

## Contact Information

If you're interested in learning more about Building Blocks Vancouver, please phone MOSAIC at **604.254.9626** and ask to speak to the coordinator. You can also phone to self-refer to the program, or make a referral on behalf of someone else.

Visit this link for referral forms:  
<https://www.mosaicbc.org/services/family-children-youth/building-blocks-vancouver/>

If this program is not suitable, we can assist by offering other supports or referrals.

## Testimonial

*"This program changed my life because I became confident in myself and I knew how to deal with situations and problems. Even though my family is far away, they helped me a lot. I want to thank you for everything ... for the services they offered because it's free – you don't need to pay. I'm really grateful for the program. Thank you so much – bless you all."*

**- Christine – client in MOSAIC's Building Blocks Vancouver and mother of a 4-year old pre-schooler and 8-month old baby**

## About MOSAIC

MOSAIC is a non-profit organization and registered charity serving immigrants and newcomers since 1976. Today, we offer comprehensive services for Canadian citizens, newcomers, refugees, immigrants, and temporary foreign workers at multiple locations throughout Metro Vancouver.

**In addition to this program, MOSAIC also offers the following:**

Children and Family Programs  
Employment Programs | English Language Centres  
Interpretation Services | Settlement Programs  
Specialized Services | Translation Services

**For contact information, or to find out more about these services, please visit us at: [www.mosaicbc.org](http://www.mosaicbc.org) or call 604.254.9626**



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# MOSAIC

## Building Blocks Vancouver



**Empowering newcomers to fully participate in Canadian society for over 40 years**

## What is Building Blocks?

MOSAIC's Building Blocks Vancouver is an early intervention home-based parenting support program for vulnerable first-time parents, promoting healthy childhood development and enhanced family functioning.

Parents in this program are assigned a MOSAIC "home visitor" who will visit your home approximately once per week to answer questions and concerns, and provide parenting advice.



## About the program

If you are feeling anxious or alone, as a first-time parent often isolated from your support structure, we are here to help. MOSAIC's team of nurses, social workers and program staff will come to you in your own home to:

- Monitor your baby's health and development
- Answer questions about feeding (breastfeeding / bottle feeding / solid food)
- Provide information on potty training
- Provide information on child developmental stages
- Talk about healthy meals
- Offer ideas on how to play and interact with your child
- Talk about appropriate child discipline
- Share information on how to prepare your child for preschool / kindergarten
- Frequency of visits is determined by each family's needs and circumstances



## Who qualifies?

Building Blocks works with first-time parents only. We offer services to Vancouver-based parents who are expecting their first child or who have a baby under 6 months old.

Program services can begin as early as the third trimester of pregnancy, or anytime before the baby turns 6 months old. Services may continue up until the child attends kindergarten if required.

Building Blocks Vancouver actively serves an average of 120 Vancouver families every month and offers a unique long-term support service.

Our team consists of:

- Family support home visitors
- Public health nurses
- Social work consultants
- Program coordinator

Available Languages

We offer Building Blocks support in Cantonese, English, Hindi, Tagalog, Vietnamese, Urdu, Korean, Spanish, Punjabi, Tamil and Mandarin.

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