

# STAY 'N' PLAY Summer

HELLO SUMMER



## LEARNING

Dedicating learning time every day will help your child's brain development and ensure that learning momentum is maintained.



## CREATIVITY

Creative activities challenge your child's mind and heart and help them express their emotions creatively.



## PLAY TIME

Play supports your child's brain development. It is through play that children engage and interact with the world around them.



## FAMILY TIME

Talking about the day's activities and playing a family game help your child's mental and emotional wellness.

DAY

1

# DAY 1: LEARNING

## OIL AND WATER SCIENCE EXPERIMENT

Let's explore the concept of density with a classic oil-and-water experiment.

### MATERIALS

- Bottles or jars with tight fitting lids
- Water
- Food coloring
- Oil
- Candy Coloring (optional, for coloring oil)
- Super glue or hot glue gun for sealing lids (optional, but recommended)

### INSTRUCTIONS

1. Start by pouring a small amount of oil into your bottles and adding the candy coloring to tint the oil if desired. Note that the candy coloring will make the oil appear more opaque.
2. Mix up some colored water and pour it slowly into your bottle.
3. Watch in amazement as the oil floats to the top of the colored water! The most basic scientific explanation is that oil and water are made up of different kinds of particles; therefore, the water is heavier than the oil. The result is that the oil floats to the top and the water will sink to the bottom.
4. Have fun shaking up your jars and watching the layers separate over and over again!

<https://www.happinesishomemade.net/camp-mom-oil-water-science-for-kids/>



# DAY 1: CREATIVITY

## HOMEMADE MICROWAVE PUFFY PAINT

DIY paint that puffs up in the microwave? Sounds like a surefire hit! Quick, easy, and SUPER fun!

### MATERIALS

- 1 cup of flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- Enough water to make it the consistency of pancake batter
- Snack size Ziploc baggies
- Food coloring

### INSTRUCTIONS

1. Start by mixing one cup of flour with 3 teaspoons of baking powder, 1 teaspoon of salt and enough water to make it the consistency of pancake batter. Divide the mix into four parts and put them into snack size Ziploc baggies along with some food coloring. Part of the fun is squishing it all around to mix up the colors!
2. Rubber band the baggies like you would if you were icing a cake and snip off the teeniest little bit of the tip.
3. Paint away! When you're finished, pop the painting into the microwave for 30-45 seconds and watch the paint puff up and grow - such fun! It will be completely dry out of the microwave so you don't have to worry about any extra messes or accidents.

<https://www.happinessishomemade.net/homemade-microwave-puffy-paint/>



# DAY 1: PLAY TIME

## SIDEWALK CHALK PAINT

Learn how to make sidewalk chalk paint and keep your children entertained all day long with this quick and easy kids art and craft activity! A great outdoor summer craft for kids!

### MATERIALS

- 1/2 cup Cornstarch
- 2/3 cup Water
- Food Coloring
- Large kids paintbrushes

### INSTRUCTIONS

1. Mix together the water and cornstarch, and stir until the cornstarch dissolves.
2. Divide the paint mixture into the wells of a muffin tin or similar painting tray, and add food coloring to achieve the desired colors - note that the colors will dry much lighter on the sidewalk than they appear in the tin!
3. The paint washes off the skin easily with soap and water, and you don't run into any problems with the food coloring staining the skin or the concrete.
4. Kids can free their imagination by painting on the sidewalk, paint their hands and feet and make hand/footprints on the sidewalk, make hopscotch, etc.
5. NOTE: The food coloring might stain, especially if you have light or very porous concrete. Please use at your own discretion...it also works great on dark colored construction paper, so if you're worried about clean up, that's another fun way to try it out!?



<https://www.happinessishomemade.net/sidewalk-chalk-paint/>

# DAY 1: FAMILY TIME

## SPONGE BULLSEYE

This activity is a great way to beat the heat of Summer. With just a few cheap materials, the kids can be entertained all day long. Best of all, they got to practice some math skills while having fun in the sun!

### MATERIALS

- Sidewalk chalk
- Sponges
- Bucket filled with water

### INSTRUCTIONS

1. Draw concentric circles with the chalk to create a bullseye shape. You can use different colors to make it more fun for the kids and to practice with colors.
2. With your kid work on counting by 10s to fill in the circles.
3. The kids can have a great time throwing their sponges at the bullseye. You can also play a few different games with this. You can throw the sponges to see who could get the highest number or work together as a team and try to see how many points you could get together. These activities introduce math concepts in a fun way that is easy for the kids to understand.
4. You can also draw a line of different shapes to learn about shapes, then count the shapes and number them.



<https://www.kiwico.com/diy/Arts-and-Crafts-Ideas/1/project/Sponge-Bullseye/2367>

DAY

2

# DAY 2: LEARNING

## BALLOON ROCKETS

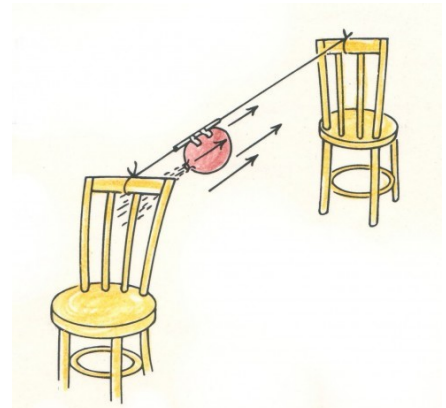
Balloons are a childhood staple, providing endless hours of entertainment for children of all ages. They are also a great catalyst for science exploration. Rockets are fascinating, and offer a wonderful hands-on opportunity to learn about important science concepts, such as velocity, force, gravity, and more.

### MATERIALS

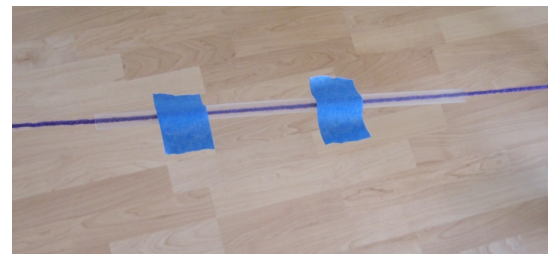
- Balloons
- Yarn (cut to about 6 feet)
- Straw
- Tape
- Scissors
- 2 chairs

### INSTRUCTIONS

1. Begin by tying one end of the yarn to the back of a chair.
2. Next, thread a drinking straw onto the other end of the yarn, and then tie it to the second chair.
3. After attaching two pieces of tape (about 2 inches in length each) to the center of the straw, it's time for the real fun to begin.
4. Inflate the balloon (leaving the end untied), hold onto the opening so the air can't escape, and carefully attach it to the straw using the tape.
5. Finally, pull the balloon to one end of the yarn (touching a chair), and let go of it. The balloon shoots across the yarn, delighting all!
6. These Balloon Rockets provide a meaningful example of action and reaction. It's a fairly simple concept - to make an object move one way, a force has to work in the opposite direction. In this case, the balloon is full of air. When you let go of the balloon, causing the air to rush out of the opening, it creates a pushing force in the opposite direction. This results in the balloon moving rapidly across the yarn.



<https://scienceprojectideasforkids.com/2010/05/18/balloon-rocket-projects/>



<https://discoverexplorelern.com/balloon-rockets/>



# DAY 2: CREATIVITY

## RECYCLED TIN CAN WINDSOCKS

Make this colorful Recycled Tin Can Windssock kids craft to hang up outdoors with supplies you have at home! Quick, easy, and SUPER fun for all ages!

### MATERIALS

- Clean Recycled Can (any size will work!)
- Acrylic Paint & Paintbrushes
- Glue (we prefer Elmer's Craft Bond Glue, Tacky Glue, or a Low-Temp Glue Gun)
- Assorted Ribbons (you could also use Yarn, Colored Paper, etc.)
- Optional embellishments like Glitter, Stickers, Gemstones, Sequins, etc. as desired
- Masking Tape or Duck Tape



### INSTRUCTIONS

1. Start by painting the can in colors of your choice.
2. After the paint is dry, use glue to attach colorful ribbons to the bottom rim of the can. You can also add a ribbon to the top of the can for hanging.
3. These recycled can windsocks would make a great addition to your yard or garden!

<https://www.happinessishomemade.net/kids-craft-recycled-tin-can-windsocks/>



MomsCraftySpace.com



# DAY 2: PLAY TIME

## SPONGE WATER BOMBS

Sponge Bombs are a great alternative to water balloons. There are no messy balloon bits to clean up, and the sponge bombs can be used again and again. These sponge bombs are great for active playtime fun all Summer long!

### MATERIALS

- Scissors
- Ordinary household sponges
- Hair elastic
- Buckets filled with water

### INSTRUCTIONS

1. To begin, use scissors to cut up ordinary household sponges into thirds.
2. Next, use an ouchless hair elastic to group together nine sponge strips.
3. Lastly, poof up the sponge bomb, and you are ready to dunk them into water for some active outdoor FUN!
4. You WILL get wet!!!
5. This is a great way to beat the heat without using up a lot of water, and sponge bombs can be used and re-used all Summer long.

<https://innerchildfun.com/2011/07/sponge-bomb-bucket-toss.html>



# DAY 2: FAMILY TIME

## NATURE SCAVENGER HUNT

Are you looking for a simple scavenger hunt for your kids while they play outdoors? This type of activity gets kids outside having fun instead of sitting in front of the tv. It's a challenge for them and they compete to see who can find everything first.

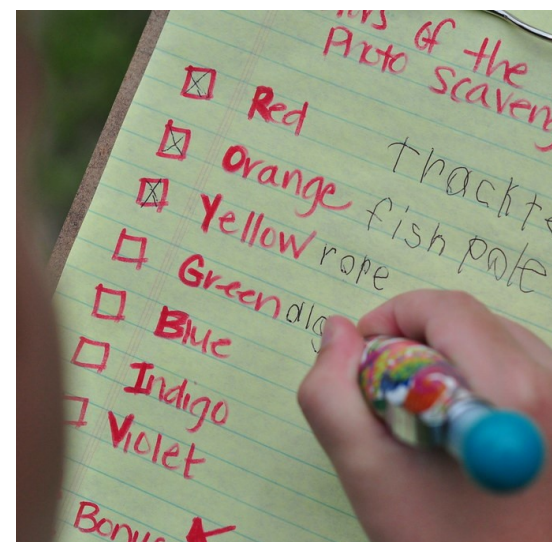
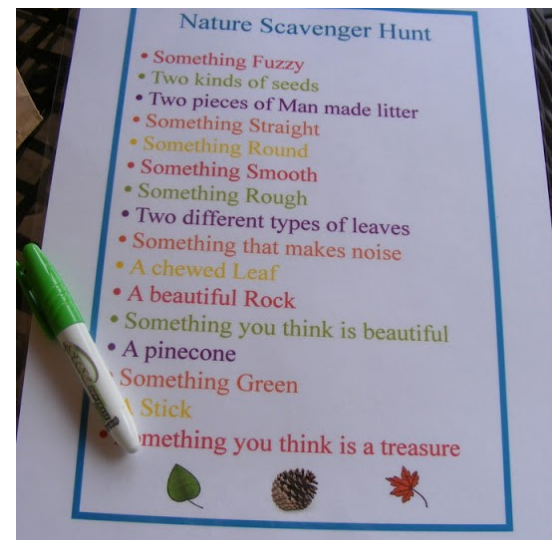
### MATERIALS

- A list of items to find
- A marker
- A bag to collect everything in

### INSTRUCTIONS

1. Create a list of items for the kids to find or you can write one together.
2. Here is a list of items you can look for:
  - Rocks
  - Seeds
  - leaves
  - Noisy things
  - fuzzy things
  - Etc.
3. Let's go out and search!

<https://www.thetaylor-house.com/nature-savenger-hunt-for-kids/>



DAY

3

# DAY 3: LEARNING

## DESIGN A PENNY BOAT

With simple aluminum foil pieces, design a boat with your child and see how many pennies it can hold before it sinks!

### MATERIALS

- Roll of aluminum foil
- Pennies
- Bucket or tub of water
- Paper
- Pencil

### INSTRUCTIONS

1. Plan: Draw a picture of how you'd like your boat to look.
2. Design: Use a length of aluminum foil to create the boat. Don't forget to name it!
3. Test: Does the boat float? Place a penny in it. Still afloat? Add another, and keep adding. Keep count of how much it can hold before it sinks!
4. After the boat sinks, go back to the drawing board. See if you can design a boat that holds even more pennies!

<https://www.pbs.org/parents/crafts-and-experiments/design-a-penny-boat>



# DAY 3: CREATIVITY

## BOW-TIE NOODLE BUTTERFLY CRAFT

Use some old bow-tie noodles and turn them into pretty little butterflies!

### MATERIALS

- Fun chalk markers or paint
- Black sharpie
- White paper
- Small bow-tie noodles
- Glue

### INSTRUCTIONS

1. Start by painting your little noodles with bright fun colors and let dry. These chalk markers dry pretty fast so it's perfect for this craft!
2. For the grass, carefully cut the noodles in half and paint them green. Glue them all to a piece of white card stock paper.
3. Add sharpie antennas and dots behind them so it looks like they're flying!



<https://www.craftymorning.com/bow-tie-noodle-butterfly-craft-for-kids/>

# DAY 3: PLAY TIME

## ICE BLOCK TREASURE HUNT

There is no better way to beat the summer heat than by playing with ice. And when it incorporates your kids' favorite little toys, it's even more fun!

### MATERIALS

- Sizeable Tupperware container
- A collection of small toys
- A collection of tools to break into the ice block
- Water
- Cookie sheet
- Large bowl or bucket

### INSTRUCTIONS

1. Put a layer of cold water in your container and stick in some toys. Freeze for a few hours and repeat. Be sure to use cold water so it doesn't melt the bottom layer and shift your toys around. Continue making layers until your container is full.
2. Now it's time to let the kids have some fun! Put the ice block onto a cookie sheet and give them a big bucket of warm water. They will also need a variety of items to get into that block. Here's a few ideas to get you started:
  - squeeze bottles
  - spray bottles
  - drinking cups and/or measuring cups
  - meat tenderizer
  - turkey baster
  - utensils such as fork & spoon
  - tools such as a hammer, screwdriver, etc.
  - for the little ones, plastic tools are fun
  - syringe
  - salt (this is a fun way to include a bit of science)



<https://theinspiredhome.org/summer-fun-ice-block-treasure-hunting/>

# DAY 3: FAMILY TIME

## HOT FUDGE CHOCOLATE CHIP COOKIE DOUGH ICE CREAM SANDWICH

### INGREDIENTS

#### CHOCOLATE CHIP COOKIES

- 2 1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 teaspoons water
- 1 cup butter softened, 2 sticks
- 1/4 cup granulated sugar
- 3/4 cup packed brown sugar
- 3 teaspoon vanilla extract
- 1 large egg + 1 egg yolk
- 2 cups semi-sweet chocolate chips

#### ICE CREAM

- 1 quart homemade or store bought chocolate chip cookie dough ice cream softened

#### HOT FUDGE SAUCE

- 1/4 cup unsweetened cocoa powder
- 1/3 cup packed brown sugar
- 2 tablespoons light corn syrup
- 2/3 cup heavy cream
- 1/4 teaspoon salt
- 3 ounces milk chocolate chopped
- 3 ounces good bittersweet or dark chocolate chopped
- 2 tablespoon unsalted butter cup into small cubes
- 2 teaspoon vanilla extract



**You can also buy all the ingredients ready made and have your family put them together.**

### INSTRUCTIONS

Combine the flour, baking soda and salt in small bowl. Beat the butter, granulated sugar, brown sugar and vanilla extract in large mixer bowl until creamy, about 3 to five minutes. Add the egg and egg yoke, beating well. Gradually beat in the flour mixture and the 2 teaspoons of water. Stir in the chocolate chips. Cover and place the dough in the fridge for 15 minutes. Preheat the oven to 350 degrees F. Line two baking sheets with parchment paper or silpats.

When the oven is preheated drop rounded tablespoon of dough onto the prepared baking sheets. Bake for 9 to 11 minutes and DO NOT over cook. If anything undercook. Cool completely before stuffing with ice cream.

While the cookies cool let the ice cream sit out on the counter to soften and then when the cookies are cool enough turn one cookie over and place one (for a thin ice cream layer) or two (for a thicker ice cream layer) scoops of the ice cream onto the bottom of the cookie. Place the cookies on a baking sheet and place in the freezer while you make the hot fudge sauce. I think these are best eaten the day you assemble them, but they can be kept in the freezer until you are ready to eat them.

To make the hot fudge sauce stir together cocoa powder, brown sugar, corn syrup, cream, salt and half of the chopped milk chocolate. Place in a small sauce pan and cook over medium heat, stirring, until chocolate is melted. Cook mixture at a low boil, stirring occasionally for 5 minutes. Remove pan from heat, add remaining chocolate, butter and vanilla and stir until smooth. Any leftover sauce can be refrigerated in an airtight container. Reheat over low heat, stirring or in the microwave.

Remove the cookies from the freezer and top with the warm hot fudge sauce. Place another cookie on top and press down a little to push everything out a little. Eat immediately.

<https://www.halfbakedharvest.com/hot-fudge-chocolate-chip-cookie-cookie-dough-ice-cream-sandwich/>



DAY

4

# DAY 4: LEARNING

## LEAK-PROOF BAG

Who would have ever thought that a plastic bag, some water, and a few pencils would have adults screaming with fear? learn how to poke holes in a plastic bag filled with water without spilling a drop. Well, that's the theory you're going to test . . . and it's wise to practice your liquid trick over the sink. It's a cool way to learn about the chemistry of polymers.

### MATERIALS

- Plastic Zip Lock Bags
- Sharp Pencils
- Water

### INSTRUCTIONS

1. Start by sharpening the pencils. Make sure the tips are sharpened to a point.
2. Fill the bag one-half full with water and then seal the bag closed. Pose this question to your kids: "What would happen if I tried to push one of these pencils through the bag of water? Would the water leak out and make a giant mess?"

3. They'll answer "yes," unless they know the scientific secret, but you're not telling . . . yet!  
HELPFUL HINTS:

Make sure the tips of the pencils are sharpened to a point. Be careful not to push the pencils all the way through the holes or your "spear-it" experiment will turn into a big "clean-it-up" activity.

4. Here comes the scary part. Hold the pencil in one hand and the top of the bag in the other hand. Believe it or not, you can push the pencil right through one side of the bag and halfway out the other side without spilling a drop. The long chains of molecules that make up the bag magically seal back around the pencil and prevent water from leaking out. Now, that's the "Spear-It" of science! Sound impossible? Try it—over the sink the first time and then over your kids head . . . just for fun.

<https://www.stevespanglerscience.com/lab/experiments/leak-proof-bag/>



# DAY 4: CREATIVITY

## KITCHEN WATER XYLOPHONE SCIENCE EXPERIMENT

Music education and science experimentation in a fun and colorful way! This simple activity combines science, math, art and music! You can make it with materials you already have in the house. It's very easy to do.

### MATERIALS

- 6 repurposed baby food jars or mason jars
- Blue, red, and yellow food coloring
- Water, as needed
- Measuring cup
- Xylophone striker

### INSTRUCTIONS

1. Use a measuring cup to portion out varying amounts of water into each jar. Try your best to ensure that each jar has slightly less water than the jar previous to it. This takes a lot of evaluating and adjusting to get things exactly right.
2. Next, add drops of dye to the water to create a rainbow set of jars.
3. You can stir the dye to help it set faster, or watch the dye slowly spread throughout each jar and change the entire water contents of each. This is a great opportunity to talk about pollution or how contamination occurs.
4. Use your striker to play your "water xylophone" and hypothesize about why each jar is making a different sound.

<https://sugarspiceandglitter.com/kids-kitchen-water-xylophone-science-experiment/>



# DAY 4: PLAY TIME

## COLORED WATER TRANSFER

This water activity is a no-brainer, no fail, and lots of fun!

You can take the water outside or you can set this up inside, in the sink or bathtub, or on the floor with a shower curtain or towels laid out.

### MATERIALS

- Buckets/tubs
- Food coloring
- Scoops (ice cream scoops too)
- Measuring spoons
- Can strainer
- Large mug

### INSTRUCTIONS

1. Fill two tubs with water and add food coloring to each. One with blue and one with yellow, or any color you like.
2. Make sure to set out a third and/or fourth, empty tub to scoop and pour the colored water into.
3. Now it's time to scoop and pour water from one tub to another and see how the water changes color.
4. Ask your child if he sees the color change and if let him name the new color the water turned on.

<https://handsonaswegrow.com/colored-water-transfer/>



# DAY 4: FAMILY TIME

## HOMEMADE GARDEN STONES

The great thing about this recipe is that it uses only what you probably already have in your pantry. How convenient is that?! It is also so simple, that your little helpers can almost make it themselves.

### MATERIALS

- Table Salt
- White Flour
- Water
- Paint in your choice of colors

### INSTRUCTIONS

1. Preheat oven to 200 F.  
Gather your little helper(s) and your 3 ingredients and add them together, starting with your flour. And then your salt. And lastly your water.
2. Stir your ingredients with a wooden spoon until they start to stiffen.
3. Take your stiffened mixture and knead it into a dough.
4. Take your dough and shape it into a flattened circle. The size of your child's foot will determine the size of your circle.
5. Get your kiddos together and have them step those sweet little feet into the circles you've made. Make sure to help them put some good pressure down to get a good impression.
6. Use a toothpick or some other small pointed item and carve what you want written into the dough.
7. Carefully place your formed, footprinted and carved circles onto a non-stick or greased cookie sheet.
8. Place in the oven and let bake for 3 hours.
9. Remove baked stones from the oven and let cool.
10. Have your little helpers choose their favourite colours and get painting!
11. Display your beautiful, personalized stones in your garden.



DAY

5

# DAY 5: LEARNING

## SIDEWALK CHALK JUMPING MAZE MATH CHALLENGE

Get your kids moving while increasing their math skills!

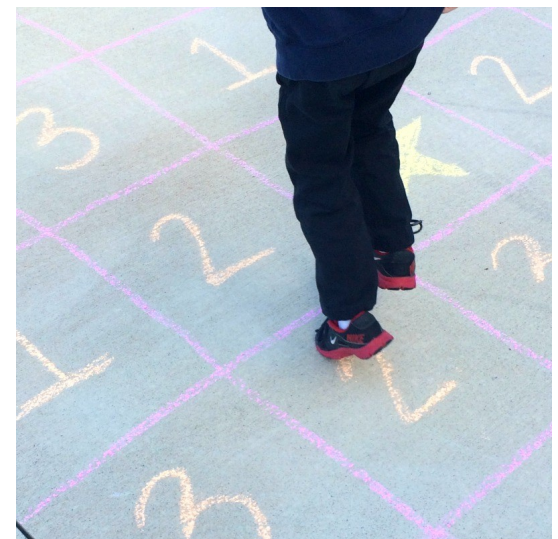
### MATERIALS

- Sidewalk Chalk

### INSTRUCTIONS

1. The goal of this maze is to make it to the center square (in a 5×5 grid). Mark the centre with a star to make sure the kids know where they need to try to get to.
2. First, draw a large 5×5 grid with your sidewalk chalk. Then mark a 1 in the bottom center square as the starting square. Use a unique color to show that this is the starting spot. Then draw a large star in the center to mark the final destination.
3. Fill in the other squares with numbers from 1-4.
4. Once the entire grid is complete, it's time to find your way through the maze!
5. Every player must start on the 1 in the bottom center square.
6. Then, jump 1 space in any direction (up, down, left or right), but not diagonal.
7. To continue through the maze, you can jump in any direction the number of squares indicated by the square you're standing on.
8. So if after your first jump you are on a square that says, "2," you can then jump 2 squares in any direction. If the next square you land on says, "3," you jump 3 squares in any direction, and so on.
9. Again, the goal is to make your way to the center square, by landing exactly on it.

<https://mathgeekmama.com/sidewalk-chalk-jumping-maze-math-challenge/>



# DAY 5: CREATIVITY

## FLOATING CHALK PRINTS

You have to try these easy, yet magical, floating chalk prints! The technique for this printing activity couldn't be more simple, yet the results are totally amazing!

### MATERIALS

- Chalk pastels or regular chalk (very pigmented ones)
- Paper
- A shallow tub that the paper can fit in
- Something to scrap the chalk - i.e. plastic knives
- Somewhere flat you can lay your prints to dry



### INSTRUCTIONS

1. Begin by filling your tub with water, it doesn't need to be very full, just enough to cover the bottom of the tub.
2. Now choose a chalk and carefully but firmly scrape chalk onto the the top of the water. The coloured chalk dust will float on the top of the water. Add more and more colours - a little of the chalk dust might sink, that's ok, there will still be lots floating on the top.
3. You can use a skewer to swirl and mix the colours if you like, but be quick and gentle, you want most of the chalk to stay floating on the surface of the water, if it gets too water logged it will sink.
4. Now take your piece of paper and gently place it onto the surface of the water. Use your finger tips to press the paper gently onto the top of the water. After a minute or so gently lift the paper off the top of the water to reveal your floating chalk print!



<https://picklebums.com/floating-chalk-prints/>



# DAY 5: PLAY TIME

## STRAWBERRY SHORTCAKE KABOBS

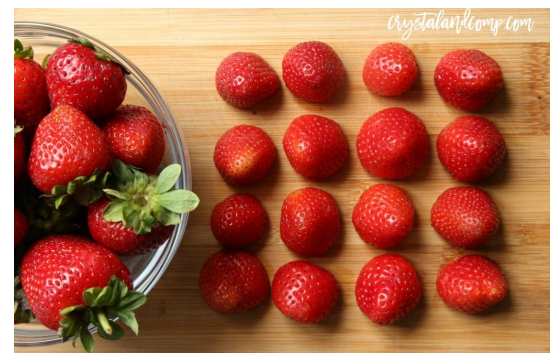
You will adore how easy these are to make, but also perfect for a camping trip, baby shower, birthday party, or just because. No forks? No problem. Eat these right off the stick!

### INGREDIENTS

- 1-2 pints of washed strawberries
- angel food cake
- whipped cream (you can even make homemade strawberry whipped cream)
- your favorite sprinkles
- kabob skewers

### INSTRUCTIONS

1. Cube your angel food cake.
2. Slice your strawberries.
3. Grab your skewer and alternate with angel food cake and strawberries until the skewer is as full as you want it.
4. This is a fun step the kids can help with. You can have them build their own kabob if you like.
5. Make a nice heaping of your favorite whipped topping on the individual plates you will serve the kabobs on.
6. Or, you can make your own homemade whipped cream using the strawberries.
7. And what makes whipped cream more fun than your favorite sprinkles?
8. If you're letting kids make their own kabobs, this is an super fun step!



<https://crystalandcomp.com/strawberry-shortcake-kabobs/>

# DAY 5: FAMILY TIME

## SUMMER BUCKET LIST

With the summer holidays only weeks away you might start thinking of the things you and the kids can do. One of the things you could do is make a summer bucket list, but a fun one!

### MATERIALS

- Clothes pegs
- Bucket
- Plastic cup
- Paint
- Markers

### INSTRUCTIONS

1. Paint some clothes pegs in lovely summery colours.
2. In order to avoid getting paint everywhere, use a plastic cup. Stick a few pegs one at a time to even out the weight so it doesn't tip up. Paint the pegs, then leave them to dry on the cup.
3. Write all the things on the list that you want to do in the summer holidays on the pegs then clip them round the edge of the bucket.
4. When you have done something on your list, simply place the peg in the bucket.

<https://www.thetaylor-house.com/summer-bucket-list-from-serenity-you/>



**We equip mothers facing multiple barriers to become engaged citizens confident parents, and prepare their children for success in school.**

**The Mothers Matter Centre**, home of the Home Instruction for Parents of Preschool Youngsters (HIPPY) Program in Canada – is a not-for-profit, registered charity incorporated in October 2001. We are a virtual, national consortium of organizations dedicated to serving socially isolated and low economic status mothers and their families.

Our foundational program, Home Instruction for Parents of Preschool Youngsters (HIPPY), was piloted in 2000 at the Britannia Community Service Centre in Vancouver, BC, HIPPY. Since then, it has grown to 25 sites across Canada each of which helps 35 - 100 families each year.

In addition to HIPPY, Mothers Matter Centre delivers a suite of programs that serve isolated, vulnerable families including: Bond to Literacy, the Adopt-a-Reader campaign, and Newcomer Innovations.

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**Home Instruction for Parents of Preschool Youngsters (HIPPY)** is an evidence-based program that works with families in the home to support parents, primarily mothers, in their critical role as their child's first and most important teacher.

HIPPY strengthens families and communities by empowering mothers to actively participate in Canadian society and prepare their children for success in school and life. As the foundational program of the Mothers Matter Centre, HIPPY Canada has transformed more than 40,000 lives.



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