

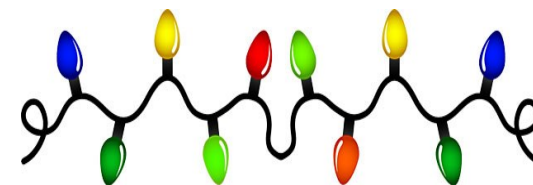


FAMILY CENTRE CARLING—THAMES

335 Belfield Street, London, Ontario, N5Y 2K3

☎ 519-432-0488 ext. 1 • 📧 carlingncfc@ymcawo.ca

December 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Family Centre Hours</p> <p>Monday 9:00 - 6:30pm Tuesday 9:00 - 9:00p m Wednesday 9:00 - 9:00pm Thursday 9:00 - 9:00pm Friday 9:00 - 9:00pm * Varied Holiday hours</p>	<p>You can find us at:</p> <p>www.ymcawo.ca www.familyinfo.ca www.southwesthealthline.ca</p> <p>Like us on Facebook </p>			<p>1</p> <p>CANCELLED Stir It Up with Literature 9:30-11am CSP 11:55 - 5:20pm Tyke TALK 3-4pm JYSEP Social Action Project 6-8pm CANCELLED Gymnastics 6:00-8:30pm</p>	<p>2</p> <p>CLOSED</p>
<p>4</p> <p>Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10am-12pm Tyke TALK 12:30-1:30pm Tea & Talk 1-3pm B&G club bus pick up 3:10-3:30pm Gingerbread Decorating Party 6:00-8:00pm</p>	<p>5</p> <p>Childreach Playgroup 9-11:30am Tyke TALK 9:00-11:00am Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm World of Dance 5:30-7:30pm</p>	<p>6</p> <p>M.A.P.P. 9:30-11:30am Family Visiting Program 3:15-5:45pm Dance Program 6:00-7:00pm</p>	<p>7</p> <p>Shared Beginnings 9:30-11:30 Heroes Group 12:45pm-1:30pm Craigwood Talk-in Clinic – 2-6pm <u>by appointment only</u> JYSEP Homework Help 3:30-5:30pm M.A.P.P. 6:00-8:00pm Kipps Lane & Community meeting 7-8:30pm</p>	<p>8</p> <p>CANCELLED Stir It Up with Literature 9:30-11am CSP 11:55 - 5:20pm Gymnastics 6:00-8:30pm</p>	<p>9</p> <p>CLOSED</p>
<p>11</p> <p>Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10am-12pm Tyke TALK 12:30-1:30pm Tea & Talk 1-3pm B&G club bus pick up 3:10-3:30pm ERYM (Ethno-Racial Youth Mentoring Program) 6-8pm</p>	<p>12</p> <p>Childreach Playgroup 9-11:30am Tyke TALK 9:00-11:00am Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm World of Dance 5:30-7:30pm</p>	<p>13</p> <p>M.A.P.P. 9:30-11:30am Family Support Program 9-1pm Family Visiting Program 3:15-5:45pm Dance Program 6:00-7:00pm</p>	<p>14</p> <p>Shared Beginnings 9:30-11:30 Heroes Group 12:45pm-1:30pm Craigwood Talk-in Clinic – 2-6pm <u>by appointment only</u> JYSEP Homework Help 3:30-5:30pm M.A.P.P. 6:00-8:00pm</p>	<p>15</p> <p>Stir It Up with Literature 9:30-11am (Please arrive before 10am) CSP 11:55 - 5:20pm JYSEP Social Action Project 6-8pm Gymnastics 6:00-8:30pm</p>	<p>16</p> <p>CLOSED</p>
<p>18</p> <p>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 Science Club! 5:00-5:45pm Cookies, Cocoa & Holiday Light Tour 6</p>	<p>19</p> <p>Childreach Playgroup 9-11:30am Tyke TALK 9:00-11:00am Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm</p>	<p>20</p> <p>M.A.P.P. 9:30-11:30am Family Visiting Program 3:15-5:45pm Dance Program 6:00-7:00pm</p>	<p>21</p> <p>Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic - 2-6pm <u>by appointment only</u> JYSEP Homework Help 3:30-5:30pm Tyke TALK 4-5pm M.A.P.P. 6:00-8:00pm</p>	<p>22</p> <p>Stir It Up with Literature 9:30-11am (Please arrive before 10am) Gymnastics 6:00-8:30pm</p>	<p>23</p> <p>CLOSED</p>
<p>25</p> <p>CLOSED</p>	<p>26</p> <p>CLOSED</p>	<p>27</p> <p>OPEN 9-6PM Holiday Drop-in 1-3pm</p>	<p>28</p> <p>OPEN 9-6PM Holiday Drop-in 1-3pm</p>	<p>29</p> <p>OPEN 9-6PM Holiday Drop-in 1-3pm</p>	<p>30</p> <p>CLOSED</p>

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, 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. Appointments available at this location. No cost.

SCHOOL AGE PROGRAMS

Science Club!

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.

Community School Program CSP (YMCA)

Grades 1-6. A fun lunch and/or afterschool program for Northbrae PS students. Registration required. Additional cost may apply.

Gingerbread Decorating Party (City of London)

For children in grades 3-8. Register at the Family Centre or call 519-432-0488 ext. 1. 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. It is a drop in program, where a registration form will be provided upon arriving. No cost.

World of Dance (LUSO Community Services)

Ages 14-19. Dance classes that provide newcomer youth the opportunity to learn various styles of dance while socializing. Contact Kaila at kaila@lusocentre.org or call 519-452-1466 to register. 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. 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.

Holiday Drop-in

Ages 4 and up. Join us for hot chocolate and board games fun. Children under 12 years of age must be accompanied by an adult.

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)

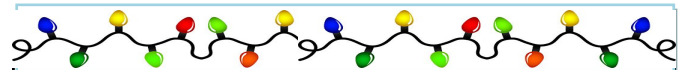
for families enrolled and registered through Big Brothers Big Sisters of London.

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.

Tea & Talk (LUSO Community Services)

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



Cookies, Cocoa & Holiday Light Tour

Monday, December 18th 6:00-8:00pm

6-7pm free treats, hot chocolate, family activities.

A band from Mosaic Church will provide carols.

7-8pm free bus tour of holiday lights throughout the City.

Pre-register before December 15th:

- 519-432-0488 ext.1
- carlingncfc@ymcawo.ca

Children under 16 must be accompanied by a parent or guardian.