

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!***

July

Thursdays, July 6-27

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

August

Tuesdays, August 1-22

1:30 to 3:00 p.m.

Childreach
265 Maitland St.

Register Online:

www.OEYCLondon.eventbrite.com

Or Call: 519-434-3644

*Facilitated by OEYC London North Centre

September

Tuesdays, September 5-26

1:30 to 3:00 p.m.

Childreach
265 Maitland St.

Register Online:

www.OEYCLondon.eventbrite.com

Or Call: 519-434-3644

*Facilitated by OEYC London North Centre

September

Tuesdays, September 6-27

10:00 to 11:30 a.m.

Strathroy Satellite,
80 Frank St., Strathroy

To Register Call: 519-245-8879

*Facilitated by OEYC Strathroy

September

Fridays, September 8-29

10:00 to 11:30 a.m.

Sherwood Public Library
1225 Wonderland Rd. N

Register Online:

www.OEYCLondon.eventbrite.com

Or Call: 519-473-2825

*Facilitated by OEYC London West

October

Fridays, October 6-27

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

November

Wednesdays, November 8-29

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

November

Fridays, Nov. 17 - Dec. 8

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

November

Thursdays, Nov. 23 - Dec. 14

2:00 to 3:30 p.m.

Strathroy Satellite,
80 Frank St., Strathroy

To Register Call: 519-245-8879

*Facilitated by OEYC Strathroy

Topics May Include:

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