



White Oaks Family Centre

October 2018

565 Bradley Ave
 519-685-1400
wofc@lcc.on.ca
www.lcc.on.ca



facebook.com/familycentreWhiteOaks

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Drop In Playgroup 9:30 -11:30 am (closed October 8th)</p> <p>Stroller Walk and Talk 10:00 - 11:30 am At White Oaks Park, meet at Family Centre White Oaks</p> <p>Positive Parenting 1:00 – 3:00 pm</p>	<p>Drop In Playgroup 9:30 -11:30 am</p> <p>La Ribambelle 10:00 am -12:00 pm Halte-programme pour parents Francophone</p> <p>Homework Help 3:30 – 5:00 pm (Starting Oct 9th)</p>	<p>Drop In Playgroup 9:30-11:30 am</p> <p>Infant Drop In Playgroup (12 months and under) 1:00-3:00 pm</p> <p>P.A.I.R Clinic October 10th 11:00 am – 3:00 pm</p> <p>P.C.M.H Parents for Children’s Mental Health 6:30 – 8:00 pm October 17th</p>	<p>Drop In Playgroup 9:30 -11:30 am</p> <p>INSite Clinic 12:00 - 6:00 pm (last appointment at 5:00 pm)</p>	<p>Drop In Playgroup 9:30 -11:30 am</p>





White Oaks Family Centre

Program and Service Descriptions

Early Years Drop In

Play based drop in for parents / caregivers and their children.

Stroller Walk and Talk

Parents, bring your babies, wear comfortable clothes and join us for a weekly stroller walk. Participants can register through Eventbrite or just drop-in. **Facilitated by Childreach Centre**

INSite Clinic 'TALK IN' CLINIC FOR EVERYONE!

Everyone is welcome to come and have free in person/ private counselling. No appointment necessary. Clinic is open to children and youth, parents, adults and seniors! **Child minding is available.** Partners providing counselling include Vanier Children's Services, Craigwood Youth Services, Family Services Thames Valley, WAYS and ANOVA. Thursdays 12:00 – 6:00 pm Last appointment at 5:00 pm

P. A. I. R Clinic

Parent and Infant Relationship Clinic with Vanier Children's Services. Ask us for more details

Positive Parenting

For more information / registration please contact Reem or Maria 519 - 686 - 8600 (ext. 7580) Mondays 1:00 – 3:00 pm

P.C.M.H - Parents for Children's Mental Health

A Peer support group for parents / caregivers who support children / youth living with mental health challenges. October 17th 6:30 – 8:00 pm. For more information contact Vicki @ London.pcmh@gmail.com

Homework Help

Helping students in Grades 3 - 6 with homework. Tuesdays, starting October 9th 3:30 – 5:00 pm. Register at the White Oaks Family Centre. For more information call Joanna Swirski @ 519 – 686 – 8600 ext. 7386 or jswirski@slnrc.ca

**Parent Learning Opportunities-
Free!**

Now all online!

To register:

www.EarlyONLondon.eventbrite.ca

or call 519 – 473 -2825 for more
information.

Just Beginnings

Fridays, November 9 - 30

10:00 to 11:30 am



Bridges out of Poverty / Circles

Circles is a community partnership coordinated by Goodwill industries, comprised of caring and compassionate individuals. Circles focus is to build intentional relationships to increase individuals social capital and meet their goals. To learn about the role of an Ally and how to become one, Contact Tina Lightfoot at 519 – 661 - 2500 ext. 2654 or tlightfo@london.ca

