



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|-----------------------------------|
| 1 Curious Connections 9:30am-11:30am Conversation Circle (Tea and Talk) 1-3pm | 2 Early ON Playgroup 9-11:30am Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm | 3 MAPP 9:30-11:30am Early ON ABC en francais 12:30-1:30pm Spectrum Programs: - Dance Mix* 6-7pm - Chef in Training* 7:15-8:15pm | 4 Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic 2-6pm Family Visiting Program 3:30-5:30pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm Kipps Lane & Community meeting 7-8:30pm | 5 It Up with Literature 9:30-11am (Limited spots, first come first serve, 15 spots available). Tyke TALK 10:00-12:00pm Crafts & Conversations 3:30-5pm Children's gymnastics 6-8:30pm | 6 CLOSED |
| 8 CLOSED Thanksgiving | 9 Early ON Playgroup 9-11:30am PAIR Clinic 12-2pm HYPPE 3:30-5:00pm Yazidi Women of the World 6:00-8:00pm | 10 MAPP 9:30-11:30am Early ON ABC en francais 12:30-1:30pm Spectrum Programs: - Dance Mix* 6-7pm - Chef in Training* 7:15-8:15pm | 11 Shared Beginnings 9:30-11:30am Tyke TALK 10:00-11:00am Craigwood Talk-in Clinic 2-6pm Family Visiting Program 3:30-5:30pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm | 12 Stir It Up with Literature 9:30-11am (Limited spots, first come first serve, 15 spots available). Tyke TALK 10:00-12:00pm Crafts & Conversation 3:30-5pm Bhutanese Women of the World 5:30-8:30pm Children's gymnastics 6-8:30pm | 13 CLOSED |
| 15 Curious Connections 9:30am-11:30am Conversation Circle (Tea and Talk) 1-3pm | 16 Early ON Playgroup 9-11:30am Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm Science Club 6--7pm | 17 MAPP 9:30-11:30am Early ON ABC en francais 12:30-1:30pm Spectrum Programs: - Dance Mix* 6-7pm - Chef in Training* 7:15-8:15pm | 18 Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic 2-6pm Family Visiting Program 3:30-5:30pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm | 19 Stir It Up with Literature 9:30-11am (Limited spots, first come first serve, 15 spots available). Tyke TALK 10:00-12:00pm Crafts & Conversation 3:30-5pm Children's gymnastics 6-8:30pm | 20 CLOSED |
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| 29 Curious Connections 9:30am-11:30am Conversation Circle (Tea and Talk) 1-3pm | 30 Early ON Playgroup 9-11:30am Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm | 31 MAPP 9:30-11:30am Early ON ABC en francais 12:30-1:30pm Good Food Box Pick-up 2-6pm | |  <p>Want more information? Like us on Facebook or visit: www.ymcawo.ca www.familyinfo.ca www.southwesthealthline.ca</p> | |

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

Saturday* 9:00 - 2:00pm *open on some Saturdays

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 Community Services)

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.

Early ON 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.

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 (Vanier)

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.

Science Club! (Let's Talk Science)

Science experiments for boys and girls ages 6-14. Program runs on the 3rd Tuesday of each month. Drop in. No cost.

Spectrum Programs (City of London) *

Spectrum programs at the Family Centre. All programs require registration. Register by going online to www.london.ca/spectrum, over the phone at 519-661-5575 or in person at a City of London Customer Service Location. Financial assistance is available for those who qualify. Please go to www.london.ca/playourway for details.

- **Dance Mix 7-9yrs old. Barcode: 307964.** A perfect program for those who would like to try out different dance styles before committing to one. You will learn fundamental techniques and short routines for each dance genre, such as ballet and hip hop. 8 weeks long. Fee required.
- **Chef in Training 7-10yrs old. Barcode:308585.** Come explore the kitchen with us. Children will learn how to make healthy recipes using basic cooking techniques with their peers. 6 weeks long. Fee required.

TEENS/ YOUTH PROGRAMS

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

For youth (age 11-14). This program offers a variety of activities for young people to participate in. Games, Music, Karaoke, Sports, Cooking, Baking, and much more! This program is designed to be responsive to the interests and passions of young people in the neighbourhood, while allowing them to build healthy positive relationships in a safe space. Registration forms available with the facilitator.

"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 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.

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. Appointments available at this location. To book a FSW consultation call 519-686-3000 ext.358 or 362. 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.

Conversation Circle Tea & Talk (LUSO Community Services)

Informal gatherings where people come together to practice speaking English. Good opportunity for sharing ideas and thinking together in a safe environment that help newcomers families to improve their English and answer questions. Drop in program.

Did you know...

- We are participating in the **Good Food Box** project. From now on you can order fresh produce box with fruits and vegetables on monthly basis. For October order your box by October 16th, pick it up on Wednesday October 31st between 2-6pm. Cost \$10.00.