



March 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Centre Argyle Hours Monday 9:00 - 5:00pm Tuesday 9:00 - 5:00pm Wednesday 9:00 - 6:00pm Thursday 9:00 - 5:00pm Friday 9:00 -12:00pm			1 Breastfeeding Drop-in 9:00-11:00am Breastfeeding Peer Support 12:00-1:00pm Baby Fun 1:30-2:30pm	2 ABC en Français- La Ribambelle 9:30-11:30	3 SPECTRUM Cooking Programs 11:00- 2:00pm Making Slime 10:00-2:00
5 Mom & Baby Yoga 10:00-11:00	6 M.A.P.P. 9:30am to noon Smart Beginnings 1:30-3:00pm Smart Start 6:00 to 7:30pm	7 Little Counters 10:00 -10:45 am TALK-IN Clinic 2:00-6:00pm	8 Breastfeeding Drop-in 9:00-11:00am Breastfeeding Peer Support 12:00-1:00pm French Baby Fun with La Ribambelle 1:30-2:30pm	9	10 SPECTRUM Cooking Programs 11:00- 2:00pm Beach Party 10:00-2:00 East London Library Visit 11:00-12:00
12 Mom & Baby Yoga 10:00-11:00	13 M.A.P.P. 9:30am to noon Singing Through the Years 10:00 to 11:00- Dearness Home - 710 Southdale Road East Healthy Harvests Cooking 1:00 to 3:00pm Smart Start 6:00 to 7:30pm	14 TALK-IN Clinic 2:00-6:00pm	15 Breastfeeding Drop-in 9:00-11:00am Breastfeeding Peer Support 12:00-1:00pm Baby Fun 1:30-2:30pm	16 ABC en Français- La Ribambelle 9:30-11:30 iCook- Sushi 10:00-12:00pm	17
19 Breastfeeding Peer Support 6:30 to 7:30pm Encouraging Positive Behavior 6:00 to 7:00pm	20 M.A.P.P. 9:30am to noon Smart Beginnings 1:30-3:00pm Smart Start 6:00 to 7:30pm	21 TALK-IN Clinic 2:00-6:00pm	22 Breastfeeding Drop-in 9:00-11:00am Breastfeeding Peer Support 12:00-1:00pm Baby Fun 1:30-2:30pm Sew a Throw 6:00-9:00pm	23	24
26	27 M.A.P.P. 9:30am to noon Singing Through the Years 10:00 to 11:00- Dearness Home - 710 Southdale Road East Smart Beginnings 1:30-3:00pm Smart Start 6:00 to 7:30pm	28 TALK-IN Clinic 2:00-6:00pm	29	30 CLOSED GOOD FRIDAY	31

What's Happening...

NEW French Baby Fun with La Ribambelle - It's a new spin on an ongoing program. La Ribambelle will be joining Baby Fun the 2nd Thursday of the month to introduce you and your baby to some of your favorite songs and stories in French and teach you some new ones too.

Program Closures- There will be no Community Play Groups the week of March Break- March 13-16th. Please drop into Family Centre Argyle for activities for the whole family. School age programs available Tuesday, Wednesday, Thursday mornings

Saturday Programs- Family Centre Argyle will be open on Saturdays from 9:30 to 3:00pm March 3rd & 10th, 2018. The EarlyON Playroom will be open 10:00am - 2:00pm with family friendly activities geared for children up to 12 years old.

- March 3- Making Slime
- March 10- Beach Party

EARLY YEARS PROGRAMS

Drop In Playgroups- A daily interactive play based program for children birth to 6 years of age, their parents and caregivers.

Early ON Playroom Hours

Monday	12:00 - 4:30pm
Tuesday	9:30 - 4:30pm
Wednesday	9:30 - 4:30pm
Thursday	9:30 - 4:30pm
Friday	9:30 - 12:00pm



Circle Time (Tuesday to Friday) at 11:30am.

Baby Fun- Informal discussions on child development and parenting strategies discussed each week, while learning songs and rhymes with baby.

ABC en Français with La Ribambelle A French play based program for all. French families: come discover how to integrate literacy in your everyday life! All other families: learn new French words and enjoy a French circle.

Community Drop-in Playgroups 9:30-11:30

Interactive play based programs for children, their parents and caregivers that are offered at various locations.

Tuesday Family Centre Westminster
690 Osgoode Dr.

Wednesday Summerside Community Church
1447 Commissioners Rd. E

Thursday Family Centre Westminster
690 Osgoode Dr.

Friday Stronach Community Centre
1221 Sandford St.

Singing Through the Years- An Intergenerational Music Celebration- The 2nd and 4th Tuesday of the month. *Held at the Dearness Home, 710 Southdale Road.*

SCHOOL AGE PROGRAMS

"TALK-IN" CLINICS- by Craigwood Youth Services

For youth 12-18 and/or their families concerned about substance abuse, bullying, anxiety, depression and general well-being. Private and confidential. No charge.

PARENT PROGRAMS

M.A.P.P. - Mutual Aid Parenting Program- A Drop-in program providing support for parents of children of all ages.

Smart Beginnings-For parents that have just completed the Smart Start for Babies prenatal program, this program supports parents as they adjust to life with a new baby. To find out if this program is right for you call 519-455-2791.

Breast Feeding Peer Support Group-A safe place for all breastfeeding women to connect with other moms. Facilitated by a Public Health Nurse.

OTHER SERVICES AVAILABLE

Smart Start for Babies- For more information and to register, please call **519-646-2961**.

tykeTALK- Available by appointment only. For more information call **519-663-0273**.

Infant Hearing Screening Program- Available by appointment only. For more information call **519-663-5317 ext. 2703**

REGISTERED WORKSHOPS

Register on line at www.OEYCLondon.eventbrite.com

Mom & Baby Yoga- This workshop provides an opportunity for you to regain strength and flexibility plus ease stress and anxiety. For moms and babies 0-6 months of age.

Family iCook- Sushi- Learn how to make proper sushi rice and 3 different types of sushi; tuna (cooked), egg & vegetarian. Practice using chop sticks when you taste your creations at the end of class! Best suited for children 8+ with a parent
Register at www.familycentreargyle.eventbrite.com

Encouraging Positive Behaviours- We will discuss 'normal' childhood behaviours and how to effectively deal with them. Tips for fostering positive behaviour and using positive discipline techniques will also be provided.

Sew a Throw-Are you interested in learning some sewing techniques? Beginners will learn how to use a sewing machine to create a 14" throw pillow with a semi-invisible zipper. Sewing machines and materials will be provided. \$10.00 /person to cover cost of materials. Payable the night of the workshop
Register at www.familycentreargyle.eventbrite.com



PLEASE REMEMBER...NO SCENTS MAKES GOOD SENSE!



For more information on what's happening at Family Centre Argyle and in the Argyle neighbourhood, check out our **Family Centre Argyle Facebook page**.