


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <b>Stream of Dreams 9am-9pm</b> <u>Volunteers needed!</u> <b>Infant Growth, Development &amp; Breastfeeding 9:30-11:30am</b> <b>Beginning with Baby 10am-12pm</b> CANCELLED <b>Boys and Girls Club bus pick up 3:10-3:30pm</b>	3 <b>Stream of Dreams 9am-9pm</b> <u>Volunteers needed!</u> <b>Childreach Playgroup 9-11:30am</b> CANCELLED <b>Smart Start for Babies 1:30-3pm</b> CANCELLED	4 <b>M.A.P.P. 9:30-11:30am</b> <b>Lunch &amp; Learn 12-1pm</b> <b>Tyke TALK 2:30-4:30 pm</b> <b>Family Visiting Program 3:15-5:45pm</b>	5 <b>Shared Beginnings 9:30-11:30</b> <b>Craigwood Talk-in Clinic – 2-6pm</b> <u>by appointment only</u> <b>JYSEP 3:30-5:30pm</b> <b>M.A.P.P. 6:00-8:00pm</b> <b>Kipps Lane &amp; Community Meeting 6:30pm-8:30pm</b>	6 <b>Stir It Up with Literature 9:30-11am</b> (Please arrive before 10am) <b>Gymnastics 5:30-8:30pm</b> <b>JYSEP Social Action Project 6-8pm</b>	7 <b>CLOSED</b>
9 <b>CLOSED</b> 	10 <b>Childreach Playgroup 9-11:30am</b> <b>NE Basic Needs Community meeting 1-3pm</b> <b>HYPPE 3:30-5:00pm</b>	11 <b>M.A.P.P. 9:30-11:30am</b> <b>Family Support Program 9-1pm</b> <b>Tyke TALK 2:30-4:30 pm</b> <b>Family Visiting Program 3:15-5:45pm</b>	12 <b>Shared Beginnings 9:30-11:30</b> <b>Heroes Group 12:45pm-1:30pm</b> <b>Craigwood Talk-in Clinic – 2-6pm</b> <u>by appointment only</u> <b>JYSEP 3:30-5:30pm</b> <b>M.A.P.P. 6:00-8:00pm</b>	13 <b>Stir It Up with Literature 9:30-11am</b> (Please arrive before 10am) <b>Bhutanese Women of the World 5:30-7:30pm</b> <b>Gymnastics 5:30-8:30pm</b>	14 <b>CLOSED</b>
16 <b>Infant Growth, Development &amp; Breastfeeding 9:30-11:30am</b> <b>Beginning with Baby 10am-12pm</b> <b>Boys and Girls Club bus pick up 3:10-3:30pm</b> <b>ERYM (Ethno-Racial Youth Mentoring Program) 6-8pm</b>	17 <b>Childreach Playgroup 9-11:30am</b> <b>Smart Start for Babies 1:30-3pm</b> <b>HYPPE 3:30-5:00pm</b>	18 <b>M.A.P.P. 9:30-11:30am</b> <b>Tyke TALK 2:30-4:30 pm</b> <b>Family Visiting Program 3:15-5:45pm</b> <b>Dance Program 6:00-7:00pm</b>	19 <b>Shared Beginnings 9:30-11:30</b> <b>Heroes Group 12:45pm-1:30pm</b> <b>Craigwood Talk-in Clinic – 2-6pm</b> <u>by appointment only</u> <b>JYSEP 3:30-5:30pm</b> <b>M.A.P.P. 6:00-8:00pm</b>	20 <b>Stir It Up with Literature 9:30-11am</b> (Please arrive before 10am) <b>Gymnastics 5:30-8:30pm</b> <b>JYSEP Social Action Project 6-8pm</b>	21 <b>CLOSED</b>
23 <b>Infant Growth, Development &amp; Breastfeeding 9:30-11:30am</b> <b>Beginning with Baby 10am-12pm</b> <b>Boys and Girls Club bus pick up 3:10-3:30pm</b>	24 <b>Childreach Playgroup 9-11:30am</b> <b>Smart Start for Babies 1:30-3pm</b> <b>HYPPE 3:30-5:00pm</b>	25 <b>M.A.P.P. 9:30-11:30am</b> <b>Family Support Program 9-1pm</b> <b>Tyke TALK 2:30-4:30 pm</b> <b>Family Visiting Program 3:15-5:45pm</b> <b>Dance Program 6:00-7:00pm</b>	26 <b>Shared Beginnings 9:30-11:30am</b> <b>Habitat for Humanity Workshop 12:30-3:00pm</b> <b>Craigwood Talk-in Clinic - 2-6pm</b> <u>by appointment only</u> <b>JYSEP 3:30-5:30pm</b> <b>M.A.P.P. 6:00-8:00pm</b>	27 <b>Stir It Up with Literature 9:30-11am</b> (Please arrive before 10am) <b>Bhutanese Women of the World 5:30-7:30pm</b> <b>Gymnastics 5:30-8:30pm</b>	28 <b>ERYM (Ethno-Racial Youth Mentoring Program) 11am-1pm</b>
30 <b>Infant Growth, Development &amp; Breastfeeding 9:30-11:30am</b> <b>Beginning with Baby 10-12pm</b> <b>Boys and Girls Club bus pick up 3:10-3:30pm</b>	31 <b>Childreach Playgroup 9-11:30am</b> <b>Smart Start for Babies 1:30-3pm</b> <b>HYPPE 3:30-5:00pm</b>	<b>Family Centre Hours</b> 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			Lead Agency YMCA of Western Ontario

## WHAT'S HAPPENING...

### DID YOU KNOW?

You may qualify for a Habitat Home

- Do you want to purchase a home but are worried about the down payments?
- Is your household income between \$33,600 and \$64,500 per year?

Register for an information session or call for a confidential conversation about how you might qualify for affordable monthly payments on an interest free mortgage.

The workshop will take place on Thursday October 26th from 1-3pm at the Family Centre Carling-Thames.

Call 519-455-6623 ext. 214 to register (please register before October 23).



### 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, and 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 and their parents/ caregivers. The program combines cooking and storybooks. Introducing new recipes for the children and parents, educate them on healthy nutrition. Each week the activities and recipes will be related to a book that will be read. 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](http://www.tyketalk.com). Appointments available at this location. No cost.

### SCHOOL AGE PROGRAMS

#### Let's Talk Science

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)

(October 18-December 20). Boys and girls in grades 3-8. Registration required, registration forms are available at the Family Centre. No cost

#### Heroes Group (TVDSB)

Art based program to help with self-esteem, feelings, self regulation. For Northbrae school students grades 1-3. register through Northbrae PS. No cost.

#### Children's Gymnastics (YMCA)

Basic gymnastics for children 4-9 years old living in the NE London (30 minute classes). Ask Community Connector to find out 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 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.

#### JYSEP Social Action Project (Training Institute Board of Ontario) (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 (Training Institute Board of Ontario)

Ages 11-15. Study, mentorship, social action. Help young people strive for intellectual excellence - support through 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 and benefits. Call CLL 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. old available. Drop-in. No cost.

#### Bhutanese Women of the World (LIHC)

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

#### ERYM - Ethno Racial Youth Mentoring Program (BBSOLA) -

for families enrolled and 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. Everyone is welcome! Group meets on the first Thursday of each month.

### YOUR IDEAS YOUR VOTE

Real projects to help make Your Neighbourhood even better!

VISIT [getinvolved.london.ca/NDM](http://getinvolved.london.ca/NDM)

SUBMIT **Your ideas by October 27**

VOTE **November 18**

Neighbourhood Decision Making. For more information contact: 519-661-5336 or [neighbourgood@london.ca](mailto:neighbourgood@london.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 fee required.



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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