



May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Family Health Clinic 9:30-11:30am and 1-3:30pm. (By appointment only) Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10:00-12:00pm After School Adventure 3:30-6pm</p>	<p>2</p> <p>Childreach Playgroup 9:00-11:30am Smart Start for Babies 1:30-3:00pm Social Work Consultation 1-4pm Boys & Girls Club Bus Pick up 3:10pm Home Instruction Program 3:00-4:30pm H.Y.P.P.E. 3:30-8:00pm Boys & Girls Club Bus Drop off 7:40pm</p>	<p>3</p> <p>M.A.P.P. 9:30-11:30am Stress Management 2:00-3:00pm Family Visiting Program 3:15-5:45pm Kipps Lane and Community Meeting 6:00-8:30pm</p>	<p>4</p> <p>Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic 2:00-6:00pm (by appointment only 3:00-4:00pm) Home Instruction Program 3:00-4:30pm M.A.P.P. 6:00-8:00pm</p>	<p>5</p> <p>Stir It Up in the Kitchen 9:30-11:00am CSP 12:00-5:00pm Gymnastics 5:00-8:00pm</p>
<p>8</p> <p>Family Health Clinic 9:30-11:30am and 1-3:30 (By appointment only) Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10:00-12:00pm After School Adventure 3:30-6pm</p>	<p>9</p> <p>Childreach Playgroup 9:00-11:30am Smart Start for Babies 1:30-3:00pm Boys & Girls Club Bus Pick up 3:10pm Home Instruction Program 3:00-4:30pm H.Y.P.P.E. 3:30-8:00pm Boys & Girls Club Bus Drop off 7:40pm</p>	<p>10</p> <p>M.A.P.P. 9:30-11:30am Family Support Program 9:30-12:30pm Lunch & Learn 12:00-1:00pm Stress Management 2:00-3:00pm Family Visiting Program 3:15-5:45pm Kids Cooking 6:00-8:00pm</p>	<p>11</p> <p>Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic 2:00-6:00pm (by appointment only 3:00-4:00pm) Home Instruction Program 3:00-4:30pm M.A.P.P. 6:00-8:00pm</p>	<p>12</p> <p>Stir It Up in the Kitchen 9:30-11:00am CSP 12:00-5:00pm Gymnastics 5:00-8:00pm Women of the World 5:30-7:30pm</p>
<p>15</p> <p>Family Health Clinic 9:30-11:30am and 1-1:30pm (By appointment only). Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10:00-12:00pm After School Adventure 3:30-6pm</p>	<p>16</p> <p>Childreach Playgroup 9:00-11:30am Smart Start for Babies 1:30-3:00pm Boys & Girls Club Bus Pick up 3:10pm Home Instruction Program 3:00-4:30pm H.Y.P.P.E. 3:30-8:00pm Boys & Girls Club Bus Drop off 7:40pm</p>	<p>17</p> <p>M.A.P.P. 9:30-11:30am Family Visiting Program 3:15-5:45pm Kids Cooking 6:00-8:00pm Kicks Soccer 6:15- 7:30pm</p>	<p>18</p> <p>Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic 2:00-6:00pm (by appointment only 3:00-4:00pm) Home Instruction Program 3:00-4:30pm Let's Talk Science 3:30-5pm M.A.P.P. 6:00-8:00pm</p>	<p>19</p> <p>Stir It Up in the Kitchen 9:30-11:00am CSP 12:00-5:00pm Gymnastics 5:00-8:00pm</p>
<p>22</p> <p>CLOSED</p> <p>VICTORIA DAY</p>	<p>23</p> <p>Childreach Playgroup 9:00-11:30am Boys & Girls Club Bus Pick up 3:10pm Home Instruction Program 3:00-4:30pm H.Y.P.P.E. 3:30-8:00pm Boys & Girls Club Bus Drop off 7:40pm</p>	<p>24</p> <p>M.A.P.P. 9:30-11:30am Family Visiting Program 3:15-5:45pm Kids Cooking 6:00-8:00pm Kicks Soccer 6:15- 7:30pm</p>	<p>25</p> <p>Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic 2:00-6:00pm (by appointment only 3:00-4:00pm) Home Instruction Program 3:00-4:30pm M.A.P.P. 6:00-8:00pm</p>	<p>26</p> <p>Stir It Up in the Kitchen 9:30-11:00am CSP 12:00-5:00pm Gymnastics 5:00-8:00pm Women of the World 5:30-7:30pm</p>
<p>29</p> <p>Family Health Clinic 9:30-11:30am and 1-3:30pm (By appointment only) Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10:00-12:00pm After School Adventure 3:30-6pm</p>	<p>30</p> <p>Childreach Playgroup 9:00-11:30am Smart Start for Babies 1:30-3:00pm Boys & Girls Club Bus Pick up 3:10pm Home Instruction Program 3:00-4:30pm H.Y.P.P.E. 3:30-8:00pm Boys & Girls Club Bus Drop off 7:40pm</p>	<p>31</p> <p>M.A.P.P. 9:30-11:30am Family Support Program 9:30-12:30pm Family Visiting Program 3:15-5:45pm Kids Cooking 6:00-8:00pm Kicks Soccer 6:15- 7:30pm</p>	<p>Family Centre Carling-Thames Hours</p> <p>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</p>	<p>We do so much more than this! You can call, e-mail, or drop-in and we will be happy to assist you!</p>

What's Happening...



Wednesdays May 17- July 5 6:15-7:30pm

Students born in 2006-2008

Hosted by the Sanctuary church on the Louise Arbour fields.

Registration forms can be picked up at the Family Centre or call 519-860-0916 or email heatherpaton1@gmail.com.

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, child 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 (Childreach)- For children 0-6 yrs. Early year's staff will provide a variety of activities for families to use to play, learn & grow together. The program is free but food donations are always welcome for the Family Centre emergency food cupboard.

Shared Beginnings (LUSO Services)- For children 0-6 yrs. A literacy based playgroup including free play, crafts, sensory play and circle time. The program is free but food donations are always welcome for the Family Centre emergency food cupboard.

Tyke TALK (Thames Valley Children's Centre)- Speech & language program for children. Register: 519-663-0272 or 1-877-818-TALK or at www.tyketalk.com.

Stir It up in the Kitchen (Merrymount)- Storybooks and cooking for children ages 3 – 6 years and their parents/caregivers.

SCHOOL AGE PROGRAMS

Kids Cooking (City of London)- Introductory cooking program for children in grades 3-8. Registration at the Family Centre, limited spots. This program is currently full.

After School Adventure program (City of London) - Program for students in grades 4-8. Indoor and outdoor games, learn to cook and then eat a healthy snack. **Register at the Family Centre.**

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

Community School Program (YMCA)- Grades 1-6. A fun lunch time and/or afterschool programs for Northbrae school students. Ask us what programs are available for this session, they are FUN! Registration required. Registration forms available at the Family Centre.

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! The program is free but food donations are always welcome for the Family Centre emergency food cupboard.

TEENS/ YOUTH PROGRAMS

"TALK-IN" CLINICS (Craigwood Youth Services)- For youth 12-18 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)- For Northbrae School students in grades 6, 7, 8. It is a youth led pilot initiative that will serve young people in Northeast London. The idea is to offer a free weekly dinner to young people attending Northbrae PS. Live cultural music, festive decorations, and activities that will coincide with the food theme. Registration required. To register speak to Meagan, program's facilitator. If an older is interested in volunteering (grade 7 and up) they are encouraged to contact Meagan at Meagan@lusocentre.org

FAMILY PROGRAMS

Family Health Clinic (MLHU)- *Please note a change to the service. Effective May 8th. To book an appointment call 519-663-5317 ext. 2317.

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: 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)

Home Instruction Program (TVDSB) - One on one specialized teaching. Booked by the TVDSB teacher.

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.

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

Kipps Lane & Community Meetings- Keeping community members informed about Community events. Attendees support & prepare for local events. Everyone is welcome!

Stress Management Program - A free 4 week session that provides the opportunity **for adults** to learn strategies and techniques on how to balance their lives through activities such as yoga and meditation. Contact Fanny Rosas at 519-452-1466 or fanny@lusocentre.org to register.

Lunch & Learn- Come and learn from other community partner what is happening in our community. Bring your own lunch. R.S.V.P pwiniarczyk@ymcawo.ca



BOYS & GIRLS CLUB BUS

We are a Pick-up and Drop-off location for the Boys & Girls Club of London Bus.

Registration forms available at the Family Centre. Additional payment required.

For more information Like us on Facebook !



www.ymcawo.ca

www.familyinfo.ca

www.southwesthealthline.ca

