



WESTMOUNT FAMILY CENTRE

April 2018

1019 Viscount Road
 519-473-2825
 wfc@lcc.on.ca
 www.lcc.on.ca
 facebook.com/FamilyCentreWestmount

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|
| <p>Drop In Playgroup (birth to 6 years) 9:30-11:30 am (closed April 2)</p> <p>Infant Growth/Development & Breastfeeding Drop in Middlesex London Health Unit 1:30-3:30 pm (closed April 2)</p> | <p>Drop In Playgroup (birth to 6 years) 9:30-11:30 am</p> <p>Drop In Playgroup (All ages welcome) 1:00-7:00 pm</p> <p>“Talk in Clinics” Craigwood Youth Services and Vanier Children’s Services (children and youth from infancy to 18 years of age) 2:00-5:00 pm</p> | <p>Le Royaume des copains La ribambelle Drop in Playgroup for families who speak French (birth to 6 years) 9:30-11:30 am</p> <p>Family Wellness Night 5:00-7:00 pm April 4th (yoga, meditation, pizza, veggies, fruit, activities)</p> | <p>Drop In Playgroup (birth to 6 years) 9:30-11:30 am</p> <p>Drop In Playgroup (birth to 6 years) 1:00-3:00 pm</p> | <p>Drop In Playgroup (birth to 6 years) 9:30-11:30 am</p> <p>Infant Drop In Playgroup (birth to 12 months) 1:00-3:00 pm (Health nurse visits April 20)</p> | <p>Drop In Playgroup Men Can Play Too (birth to 6 years) A playgroup for men and the children in their lives. 9:30-11:30 am</p> <p>London Down Syndrome Association Playgroup 9:30-11:00 am April 7</p> <p>I SPY Nature Walk Reservoir Park 10 am-12 pm April 21st (join in the park clean up, discover the woods and enjoy a snack)</p> |

Visit the Family Centre reception for your connection to: parenting & early learning; early childhood education; public health & wellness; recreation, sports & leisure; referrals, resources, information & awareness.

Our Reception Hours: Monday, Wednesday to Friday 9:00 am to 5:00 pm; Tuesday 9:00 am to 7:00 pm; Saturday 9:00 am to 12:00 pm. For playroom and program hours see calendar above.

- **We will be closed March 30 to April 2**



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Community Playgroups

| Monday | Tuesday | Wednesday | Friday |
|--|---|---|--|
| Holy Family Church 777 Valetta St. 9:30 to 11:30 am (closed April 2) | Elmwood Presbyterian Church 111 Elmwood Ave. E. 9:30 to 11:30 am | Byron Library 1295 Commissioners Rd. W. 9:30 to 11:30 am | Medway Community Centre 119 Sherwood Forest Square 9:30 to 11:30 am |

Parent Learning Opportunities-Free! Now all online! Go to www.EarlyONLondon.eventbrite.com or call 519-473-2825 for more information.

Celebrate Veggies and Fruit / Célébrons les fruits et les légumes!

A Bilingual cooking program/Un programme bilingue de cuisine
Parents and children between 3 and 6 years.
Les parents et les enfants âgés de 3 à 6 ans.

Saturdays, April 7-28

9:30 to 11:00 am

La Ribambelle

345 Ridgewood Cres.

Screen Time: What is best for my child?

Parent/caregivers

Tuesday, April 10

6:30 to 8:30 pm

Medway Community Centre

119 Sherwood Forest Square

Getting Ready for Kindergarten

Parents /Caregivers

Monday, April 23

7:00 to 8:30 pm

Calvary Nursery School

290 Ridout St. S.

Program cancellations are posted on our website (www.lcc.on.ca) and listed on our voice mail system at 519-473-2825 ext. 106.

Pour le service en français, appeler le numéro [519-473-2825](tel:519-473-2825) et appuyez sur le 110 pour laisser un message.

Families Helping Families

Donations of canned goods for our Westmount neighbourhood food cupboard are gratefully accepted in reception. We also have the Diaper Bank Bin if you would like to donate any new, unused diapers. Any size!