

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 the EarlyON Child & Family 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
Wednesdays, July 4-25
10:00 to 11:30 am
Family Centre Fanshawe
1800 Cedarhollow Blvd.

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

*Facilitated by London Children’s Connection

July
Fridays, July 6-27
1:30 to 3:00 pm
Family Centre Argyle
1990 Royal Cres.

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

*Facilitated by Merrymount

September
Thursdays, September 6-27
10:00 to 11:30 am
Family Centre Westmount
1019 Viscount Rd.

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

*Facilitated by London Children’s Connection

September
Fridays, September 7-28
10:00 to 11:30 am
Childreach
265 Maitland St.

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

*Facilitated by Childreach

September
Fridays, September 7-28
1:30 to 3:00 pm
Family Centre Argyle
1990 Royal Cres.

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

*Facilitated by Merrymount

October
Fridays, October 12-November 2
10:00 to 11:30 am
Childreach
265 Maitland St.

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

*Facilitated by Childreach

November
Fridays, November 2-23
1:30 to 3:00 pm
Family Centre Fanshawe
1800 Cedarhollow Blvd.

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

*Facilitated by Merrymount

November
Fridays, November 9-30
10:00 to 11:30 am
White Oaks Family Centre
565 Bradley Ave.

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

*Facilitated by London Children’s Connection

*Indicates group is facilitated by the lead agency for the EarlyON Child and Family Centres in London.

Topics May Include:

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