



Just Beginning Schedule January to June 2018



Just Beginning is a **free** 4-week program for first time moms with a baby 0-6 months of age, developed by the Middlesex-London Health Unit and Ontario Early Years Centres. Bring your baby to a relaxed and supportive setting, meet other new moms, share the “ups and downs” of being a new mom, and ask questions. ***Class size is limited, so please register early!***

January
Wednesdays, Jan. 17 - Feb. 7
1:30 to 3:00 p.m.
Kinsmen Recreation Centre
20 Granville St.

Register Online:
www.OEYCLondon.eventbrite.com
Or Call: 519-473-2825

*Facilitated by OEYC London West

February
Fridays, February 2-23
1:30 to 3:00 p.m.
Family Centre Argyle
1990 Royal Cres.

Register Online:
www.OEYCLondon.eventbrite.com
Or Call: 519-455-2791

*Facilitated by OEYC London Fanshawe

March
Fridays, March 2-23
10:00 to 11:30 a.m.
Childreach
265 Maitland St.

Register Online:
www.OEYCLondon.eventbrite.com
Or Call: 519-434-3644

*Facilitated by OEYC London North-Centre

March
Wednesdays, March 7-28
1:30 to 3:00 p.m.
Strathroy Satellite
80 Frank St., Strathroy

To Register Call: 519-245-8879

*Facilitated by OEYC Strathroy

April
Thursdays, April 5-26
10:00 to 11:30 a.m.
White Oaks Family Centre
565 Bradley Ave.

Register Online:
www.OEYCLondon.eventbrite.com
Or Call: 519-473-2825

*Facilitated by OEYC London West

May
Fridays, May 4-25
1:30 to 3:00 p.m.
Family Centre Argyle
1990 Royal Cres.

Register Online:
www.OEYCLondon.eventbrite.com
Or Call: 519-455-2791

*Facilitated by OEYC London Fanshawe

May
Thursdays, May 10-31
10:00 to 11:30 a.m.
Childreach
265 Maitland St.

Register Online:
www.OEYCLondon.eventbrite.com
Or Call: 519-434-3644

*Facilitated by OEYC London North Centre

June
Thursdays, June 7-28
10:00 to 11:30 a.m.
Westmount Family Centre
1019 Viscount Rd.

Register Online:
www.OEYCLondon.eventbrite.com
Or Call: 519-473-2825

*Facilitated by OEYC London West

Topics May Include:

- Sleep & Crying
- Growth & Development
- Infant Nutrition
- Community Resources
- Safety
- Immunizations