

Recreation and Self-Care:

- Taking some time for yourself can help you relax, feel grounded, and make new connections.

Resource	Services	Good to Know
City of Port Coquitlam portcoquitlam.ca	Online events calendar. Includes festivals and special events, as well as community programs such as dance classes. Park and recreation centre locations.	
City of Coquitlam coquitlam.ca	Online festivals and special events calendar. Park and recreation centre locations.	
City of Port Moody portmoody.ca	Online festivals and special events calendar. Park and recreation centre locations.	
Tri-City News tricitynews.com	Community news and things to do in the Tri-City area.	
Coquitlam Libraries library.coquitlam.bc.ca	Resources, reading clubs, and family activities in Coquitlam.	
Terry Fox Library (Port Coquitlam) fvrl.bc.ca	Resources, reading clubs, and family activities in Port Coquitlam.	
Port Moody Library Library.portmoody.ca	Resources, reading clubs, and family activities in Port Moody.	
Evergreen Cultural Centre evergreenculturalcentre.ca	Films, performances, workshops, and dance lessons at moderate to low prices.	