



# White Oaks Family Centre

April 2018

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 519-685-1400  
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[www.lcc.on.ca](http://www.lcc.on.ca)



facebook.com/familycentreWhiteOaks

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Little Counters</b>            April 9-30th            register now            9:30 -10:15 am</p> <p><b>Sew Little Projects</b>            3:00-5:00 pm</p> <p><b>Youth Lead</b>            5:00-7:00 pm</p> <p><b>Stroller Walk and Talk</b>            10:00-11:30 am  <i>At White Oaks Park, meet at Family Centre White Oaks</i></p>	<p><b>*NEW* Drop In Playgroup</b>  <b>9:30-11:30 am</b></p> <p><b>La Ribambelle</b>            10:00am-12:00pm            Halte-programme pour parents francophone</p>	<p><b>Drop In Playgroup</b>            9:30-11:30 am</p> <p><b>Women's Wellness Series</b>            10:00-12:30 pm</p> <p><b>Drop In Infant Playgroup</b>            (12 months and under)            1:00-3:00 pm</p> <p><b>Bridges Out of Poverty/Circles®</b>            6:00-8:00 pm</p>	<p><b>Drop In Playgroup</b>            9:30-11:30 am</p> <p><b>INSite Clinic</b>            12:00-6:00 pm            (last appointment at 5:00pm)</p> <p><b>Parents For Children's Mental Health</b>            Peer Support Group            April 26th            6:30-8:00 pm</p>	<p><b>Drop In Playgroup</b>            9:30-11:30 am</p> <p><i>unplug</i> </p> <p><i>Come join us every day for a chance to unplug and play!</i></p> <div data-bbox="1585 868 2005 1161" style="border: 1px solid blue; border-radius: 50%; padding: 10px; text-align: center;"> <p>See all program descriptions on the back of the page</p> </div>



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## Program and Service Descriptions



### *Little Counters*

Adult/ child register To register: [www.EarlyONLondon.eventbrite.com](http://www.EarlyONLondon.eventbrite.com)

Learn how to incorporate numeracy into children's playtime through the use of songs, games and stories. For parents and their children ages 18 to 39 months. Mondays, April 9-30<sup>th</sup> 9:30 to 10:15 am

### *Youth Lead*

This program is for high school students who wish to develop leadership skills. Youth will be part of a community based program and will receive volunteer hours. Contact Cathy at [cdevries@slnrc.ca](mailto:cdevries@slnrc.ca) or Marcela Nieto at [mnieto@ymcawo.ca](mailto:mnieto@ymcawo.ca) Mondays 5:00-7:00 pm

### *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 and WAYS. Thursdays 12:00 pm–6:00 pm *Last apt. at 5pm*

### *Bridges Out of Poverty / Circles® -*

A community initiative coordinated by Goodwill Industries and the City of London that is comprised of caring and compassionate individuals who meet to share information, support, resources, meals, and friendship. To become a participant, volunteer ally or child minder contact Tina Lightfoot at 519-661-2500 ext. 2654 or [tlightfo@london.ca](mailto:tlightfo@london.ca) Wednesdays 6:00 pm–8:00 pm

### *Sew Little Projects/ Women's Wellness Series*

Sewing-Mondays 3:00- 5:00 pm

Women's Wellness Wed 10-12:30

For more information/ registration please contact Reem or Maria 519-6868-8600 (7580)

### *Parents For Children's Mental Health*

Peer Support Group for parents/caregivers who face the challenges of child or youth mental health issues.

April 26<sup>th</sup> and May 24<sup>th</sup> 6:30-8:00 pm For more information please contact Vicki at [London.pcmh@gmail.com](mailto:London.pcmh@gmail.com)

### *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**