



FAMILY CENTRE CARLING—THAMES

335 Belfield Street, London, Ontario, N5Y 2K3

☎ 519-432-0488 ext. 1 • 📧 carlingnfc@ymcawo.ca

July 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 CLOSED Canada Day!	3 EarlyON Playgroup 9-11:30am PAIR Clinic (Parent and Infant Relationship) 10:00am-2:00pm HYPPE 3:30-5:00pm KICKS soccer 6:15-7:30pm	4 Stir It Up with Literature 9:30-11am (Limited spots, first come first serve, 15 spots available). ABC en francais 12:30-1:30pm Gab and Games 2:30-4:30pm	5 Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic 2-6pm Family Visiting Program 3:00-4:45pm Yazidi Women of the World 6:00-8:00pm Children's gymnastics 6-8:30pm	6 Crafts & Conversations 3:30-5pm Children's gymnastics 6-8:30pm	7 CLOSED
9 Curious Connections 10am-12pm Collective Cuisine. Cooking class for Newcomers 1-3pm ERYM Mothers 6-8pm	10 EarlyON Playgroup 9-11:30am Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm	11 Stir It Up with Literature 9:30-11am (Limited spots, first come first serve, 15 spots available). Family Support Program 9am-1pm Babysitting Course 12:00-4:00pm	12 Shared Beginnings 9:30-11:30am Babysitting Course 12:00-3:00pm Craigwood Talk-in Clinic 2-6pm Family Visiting Program 3:00-4:45pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm	13 Little Chefs 9:30-11:30am Babysitting Course 12:00-3:00pm Crafts & Conversations 3:30-5pm Bhutanese Women of the World 5:30-8:30pm Children's gymnastics 6-8:30pm	14 CLOSED
16 Curious Connections 10am-12pm	17 EarlyON Playgroup 9-11:30am PAIR Clinic (Parent and Infant Relationship) 10:00am-2:00pm Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm	18 Stir It Up with Literature 9:30-11am (Limited spots, first come first serve, 15 spots available). ABC en francais 12:30-1:30pm Gab and Games 2:30-4:30pm	19 Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic 2-6pm Family Visiting Program 3:00-4:45pm Yazidi Women of the World 6:00-8:00pm Children's gymnastics 6-8:30pm	20 Crafts & Conversations 3:30-5pm Children's gymnastics 6-8:30pm	21 CLOSED
23 Curious Connections 10am-12pm Information & Orientation Session for Newcomers 1-3pm	24 EarlyON Playgroup 9-11:30am Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm	25 Stir It Up with Literature 9:30-11am (Limited spots, first come first serve, 15 spots available). ABC en francais 12:30-1:30pm Family Support Program 9am-1pm Good Food Box Project 2-6pm	26 Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic 2-6pm Family Visiting Program 3:00-4:45pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm	27 Crafts & Conversations 3:30-5pm Bhutanese Women of the World 5:30-8:30pm Children's gymnastics 6-8:30pm	28 ERYM Youth 10am-12pm
30 Curious Connections 10am-12pm	31 EarlyON Playgroup 9-11:30am PAIR Clinic (Parent and Infant Relationship) 10:00am-2:00pm Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm		Family Centre Hours Monday 9:00 - 6:30pm Tuesday 9:00 - 9:00pm Wednesday 9:00 - 9:00pm Thursday 9:00 - 9:00pm Friday 9:00 - 9:00pm		

2018 City of London Outdoor Pools located in the Northeast Area :

- * **Northeast Outdoor Pool:** 1050 Victoria Drive
June 30-August 31
Recreational swimming :
Monday-Friday 1:30pm-4:30pm & 6pm-8pm
Saturday & Sunday 1:30pm-4:30pm
Free swim Sunday July 29th 1:30-4:30pm
- * **Northridge Outdoor Pool:** 15 McLean Drive
June 30-August 26
Recreational swimming :
Monday-Friday 1:30pm-4:30pm & 5:30pm-7:30pm
Saturday & Sunday 1:30pm-4:30pm
Free swim Monday July 16th 5:30-7:30pm
- * **Stronach Outdoor Pool:** 1221 Sandford St
June 30-September 1
Recreational swimming :
Monday-Friday 1:30pm-4:30pm & 6pm-8pm
Saturday 12:00pm-3:00pm & Sunday 3:00pm-5:00pm
Free swim Wednesday July 11th 6:00-8:00pm

Pool Admission:

Child under 17 yrs: \$3.25/visit Adult 18+: \$4.75/visit



PROGRAM'S DESCRIPTION

EARLY YEARS PROGRAMS

Curious Connections (Childreach)

Early ON Playgroup for children 0-6 years old and their parents/ caregivers. Provoke your child's thoughts, interests, creativity and ideas with fun activities using loose parts. Join us for play using a variety of everyday materials that encourage mindful play and exploration while fulfilling your child's curiosity. Drop-in. No cost.

Early ON Playgroup (Childreach)

Playgroup for children 0-6 years old and their parents/ caregivers. Early On 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. Introducing new recipes to children & parents, with education

about healthy nutrition. Each week activities and recipes are related to a book. Drop-in although spots are limited to 15 participants. First come first serve. No cost.

ABC en francais (La Ribambelle)

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.

Petits chefs en pique-nique(Little Cooks)

Come with your little cooks and learn French vocabulary while preparing and eating your picnic. Ages 3-6yrs old. Register through La Ribambelle at 519-472-2334. Free.

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.

PAIR Clinic- Parent and Infant Relationship (MLHU)

The PAIR Clinic is available to offer support and consultation around your baby's emotional development. Workshops/ counselling to parents and caregivers going through stressful times information. Drop-in or schedule an appointment by contacting Family Centre.

SCHOOL AGE PROGRAMS

Children's Gymnastics (YMCA)

Basic gymnastics for children 4-10 years old. To be eligible must meet the low income cut-off criteria. Registration required through Family Centre. No cost.

KICKS soccer

Free soccer program for children born in years 2007, 2008, 2009. Registration forms available at the Family Centre.

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 11-14. Variety of activities including sports, baking/cooking, arts& crafts. For more information contact Meagan at youth@lusocentre.org. Drop in program. 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.

Babysitting Course (City of London) **This program is full.** Ages 12-16. Free. (If someone is 11, they can call and register but they have to be turning 12 by the end of the calendar year). The program is a recognized course of the Canada Safety Council. Students will receive a manual and a certificate upon successful completion of the program and exam. Participants must be in class for the full 10 hours. Ask us how to register.

Gab and Games (Investing in Children)

Join in for a fun-filled afternoon of gabbing and gaming. Program for ages 10-15. Drop-in. 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. To register call 519-646-2961. 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. No cost.

Social Work Consultation (TVCC)

Social Work consultation. Easier access for TVCC families wanting Social Worker support. First Tuesday of every other month. Register through TVCC at 519-685-8700. No cost.

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 (BBBSOLA)

For families enrolled through BBBSOLA. To register call 519-438-7065 ext. 6230 or contact Mandy at mandy.mcdonagh@bigbrothersbigsisters.ca. No cost.



For more information Like us on Facebook or visit:

www.ymcawo.ca

www.familyinfo.ca

www.southwesthealthline.ca