



White Oaks Family Centre

February 2019

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



facebook.com/familycentreWhiteOaks

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Playgroup 9:30 -11:30 am (Closed February 18th)</p> <p>Positive Parenting 1:00 – 3:00 pm</p> <div style="border: 1px solid red; padding: 10px; margin-top: 20px;"> <p>White Oaks Family Centre will be closed Monday, February 18th for Family Day</p> </div>	<p>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</p>	<p>Playgroup 9:30-11:30 am</p> <p>Infant Playgroup (12 months and under) 1:00-3:00 pm</p> <p>P.A.I.R Clinic (February 6th) 11:00 am – 3:00 pm</p>	<p>Playgroup 9:30 -11:30 am</p> <p>INSite Clinic 12:00 - 6:00 pm (last appointment at 5:00 pm)</p> <p>P.C.M.H Parents for Children’s Mental Health 6:30 – 8:00 pm (February 20th)</p>	<p>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.

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. Every 3rd Wednesday 6:30 – 8:00 pm. For more information contact Vicki @ London.pcmh@gmail.com

Homework Help

Helping students in Grades 3 -6 with school work. Tuesdays 3:30 – 5:00 pm. Register at the White Oaks Family Centre reception desk. For more information call Joanna Swirski @ 519 – 686 – 8600 ext. 7386 or jswirski@slnrc.ca



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