



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Closed Easter Monday	3 Childreach Playgroup 9-11:30am	4 M.A.P.P. 9:30-11:30am Tyke TALK 2:00-4:00pm Family Visiting Program 3:15-5:45pm	5 Shared Beginnings 9:30-11:30am Heroes Group 12:30-2:00pm Craigwood Talk-in Clinic 2-6pm JYSEP Homework Help 3:30-5:30pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm Kipps Lane & Community meeting 7:00-8:30pm	6 Stir It Up with Literature 9:30-11am (Please arrive before 10am) CSP 11:55-12:25pm ABC en francais 2-3pm Crafts & Conversations 3:30-5pm Tyke TALK 3:00-4:00pm JYSEP Social Action 6-8pm Children's gymnastics 6-8:30pm	7 CLOSED
9 Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10am-12pm Tea & Talk 1-3pm B&G club bus pick up 3:10-3:30pm ERYM Mothers 6-8pm	10 Childreach Playgroup 9-11:30am Smart Start for Babies 1:30-3pm	11 M.A.P.P. 9:30-11:30am Family Support Program 9am-1pm Tyke TALK 2:00-4:00pm Family Visiting Program 3:15-5:45pm	12 Shared Beginnings 9:30-11:30am Heroes Group 12:30-2:00pm Craigwood Talk-in Clinic 2-6pm JYSEP Homework Help 3:30-5:30pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm	13 Stir It Up with Literature 9:30-11am (Please arrive before 10am) ABC en francais 2-3pm Crafts & Conversations 3:30-5pm Tyke TALK 3:00-4:00pm Bhutanese Women of the World 5:30-8:30pm Children's gymnastics 6-8:30pm	14 CLOSED
16 Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10am-12pm Tea & Talk 1-3pm Tyke TALK 1:30-5:00pm B&G club bus pick up 3:10-3:30pm	17 Childreach Playgroup 9-11:30am Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm	18 M.A.P.P. 9:30-11:30am Tyke TALK 2:00-4:00pm Family Visiting Program 3:15-5:45pm Dance Program 6:00-7:00pm	19 Shared Beginnings 9:30-11:30am Heroes Group 12:30-2:00pm Craigwood Talk-in Clinic 2-6pm JYSEP Homework Help 3:30-5:30pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm	20 Stir It Up with Literature 9:30-11am (Please arrive before 10am) ABC en francais 2-3pm Crafts & Conversations 3:30-5pm JYSEP Social Action 6-8pm Children's gymnastics 6-8:30pm	21 CLOSED
23 Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10am-12pm Tea & Talk 1-3pm B&G club bus pick up 3:10-3:30pm Yazidi Women of the World 4-6pm	24 Childreach Playgroup 9-11:30am Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm	25 M.A.P.P. 9:30-11:30am Family Support Program 9am-1pm Tyke TALK 2:00-4:00pm Family Visiting Program 3:15-5:45pm Dance Program 6:00-7:00pm	26 Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic 2-6pm JYSEP Homework Help 3:30-5:30pm M.A.P.P. 6:00-8:00pm	27 PD Day Stir It Up with Literature 9:30-11am (Please arrive before 10am) ABC en francais 2-3pm Crafts & Conversations 3:30-5pm Bhutanese Women of the World 5:30-8:30pm	28 ERYM Youth 10am-12pm
30 Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10am-12pm Tea & Talk 1-3pm B&G club bus pick up 3:10-3:30pm			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		

PROGRAM'S DESCRIPTION

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, & 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 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. The program combines cooking & storybooks. Introducing new recipes to children & parents, with education about healthy nutrition. Each week activities and recipes will be related to a book that will be read. Drop-in. 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.

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.

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.

CSP Community School Programs (YMCA)

Bracelet making club for the Northbrae school children in grades 3-6. Registration forms available at the Family Centre. No cost.

Boys & Girls Club Bus (BGCL)

We are a Pick-up and Drop-off location for the Boys & Girls Club of London bus. Pick up: 3:10-3:30pm. Drop off: 7:20pm. Registration required, forms available at the Family Centre. Additional payment required.

Heroes Group (BBBSOLA)

Program for the Northbrae school students in grades 1-3 to help with self esteem, feelings and self regulation.

Dance Program (City of London)

(April 18 -June 13). Boys and girls in grades 3-8. Registration forms are available at the Family Centre. 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 Community Services)- Ages 10+. Performing arts, games, cooking, various activities. 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.

JYSEP Social Action Project (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 Homework Help

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. 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@bigbrothersbigsisisters.ca. No cost.

Kipps Lane & Community Meeting (1st Thurs. each month)

Keeping community members informed about Community events. Attendees support and prepare for local events. Everyone is welcome. Drop-in. No cost.

Tea & Talk (LUSO Community Services)

Informal conversation group for newcomer adults; English-Arabic environment. To register call 519-452-1466 or contact Maha at maha@lusocentre.org. No cost.

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

We also have the Diaper Bank of London
bin if you would like to donate any new,
unused diapers.



For more information Like us on Facebook or visit:

www.ymcawo.ca

www.familyinfo.ca

www.southwesthealthline.ca