



**FAMILY CENTRE ARGYLE**  
 1990 Royal Crescent, London, Ontario N5Y 1N8  
 PHONE: 519-455-2791 FAX: 519-455-0185



## February 2019

Monday	Tuesday	Wednesday	Thursday	Friday										
				<b>1</b> <b>ABC en Français- La Ribambelle</b> 9:30-11:30										
<b>4</b> <b>Toddler Music</b> 10:00– 10:45am <b>Little Chefs</b> 6:00-7:00pm <b>Chefs in Training</b> 7:00-8:00pm	<b>5</b> <b>M.A.P.P.</b> 9:30-11:30am <b>Circle of Security</b> 1:30-3:00pm <b>Smart Start</b> 6:00 to 7:30pm	<b>6</b> <b>Cruisers</b> 9:30-10:15 am <b>Cruisers</b> 10:30-11:15 am <b>TALK-IN Clinic</b> 2:00-6:00pm <b>Shake &amp; Bake</b> 3:30-5:00pm	<b>7</b> <b>Breastfeeding Drop-in</b> 9:30—11:30am <b>French Baby Fun- La Ribambelle</b> 1:30-2:30 <b>Food Families</b> 5:30-8:00pm	<b>8</b> <b>Just Beginning: The First Six Months</b> 1:30-3:00pm										
<b>11</b> <b>Toddler Music</b> 10:00– 10:45am <b>Little Chefs</b> 6:00-7:00pm <b>Chefs in Training</b> 7:00-8:00pm	<b>12</b> <b>M.A.P.P.</b> 9:30–11:30am <b>Singing Through the Years</b> 10:00-11:00 Dearness Home -710 Southdale Road East <b>Circle of Security</b> 1:30-3:00pm <b>Smart Start</b> 6:00 to 7:30pm	<b>13</b> <b>Cruisers</b> 9:30-10:15 am <b>Cruisers</b> 10:30-11:15 am <b>TALK-IN Clinic</b> 2:00-6:00pm <b>Shake &amp; Bake</b> 3:30-5:00pm <b>Family Games Night</b> 5:30-7:00pm	<b>14</b> <b>Breastfeeding Drop-in</b> 9:30—11:30am <b>P.A.I.R. Clinic</b> 11:00-3:00pm <b>Baby Fun</b> 1:30-2:30pm <b>Food Families</b> 5:30-8:00pm	<b>15</b> <b>ABC en Français- La Ribambelle</b> 9:30-11:30 <b>Just Beginning: The First Six Months</b> 1:30-3:00pm										
<b>18</b> <b>Closed for Family Day</b>	<b>19</b> <b>M.A.P.P.</b> 9:30-11:30am <b>Circle of Security</b> 1:30-3:00pm	<b>20</b> <b>Cruisers</b> 9:30-10:15 am <b>Cruisers</b> 10:30-11:15 am <b>TALK-IN Clinic</b> 2:00-6:00pm <b>Shake &amp; Bake</b> 3:30-5:00pm	<b>21</b> <b>Breastfeeding Drop-in</b> 9:30—11:30am <b>Baby Fun</b> 1:30-2:30pm <b>Food Families</b> 5:30-8:00pm	<b>22</b> <b>Just Beginning: The First Six Months</b> 1:30-3:00pm										
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## EARLY YEARS PROGRAMS

**Drop In Playgroups**– An interactive play based program for children birth to 6 years of age and their parents and caregivers that runs daily.

### OEYC Playroom Hours

Monday	9:30 - 12:00pm
Tuesday	9:30 - 4:30pm
Wednesday	9:30 - 4:30pm
Thursday	9:30 - 4:30pm
Friday	9:30 -12:00pm



**Circle Time** 11:15am Monday to Friday.

**Baby Fun**- Learn simple songs, rhymes and finger-plays, while your baby enjoys a variety of age appropriate activities. Informal discussions on child development and parenting strategies discussed each week.

**ABC en Français with La Ribambelle** A French play based program for all. French families: come discover how to integrate literacy in your everyday life! All other families: learn new French words and enjoy a French circle.

**Community Drop-in Playgroups 9:30-11:30**– Interactive play based programs for children, their parents and caregivers that are offered throughout the community.

<b>Monday</b>	Family Centre Fanshawe 1800 Cedarhollow Blvd.
<b>Tuesday</b>	Family Centre Westminster 690 Osgoode Dr.
<b>Wednesday</b>	Summerside Community Church 1447 Commissioners Rd. E
<b>Thursday</b>	Family Centre Westminster 690 Osgoode Dr.

**NEW**

**Monday-Friday- 8:45-12:45pm**  
Ealing Public School- 850 Hamilton Rd, London

**Singing Through the Years- An Intergenerational Music Celebration**– An interactive, intergenerational, drop-in music program. Geared for children 0-6 with their parents/ caregivers. This program offers children a chance to sing and interact with the senior residents of **Dearness Home**. Held at **710 Southdale Road at Dearness Home**.

## SCHOOL AGE PROGRAMS

**Little Chefs**– Register through SPECTRUM, course code **308588**

**Chefs in Training**– Register through SPECTRUM, course code **308583**

### **“TALK-IN” CLINICS- by Craigwood Youth Services**

For youth 12-18 and/or their families concerned about substance abuse, bullying, anxiety, depression and general well-being. Private and confidential. No charge.

**Shake & Bake Girls Group**– Shake off the day and bake your cares away! This group is geared for girls between the ages of 11-14. Come together with other girls and bake, dance and have fun. Facilitated by Meagan, at Youth Outreach Worker from LUSO.

## PARENT PROGRAMS

**M.A.P.P. - Mutual Aid Parenting Program**- A Drop-in program providing support for parents of children of all ages. MAPP is a self help group where people with a shared concern, worry or experience come together. MAPP parents get help, give help and learn to help each other and themselves.

**Circle of Security**- Imagine what it might feel like if you were able to make sense of what your child was really asking from you. This program, helps support and strengthen the parent-child relationship through group discussions and video clips. For parents of children 0-18 months. Call 519-455-2791 to find out if this program is right for you.

**P.A.I.R. (Parent and Infant Relationship Clinic)**- The PAIR Clinic is available to offer support and consultation around your baby’s emotional development, provided by Vanier Children’s Services. Ask us for more details.

## OTHER SERVICES AVAILABLE

**Smart Start for Babies**– For more information and to register, please call **519-646-2961**.

**tykeTALK**- Available by appointment only. For more information call **519-663-0273**.

**Infant Hearing Screening Program**– Available by appointment only. For more information call **519-663-5317 ext. 2703**

## REGISTERED WORKSHOP

Register on line at [www.EarlyONLondon.eventbrite.ca](http://www.EarlyONLondon.eventbrite.ca)

**Toddler Music & Movement**- Have fun and use your imagination as you and your toddler get active together. Move to music and engage in fun activities while practicing basic gross motor skills like skipping, hopping and marching.

**Cruisers**- An interactive program for families with mobile toddlers up to 20 months. **Choose the session that works best for you & register on Eventbrite for the 9:30 session OR the 10:30 session.**

**Food Families**- A 6 week skill building program in which local families come together to shop, cook, learn, grow, save and celebrate food! Increase your family’s buying power, share your knowledge and learn new skills from other participants. Register on line at [www.familycentrereargyle.eventbrite.com](http://www.familycentrereargyle.eventbrite.com)

**Just Beginning: The First Six Months**- A program for first time moms with a baby 0-6 months of age. Bring baby to a relaxed and supportive setting, met other new moms, ask questions and share the ‘ups’ and ‘downs’ of being a new mom. Talk about babies, how they grow, learn and play.

**Family Games Night**- Did you know playing games together can lead to family bonding, improve children’s mental and emotional development and help them perform better in school and social settings. Come for a light supper, then stay to play!

Family Centre Argyle  
your neighbourhood connection



**PLEASE REMEMBER...NO SCENTS MAKES GOOD SENSE!**



For more information on what’s happening at Family Centre Argyle and in the Argyle neighbourhood, check out our **Family Centre Argyle Facebook page**.