

Community Resources: DWUL-SD43

May 13, 2021 - Helping Families prepare for Spring and Summer



Do What U Luv Foundation



- **Free 'Try-it' Rockstar Program! (May 18th)**
- **Mpower Lives - Youth "Mpowerment" Programs**
 - Email provider for Pro-rated
 - Online and in-person, martial arts, self-defence, self-regulation
- **Innovation Works - Online STEM Programs**
 - Email provider for Pro-rated
 - Coding (Beginners and Intermediate), Line Drawing, Film Editing
- **Kids Innovative - Roblox Game Building - Beta Tester**
- **New - Queen's Academy of the Arts (virtual)**
 - Email provider for Pro-rated
 - Fun online musical theatre program! Student's dance, sing, and play games.
 - Budding Blossoms (Ages 4 – 7)
 - Soaring Stars (Ages 8 – 12)
 - Story Dance (Ages 4 – 12)



City of Port Coquitlam

Recreation Online Services
Youth Services
Parks and Recreation

City of Port Moody

Parks and Recreation

City of Coquitlam

Recreation Programs

Place Maillardville Community Centre

- [Community Programs](#)

Place des Arts

- [Community Arts Programs](#)

Resources for Ages 0-6:

- [Tri-City Family Place - Community Calendar](#)

Westcoast Family Centres

- [Parenting and Outdoor](#)
- [Virtual Family Resources Programs](#)

Resources for Ages 0-12:

- [Tri Cities Kids Matter](#)



Resources are provided with the help of Tri-Cities Kids Matter, Moresports Coquitlam, the City of Coquitlam, City of Port Moody, and City of Port Coquitlam. Contact them directly.