



WESTMOUNT FAMILY CENTRE

October 2017

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 October 9)</p>	<p>Drop In Playgroup (birth to 6 years) 9:30-11:30 am</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>Fresh Air Thursday Drop In Playgroup -in the wooded area behind school! (birth to 6 years) 9:30-11:30 am</p> <p style="text-align: center;">New!</p>	<p>Drop In Playgroup (birth to 6 years) 9:30-11:30 am (ABC en Francais - La Ribambelle October 27)</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 (Closed October 7)</p>
<p>Infant Growth/Development & Breastfeeding Drop in Middlesex London Health Unit 1:30-3:30 pm (Closed October 9)</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 3-18 years) 2:00-5:00 pm</p>	<p>Drop In Playgroup (birth to 6 years) 1:00-3:00 pm</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</p>	<p>Infant Drop In Playgroup (birth to 12 months) 1:00-3:00 pm (Health nurse visits October 13 & Librarian visits October 20)</p>	<p>London Down Syndrome Association Playgroup 9:30-11:00 am October 21</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.
 * **Our main site will be closed from October 7-9.**



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Parent Learning Opportunities-Free!

Ask us for our brochure for the current listings of our programs! For information on upcoming workshops, please go to http://www.familyinfo.ca/event_listings.asp. Register online at <http://OEYCLondon.eventbrite.com> or call 519-473-2825 for information.

Fresh Air Thursdays! - Join us for our playgroup in the woods every Thursday! Located on the west side of the school, behind the school playground. We will start with nature exploration and finish indoors with snack and group time. Dress for the weather!

Choose to Boost Veggies and Fruit!

"Children who help prepare meals at home also tend to eat more vegetables and fruit. These kids were also better at choosing and eating healthy foods for themselves."
"Healthy Kids Community Challenge"



Run, Jump, Swim, Bike!

Join London's InMotion Challenge

Go to the Apple or Google Play store and download the new in motion Challenge App
www.inmotion4life.ca or use a paper tracker.

RUN! JUMP! PLAY! EVERYDAY!

Please be prepared to play outside with your children when you come to playgroups. Remember your:

- Hat
- Sunscreen
- Shoes/boots
- Water Bottle



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!

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.