play in a safe and fun environment.

內容: 本計劃讓家長擴展社交網絡，交流經驗和認識更多的社區資源。透過講座和活動，提高教導子女的能力，促進親子關係。同時，子女們可以在一個安全及愉快的環境中和其他小朋友玩樂。

Field Trip to Maplewood Farm (July 8, 2010)

- ✚ For children over 3 years old and their families.
- ✚ Depart and return at Minoru Park Parking Lot (7191 Granville Ave)
- ✚ Cost :\$3 each. (Cost covers transportation only).
- ✚ Admission fee (Approx.) Adult: \$6, Child: \$3.5, (pay at entrance).
- ✚ Please bring your own food, water, sunscreen, hats.
- ✚ If weather condition is bad, trip to Maplewood Farm may be changed to Lonsdale Quay Market at North Vancouver.
- ✚ Contact staff for fees subsidy (if necessary).
- ✚ Registration starts on **8 June 2010**.

Maplewood Farm 旅行須知 (2010年7月8日)

- ✚ 兒童年齡，必須達三歲或以上。
- ✚ 集合及解散地點：Minoru 公園停車場 (7191 Granville Ave)
- ✚ 費用：每人 3 元(費用只包括校巴費用)。
- ✚ 入場費：成人約\$6，小童約\$3.5。(入場時自付)
- ✚ 請自備食物，飲料，防曬用品，雨具，額外衣物。如遇天雨，行程將改往北溫 Lonsdale Quay Market,
- ✚ 如須津貼活動費，請與職員聯絡。
- ✚ **2010年6月8日起接受登記。**



*Fall Program will be started on September 14, 2010. Check with Jane Leung for the details.

*秋季活動將於 2010 年 9 月 14 日開始，詳情請向梁淑貞查詢。



TOUCHSTONE FAMILY ASSOCIATION

點石家庭協會

CAP-C Program Asian Families Support Group 社區行動計劃 華裔家庭互助小組

FREE program for Richmond Families
with children 0-6 years old
為有零至六歲子女的列治文
家庭而設的免費活動服務



CAPC

120-6411 Buswell Street, Richmond B.C. V6Y 2G5
Tel. 電話：604-279-5599 Fax 傳真：604-279-1814
Web site: www.touchstonefamily.ca

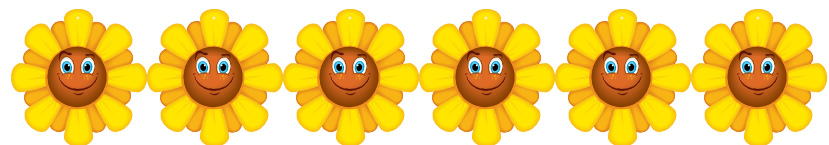
**CAP-C Asian Family Support Group
Program Schedule (July-August 2010)**

July 8 (Thursday) Field Trip 旅行
7月8日(四) Location 地點: Maplewood Farm
Time 時間: 9:30am – 3:00pm
Registration required, see the back for details
請登記, 詳情見後頁

July 15 (Thursday) Blueberry Picking:採摘藍草莓
7月15日(四) Location 地點: Richmond
Meet at Family Place (8660 Ash Street)
Time 時間: 10:00am – 12:00pm
Registration is required, see flyer for details
請登記, 詳情見單張

July 22 (Thursday) Nutrition Tour 食物營養知多少
7月22日(四) Location 地點: Save On Foods, 8200 Ackroyd Road,
Richmond
Time 時間: 9:45am – 11:30am
Registration is required. 請登記

July 29 (Thursday) Nutrition Tour 食物營養知多少
7月29日(四) Location 地點: Save On Foods, 8200 Ackroyd Road,
Richmond
Time 時間: 9:45am – 11:30am
Registration is required. 請登記



For enquiry and registration, please contact:
Jane Leung at [604-207-5028](tel:604-207-5028)/jleung@touchfam.ca
報名及查詢, 請致電梁淑貞 [604-207-5028](tel:604-207-5028) 或 jleung@touchfam.ca

**社區行動計劃 - 華裔家庭互助小組
活動節目表(2010年7-8月)**

August 5 (Thursday) Nature Park Tour 參觀 Nature Park
8月5日(四) Location 地點: Rmd Nature Park, 11851 Westminster
Hwy, Richmond
Time 時間: 9:45am – 12:00pm
(Registration is required, Kids need to be 2 years old or above/ 請登記, 兒童須年滿兩歲)

August 12 (Thursday) BBQ & Picnic 燒烤及野餐
8月12日(四) Location 地點: King George Park, 4100 No.5 Rd Rmd
Time 時間: 10:00am – 12:00pm
Registration is required, see flyer for details
請登記, 詳情見單張

August 19 (Thursday) Outdoor Activity 戶外活動
8月19日(四) Location 地點: Steveston Park, 4011 Moncton Street,
Rmd (meet at water play area/在嬉水處會合)
Time 時間: 9:45am – 12:00pm

August 26 (Thursday) Outdoor Activity 戶外活動
8月26日(四) Location 地點: Minoru Park, 7191 Granville Avenue Rmd
(meet at children playground/會合處: 兒童遊樂場)
Time 時間: 9:45am – 12:00pm

Remarks: Outdoor activities at community parks include games, crafts and picnics. Please bring your own food & drinks, water, sunscreen and hats. If it rains, outdoor activities at community parks will be cancelled.

備註: 公園裏舉行的戶外活動內容包括 遊戲, 手工, 和野餐。請自備食物, 飲料和防曬用品。如遇天雨, 公園活動將取消。

