



FAMILY CENTRE CARLING—THAMES
 335 Belfield Street, London, Ontario, N5Y 2K3
 • 519-432-0488 ext. 1 • carlingnfc@ymcawo.ca
February 2018



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|-------------------------------|
| Family Centre Hours Monday 9:00 - 6:30pm Tuesday 9:00 - 9:00p m Wednesday 9:00 - 9:00pm Thursday 9:00 - 9:00pm Friday 9:00 - 9:00pm | | | 1 Shared Beginnings 9:30-11:30am Game On 12-12:30pm Heroes Group 12:30-2pm Craigwood Talk-in Clinic 2-6pm JYSEP Homework Help 3:30-5:30pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm Kipps Lane and Community 7-8:30pm | 2 Stir It Up with Literature 9:30-11am (Please arrive before 10am) Crafts & Conversations 3:30-5pm JYSEP Social Action Project 6-8pm Children's gymnastics 6-8:30pm | 3 CLOSED |
| 5 Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10am-12pm Tea & Talk 1-3pm B&G club bus pick up 3:10-3:30pm Yazidi Women of the World 4-6pm | 6 Childreach Playgroup 9-11:30am Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm Family Health & Nutrition with Tutoring for children 5:30-8pm | 7 M.A.P.P. 9:30-11:30am Family Visiting Program 3:15-5:45pm Dance Program 6-7pm | 8 Shared Beginnings 9:30-11:30am Game On 12-12:30pm Heroes Group 12:30-2pm Craigwood Talk-in Clinic 2-6pm JYSEP Homework Help 3:30-5:30pm Children's gymnastics 6-8:30pm M.A.P.P. 6:00-8:00pm | 9 Stir It Up with Literature 9:30-11am (Please arrive before 10am) ABC en francais 2-3pm Crafts & Conversations 3:30-5pm Bhutanese Women of the World 5:30-8:30pm Children's gymnastics 6-8:30pm | 10 CLOSED |
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| 19 CLOSED FAMILY DAY | 20 Childreach Playgroup 9-11:30am Tyke TALK 10:30-12:30pm HYPPE 3:30-5:00pm Family Health & Nutrition with Tutoring for children 5:30-8pm | 21 M.A.P.P. 9:30-11:30am Family Visiting Program 3:15-5:45pm Dance Program 6:00-7:00pm | 22 Shared Beginnings 9:30-11:30am Game On 12-12:30pm Heroes Group 12:30-2pm Craigwood Talk-in Clinic 2-6pm JYSEP Homework Help 3:30-5:30pm M.A.P.P. 6:00-8:00pm | 23 Stir It Up with Literature 9:30-11am (Please arrive before 10am) ABC en francais 2-3pm Crafts & Conversations 3:30-5pm Bhutanese Women of the World 5:30-8:30pm Children's gymnastics 6-8:30pm | 24 ERYM 9:30-2:30pm |
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PROGRAM'S DESCRIPTION

EARLY YEARS PROGRAMS

Infant Growth/Development & Breastfeeding Clinic

(MLHU)Baby 0-6 months. Public Health Nurse provides support & answers questions about breastfeeding, nutrition, safety, development, parenting, & more.

Drop-in. No cost.

Beginning with Baby (Childreach)

Playgroup for infants 0-12 months old and their parents/caregivers. Toys & activities designed for infants.

Drop-in. No cost.

Childreach Playgroup

Playgroup for children 0-6 years old and their parents/caregivers. Early year's staff will provide a variety of activities for families to use to play, learn & grow together.

Drop-in. No cost.

Shared Beginnings (LUSO)

A literacy based playgroup for children 0-6 years old and their parents/caregivers. Free play, crafts, sensory play and circle time.

Drop-in. No cost.

Stir It up with Literature (Merrymount)

For children 3-6 years old & their parents/caregivers. The program combines cooking & storybooks. Introducing new recipes to children & parents, with education about healthy nutrition. Each week activities and recipes will be related to a book that will be read.

Drop-in. No cost.

ABC en francais (La Ribambelle) **NEW!**

Playgroup in French for children 0-6 years old and their parents/ caregivers. Songs, stories, games, circle time. Start learning French or practice the language. Drop-in. No cost.

Tyke TALK (Thames Valley Children's Centre)

Speech & language program for children from birth to school age with speech and/or language difficulties.

Register at 519-663-0273 or 1-877-818-TALK or at www.tyketalk.com. Appointments available at this location. No cost.

SCHOOL AGE PROGRAMS

Science Club!

Target age group 6-13. Dates to be determined. Length of program varies according to science experiments. Drop-in. No cost.

Dance Program (City of London)

(January 17— March 28) Boys and girls in grades 3-8. Registration required, registration forms are available at the Family Centre. No cost

Children's Gymnastics (YMCA)

Basic gymnastics for children 4-10 years old. To be eligible must meet the low income cut-off criteria. Ask Community Connector how to register. No cost.

TEENS/ YOUTH PROGRAMS

"TALK-IN" CLINICS (Craigwood Youth Services)

For youth (12-18yrs) and/or their families concerned about substance abuse, bullying, anxiety, depression & general well-being. Private and confidential.

By appointment only. No drop-in. No cost.

H.Y.P.P.E. Harnessing Young People Positive Energy (LUSO Community Services)-

Ages 10+. Performing arts, games, cooking, various activities. It is a drop in program, where a registration form will be provided upon arriving. No cost.

Crafts & Conversation (LUSO Community Services)

Ages 12-15 newcomer youth. Enjoy refreshments and conversation while making crafts. To register contact Kaila at kaila@lusocentre.org or call 519-452-1466. No cost.

JYSEP Social Action Project (1st & 3rd Friday of each month).

Ages 11-15. Develop power of expression, capacities for moral reasoning, ethic of service to others. Register on site with program facilitator. No cost.

JYSEP Homework Help

Ages 11-15. Study, mentorship, social action. Help young people strive for intellectual excellence - support though homework help. Register on site with program facilitator. No cost.

FAMILY PROGRAMS

Smart Start for Babies (MLHU)

A prenatal nutrition program for pregnant women & their support person, facilitated by a Public Health Nurse & Registered Dietician. Call 519-646-2961 to register. No cost.

Family Support Program (Community Living London)

Provides support to families with children less than 18 yrs. old who have an intellectual disability, to get connected with community resources & benefits. To book a FSW consultation: 519-686-3000 ext.358 or 362.

Social Work Consultation (Thames Valley Children's Centre) Social Work consultation. Easier access for TVCC families wanting SW support. First Tuesday of every other month. Register through TVCC at 519-685-8700.

PARENT/ADULT PROGRAMS

M.A.P.P. (Mutual Aid Parenting Program) (Merrymount) Facilitator led, peer support group for parents of children of all ages. Child minding for children 0-6 yrs. Drop-in. No cost.

Bhutanese Women of the World (LIHC)

Support for Bhutanese women to share and learn from mutual experiences. Help integrating, accessing services & learning about Canadian values & cultural dynamics. Drop-in. No cost.

Yazidi Women of the World (LIHC)

Support for Yazidi women to share and learn from mutual experiences. Help to integrate into a new community, access services, \$ learn about Canadian values & cultural dynamics. Drop-in. No cost.

ERYM - Ethno Racial Youth Mentoring Program (BBSOLA)

for families enrolled & registered through Big Brothers Big Sisters of London.

Kipps Lane & Community Meeting

Keeping community members informed about Community events. Attendees support & prepare for local events. Group meets on the first Thursday of each month. Everyone is welcome!

Tea & Talk (LUSO Community Services)

Informal conversation group for newcomer adults English-Arabic environment. To register call 519-452-1466 or contact Maha at maha@lusocentre.org. No cost.

Habitat for Humanity January 18th 1-3pm

information session about how you might qualify to purchase a home with affordable monthly payments on an interest free mortgage. Register: 519-455-6623 ext. 214.

Information & Orientation session for newcomers (LUSO)

Topics: Important documents, Taxes, OW, Housing, Health & Benefits. To register call 519-452-1466 or contact Maha at maha@lusocentre.org.

For more information Like us on Facebook or visit:



www.ymcawo.ca

www.familyinfo.ca

www.southwesthealthline.ca