



# FAMILY CENTRE CARLING—THAMES

335 Belfield Street, London, Ontario, N5Y 2K3  
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July 2017



| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday  |
|---|--|---|--|--|---|
| <p>3</p> <p><b>CLOSED</b><br/><b>CANADA DAY</b></p>   | <p>4</p> <p><b>Childreach Playgroup</b> 9:00-11:30am<br/> <b>Social Work Consultation</b> 1-4:00pm<br/> <b>H.Y.P.P.E.</b> 3:30-5:30pm</p>  | <p>5</p> <p><b>Stir It Up in the Kitchen</b> 9:30-11:00am<br/> <b>Tyke TALK</b> 9:45-2:00pm<br/> <b>Family Visiting Program</b> 3:15-5:45pm<br/> <b>Kids Baking program</b> 6:00-7:00pm</p>   | <p>6</p> <p><b>Shared Beginnings</b> 9:30-11:30am<br/> <b>Tyke TALK</b> 2:00-3:00pm<br/> <b>Craigwood Talk-in Clinic</b> 2:00-6:00pm (<u>by apt. only 3:00-4:00pm</u>)<br/> <b>M.A.P.P.</b> 6:00-8:00pm</p>                | <p>7</p> <p><b>Rise &amp; Shine Adventure Time</b> 9:00-12:00pm<br/> <b>Gymnastics</b> 5:00-8:00pm</p>   | <p>8</p> <p><b>CLOSED</b></p>   |
| <p>10</p> <p><b>Infant Growth, Development &amp; Breastfeeding</b> 9:30-11:30am<br/> <b>Beginning with Baby</b> 10:00-12:00pm<br/> <b>Babysitting Course</b> 12:30-3:30pm<br/> <b>ERYM</b> - 6-8:00pm</p> | <p>11</p> <p><b>Childreach Playgroup</b> 9:00-11:30am<br/> <b>Smart Start for Babies</b> 1:30-3:00pm<br/> <b>H.Y.P.P.E.</b> 3:30-5:30pm</p>  | <p>12</p> <p><b>Stir It Up in the Kitchen</b> 9:30-11:00am<br/> <b>Family Support Program</b> 9-1:00pm<br/> <b>Tyke TALK</b> 9:45-2:00pm<br/> <b>Baby Sitting Course</b> 12:30-3:30pm<br/> <b>Family Visiting Program</b> 3:15-5:45pm<br/> <b>Kids Baking program</b> 6:00-7:00pm</p> | <p>13</p> <p><b>Shared Beginnings</b> 9:30-11:30am<br/> <b>Babysitting Course</b> 12:30-4:30pm<br/> <b>Craigwood Talk-in Clinic</b> 2:00-6:00pm (<u>by appt only 3:00-4:00pm</u>)<br/> <b>M.A.P.P.</b> 6:00-8:00pm</p>     | <p>14</p> <p><b>Rise &amp; Shine Adventure Time</b> 9:00-12:00pm<br/> <b>Gymnastics</b> 5:00-8:00pm<br/> <b>Bhutanese Women of the World</b> 5:30-7:30pm</p> | <p>15</p> <p><b>CLOSED</b></p>  |
| <p>17</p> <p><b>Infant Growth, Development &amp; Breastfeeding</b> 9:30-11:30am<br/> <b>Beginning with Baby</b> 10:00-12:00pm</p>   | <p>18</p> <p><b>Childreach Playgroup</b> 9:00-11:30am<br/> <b>Smart Start for Babies</b> 1:30-3:00pm<br/> <b>H.Y.P.P.E.</b> 3:30-5:30pm</p>  | <p>19</p> <p><b>Stir It Up in the Kitchen</b> 9:30-11:00am<br/> <b>Family Visiting Program</b> 3:15-5:45pm<br/> <b>Kids Baking program</b> 6:00-7:00pm</p>  | <p>20</p> <p><b>Shared Beginnings</b> 9:30-11:30am<br/> <b>Craigwood Talk-in Clinic</b> 2:00-6:00pm (<u>by appt only 3:00-4:00pm</u>)<br/> <b>Lets Talk Science</b> 3:30-5:00pm<br/> <b>M.A.P.P.</b> 6:00-8:00pm</p>       | <p>21</p> <p><b>Rise &amp; Shine Adventure Time</b> 9:00-12:00pm<br/> <b>Gymnastics</b> 5:00-8:00pm</p>  | <p>22</p> <p><b>ERYM (Ethno-Racial Youth Mentoring Program)</b> 10am-1:00pm</p> |
| <p>24</p> <p><b>Infant Growth, Development &amp; Breastfeeding</b> 9:30-11:30am<br/> <b>Beginning with Baby</b> 10:00-12:00pm</p>   | <p>25</p> <p><b>Childreach Playgroup</b> 9:00-11:30am<br/> <b>Smart Start for Babies</b> 1:30-3:00pm<br/> <b>H.Y.P.P.E.</b> 3:30-5:30pm</p>  | <p>26</p> <p><b>Stir It Up in the Kitchen</b> 9:30-11:00am<br/> <b>Family Support Program</b> 9-1:00pm<br/> <b>Family Visiting Program</b> 3:15-5:45pm<br/> <b>Kids Baking program</b> 6:00-7:00pm</p>  | <p>27</p> <p><b>Shared Beginnings</b> 9:30-11:30am<br/> <b>Craigwood Talk-in Clinic</b> 2:00-6:00pm (<u>by appt only 3:00-4:00pm</u>)<br/> <b>M.A.P.P.</b> 6:00-8:00pm</p>   | <p>28</p> <p><b>Rise &amp; Shine Adventure Time</b> 9:00-12:00pm<br/> <b>Gymnastics</b> 5:00-8:00pm<br/> <b>Bhutanese Women of the World</b> 5:30-7:30pm</p> | <p>29</p> <p><b>CLOSED</b></p>  |
| <p>31</p> <p><b>Infant Growth, Development &amp; Breastfeeding</b> 9:30-11:30am<br/> <b>Beginning with Baby</b> 10:00-12:00pm</p>   | <p><b>We do so much more than this! Our Community Connectors are specialized in connecting you with information, resources, services, and programs in the Northeast London and beyond.</b></p> |   | <p><b>Family Centre Carling-Thames Hours</b></p> <p>Monday 9:00 - 6:30pm<br/>         Tuesday 9:00 - 9:00pm<br/>         Wednesday 9:00 - 9:00pm<br/>         Thursday 9:00 - 9:00pm<br/>         Friday 9:00 - 9:00pm</p> | <p>Saturday 9:30-2pm</p>   | <p>Lead Agency<br/>         YMCA of Western Ontario</p>                         |

## What's Happening...

### 2017 Summer Playground Programs

July 4 to August 17 Monday - Thursday

#### AM

- **Northbrae P.S.**  
8:45-11:30am / 6-12 years
- **Ryerson P.S.**  
8:45-11:30am / 6-12 years

#### PM

- **Hillcrest P.S.**  
12:30-3:15pm / 6-12 years
- **Lord Elgin P.S.**  
12:30-3:15pm / 6-12 years

### Tim Horton's Swim (Free)

#### Northeast Pool

1050 Victoria Ave  
Thursday July 20 from 1:30 -  
4:30 pm



#### Gibbons Pool

2B Grosvenor Street  
Thursday July 27 from 6:30 - 8 pm

### EARLY YEARS PROGRAMS

**Infant Growth/Development & Breastfeeding Clinic (MLHU)-** Drop-in. Baby 0-6 months. Public Health Nurse provides support & answers questions about breastfeeding, nutrition, safety, development, parenting, and more...

**Beginning with Baby (Childreach)-** Drop-in. Baby 0-12 months. For infants & their parents and caregivers. Toys & activities designed for infants.

**Childreach Playgroup-** Drop-in For children 0-6 yrs. Early year's staff will provide a variety of activities for families to use to play, learn & grow together.

**Shared Beginnings (LUSO)-** Drop-in For children 0-6 yrs. A literacy based playgroup including free play, crafts, sensory play and circle time.

**Stir It up in the Kitchen (Merrymount)-** For children 3-6 yrs. Storybooks and cooking.

**Tyke TALK (Thames Valley Children's Centre)-** Speech & language program for children. Register at 519-663-0273 or 1-877-818-TALK or at [www.tyketalk.com](http://www.tyketalk.com).

### SCHOOL AGE PROGRAMS

**Let's Talk Science -** Drop-in. Target age group 6-13. Variety of exciting, interactive hands-on/minds-on STEM (Science, Technology, Engineering, and Math) activities.

**Children's Gymnastics (YMCA)-** For ages 4-9 yrs. Basic gymnastics for children (30 minute classes). Ask Community Connector to find out how to register!

**Rise & Shine Adventure Time (BGCL) -** Register. For ages 6-12. The program will include a variety of active and cooperative games, organized sports, crafts, board games and nutritious snack. Registration forms available at the Family Centre.

**Kids Baking program (City of London)-** grades 3-8. Learn how to bake. Register at the Family Centre, only 12 spots available!

### 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. Register through the Family Centre. By appointment only. Available time 3:00-4:00pm.

**H.Y.P.P.E. Harnessing Young People Positive Energy (LUSO Services)-** Ages 10+. It is a drop in program, where a registration form will be provided upon arriving. Performing arts, games, cooking, various activities.

**Babysitting Course (City of London)-** ages 12-16 Register by calling 519-661-5575 barcode: 288863. 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.

### FAMILY PROGRAMS

**Smart Start for Babies (MLHU)-** Program for pregnant women & their support person, facilitated by a Public Health Nurse & Registered Dietician. Call 519-646-2961 to register.

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

**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 and benefits. Call CLL to book a FSW consultation (519-686-3000 ext. 358 or 362).

### PARENT/ ADULT PROGRAMS

**M.A.P.P. (Mutual Aid Parenting Program) (Merrymount) -** A drop-in program providing support for parents of children of all ages. Child minding for children aged 0-6 yrs available.

**Bhutanese Women of the World (LIHC)-** Support for the Bhutanese women to share and learn from mutual experiences learning about Canadian values, & cultural dynamics.

**ERYM - Ethno Racial Youth Mentoring Program (BBSOLA) -** for families enrolled and registered through Big Brothers Big Sisters of London.

Donations of non perishable food item/ feminine supplies for our Emergency Food Cupboard are gratefully accepted.

You can find us at:

[www.ymcawo.ca](http://www.ymcawo.ca)  
[www.familyinfo.ca](http://www.familyinfo.ca)  
[www.southwesthealthline.ca](http://www.southwesthealthline.ca)



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