



**South
Vancouver
Family Place**



Night Out @ SVFP



Painting

**Wednesday
September 16, 2026
6:00-8:00pm**

SPACES ARE LIMITED!



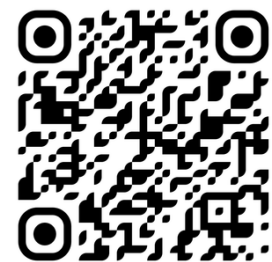
Parent's Night Out is an opportunity for parents/caregivers to come out and take part in hands-on activities that will promote self care, mental health, and social & emotional wellbeing.

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.

Activities will include: arts and crafts, dancing, music, yoga, meditation, gardening, cooking.

Scan to register



**Childcare and snacks
will be provided**

For more information
email: ingrid@svfp.org



(604) 325-5213



www.southvancouverfamilyplace.org

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