



Dear Counselling Corner

We are fairly new to the Tri-Cities and now that the weather is warmer and spring is here (*finally!*), I am just wondering if you can give us some suggestions about interesting, educational and fun things to do outside. Thanks!

Active parents

Dear parents:

Being active is a great way to stay well and spend quality time with your family. Tri-city news ran a great article last year, by Janis Cleugh on April 1, 2021, and I will share some of her ideas. Here you go!

1. Queenston Park: A great park on Burke Mountain which was built in 2015. Address: 3415 Queenston Ave., Coquitlam.
2. Mackin Park: One of the oldest recreation spaces in Coquitlam! A great playground and more. Address: 1046 Brunette Ave., Coquitlam.
3. Belcarra Regional Park. Parking is \$2.00 per hour from April 1 to September 30 and the trip is very well worth it! There are great trails throughout the park with views and beaches. Address: 2375 Bedwell Bay Rd., Belcarra.
4. Evergreen Extension: Take the SkyTrain from the Lafarge-Douglas station in Coquitlam for a public at tour and check out the art at each of the four stations! See if you can find all 11 pieces!
5. Mundy Park: Did you know that Mundy Park is 435 acres? The playground is incredible and you can ride your bike, walk, run, and play frisbee golf! Address: 655 Hillcrest St., Coquitlam
6. Port Moody Station Museum: See and feel what it was like to be a soldier during the First World War and learn about the CP Rail history. The museum is open 10am-5pm on weekdays and 12 to 4pm on the weekends. Address: 2734 Murray St., Port Moody
7. Ioco Townsite: Last year marked the 100th anniversary of Ioco, a townsite north of Port Moody that was created by the refinery in 1915 to house its workers. Check out the abandoned grounds that used to hold nearly 100 homes in the 1920s! There also used to be a grocery store (which closed in 1995), a tennis court, a school, lawn bowling, and two churches. Do some detective work and see if you can figure out what the town used to look like and where these buildings were! Address: end of Ioco Road

Enjoy!

The Counselling Corner is intended to offer some helpful ideas, encouragement, and insight on a variety of topics to support your child's social and emotional learning. Please contact me if you have any questions or concerns at hchang@sd43.bc.ca.

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