

What is Ray-Cam?

- It's a neighborhood centre for young and old
- It's a place for recreation and social activities, where new skills can be learned
- It provides personal and family support services
- It has out-of-school, pre-school and day-care programs for children
- It's a place where friends meet
- It has a gym as well as hobby and games rooms
- It provides a drop-in lounge and free phone

What are its purposes and objectives?

To operate programs which effectively advance the opportunities and abilities of children and youth in the community.

To promote a spirit of neighborliness and mutual assistance through direct involvement in the community.

Hours

Ray-Cam is closed all Holidays.

Monday	9 am - 10 pm
Tuesday	9 am - 10 pm
Wednesday	9 am - 10 pm
Thursday	9 am - 10 pm
Friday	9 am - 10 pm
Saturday	9 am - 5 pm
Sunday	12 pm - 4 pm

Registration, Fees & Membership

Most recreation programs at the centre are free to residents of the Strathcona and Downtown Eastside neighborhoods. Some programs may require a small fee. Registration and consent forms are required for all children and youth programs.

Membership in the Community Association is free for residents of the Strathcona and Downtown Eastside. You must be a member of the Community Association to register for programs, check out equipment, use the fitness centre or use the dark room.

Member of the Cooperative Association is \$2 for 2 shares and entitles the member to vote the Annual General Meeting and to run for the Board of Directors.

All youth and children's programs except licensed childcare are free or low cost but membership is required. Membership is available for free to all those in our catchment area.

Children grade 6 and under are not allowed in the centre after 8 pm unless they are registered in a program with a parent or guardian. Games room and computer room may be unsupervised drop-in spaces.

Board of Directors

Judy McGuire	Linda Tallio	Debbie Krull
Helen Van Wart	Sherry Murray	Rosie Shandil
Ariadne Armond	Robin Garcia	Cassandra Someon
Jennifer Guest	Dennis Tallio	Annie Su
Lorelei Hawkins	Laura Baptiste	Guy Wakeman
Tim Houchen	Majid Alemi	Ru Ling Zhou
Ruby Langan	Andrea Esslemont	Don Wadhams
Gina Hawkins	Diane Johnson	Amanda Pollicino

#Centre of a Community

Programs for Families

Spring 2018

April 9 - June 23

CLOSED - May 21st



Tel: 604 257-6949

Fax: 604 257-6944

Email: raycamcc@vancouver.ca

Webpage: www.raycam.com

Facebook: https://www.facebook.com/raycamcentre/



Families

English Conversation Circle

Mondays 6:30 pm - 8:00 pm

Come by Monday evenings to practice your English Language conversation skills. Dinner is provided.

Family Night

Tuesdays 6:30 - 8:00 pm

April 17th, May 1st, May 22nd, June 5th, June 12th

Join us every second Tuesday for dinner and fun-filled family activities.

Read & Feed

Wednesdays 6:30 am - 8:00 pm

Join the Family Program every Wednesday evening for dinner, a reading circle, and literacy-themed activities.

Bright Family Futures (BFF)

Thursdays 5:30 - 7:30 pm

Every Thursday; a family dinner in the gym followed by educational workshops for parents. Childmind provided during the workshops.

It's A Crock

Friday 10:00 am - 12:00 pm

***Registration Required**

Come by and cook a variety of slow-cooker meals with Marni and Rebecca. Participants get to take home their delicious meal at the end of the day.

Saturday Family Drop-In

Saturdays 12:00 - 4:00 pm

Lunch followed by a variety of recreation activities. Alternate in-house activities and out-trips.

Get Involved!

We welcome the support and participation of community members, volunteers and donors.

Volunteer with us!

Volunteers are asked to fill out an application form (available at the front desk) and must pass a criminal record check.

Donate food and supplies!

Books, non-perishable food and supplies for our programs. If your not sure please call ahead and we'd be happy to help.

Donate money!

You can make a tax-deductible donation to the Centre, or our deductible donation to youth education fund which supports the educational and skills development needs of at-risk youth.

www.raycam.com/how-you-can-help

Strong Start

Join Community Connector Misy at Strong Start Pre School (Parents/Caregivers must accompany children) for play-based early learning activities. Strong Start is free and light snacks are provided.



BFF Workshop Schedule

April 5th: Medicine Bags with Crystal

April 12th: Internet Safety Workshop

April 19th: Swedish Meatballs with the Rahmbergs
April 26th: Kellie Carroll (NICISS Services and Mentoring)

May 3rd: TBA

May 10th: Mothers & Others Joint Celebration with Girls Club

May 17th: Earthquake Preparedness Course

May 24th: Touching & Personal Space (TAPS) with Jessi Jackson

May 31st: Mindfulness with Dr. Vo

Family Program Staff

Carin Rahmberg: Family and Childcare Programmer

Tel:604-718-6554

Cel: 604-345-2316

Email: carin.rahmberg@vancouver.ca

Rebecca Bartlett: Family Support

Tel: 604-718-6550

Email: rebecca.bartlett@vancouver.ca

Conner: English Conversation Circle

Jessika: Family Night

Misty: Strong Start Facilitator, Family Night

Sandy: Read & Feed, Saturday Family Drop-In

Kathy: Bright Family Futures

Marni: It's A Crock

RICHER Clinic

Did you know there is a medical clinic at 410 Campbell open 5 days a week? Please call 604-875-2246 to book an appointment with the RICHER Clinic.



Responsive Parenting Group

Mondays - April 9th to June 4th, 2018

5:30 - 7:30pm. Childcare is available.

Pizza & Snacks are provided.

Parents will learn strategies to improve communication with their youth (aged 12-24) who may have a combination of mental health and substance use challenges.

Vancouver Community College Adult Upgrading

Monday - Thursday 11:30 am - 2:45 pm

Upgrade your high school math and English courses with Vancouver Community College.

