



WESTMOUNT FAMILY CENTRE

July 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 July 2)</p> <p>Healthy Start Infant Drop-Ins Middlesex London Health Unit 1:30-3:30 pm (closed July 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>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>Mutual Aid Parenting Program Merrymount Family Support and Crisis Centre 1:00-3:00 pm (July 16, 26)</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</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>

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 June 30 - July 2 for the Canada Day Holiday



WESTMOUNT FAMILY CENTRE

July 2018

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

Community Playgroups

Monday	Wednesday
Holy Family Church 777 Valetta St. 9:30 to 11:30 am Closed July 2	Byron Library 1295 Commissioners Rd. W. 9:30 to 11:30 am Closed July 4

Parent Learning Opportunities-Free! Now all online!

To register: www.EarlyONLondon.eventbrite.ca
or call 519-473-2825 for more information.

Stretch and Grow
July 23 and July 30

Forest Edge Pool- Emergency Service Night at the pool is **July 12!** Enjoy activities with our community partners for a wonderful evening of fun! Please go to <http://www.forestedgepool.ca> for more information.



Healthy Kids Community Challenge

Power off and play!

Avoiding screens **ONE HOUR** before bed time can contribute to better sleep for adults and children.



Sun Safety- Please be prepared to play outside with your children when you come to playgroups.

Remember your:

- **Hat**
- **Sunscreen**
- **Shoes/boots**



Children are often outside when the sun's ultraviolet (UV) rays are the strongest. Enjoy the sun safely. Protect your skin and eyes. For more information go to www.healthunit.com

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!