

## JUST BEGINNING AC

A program for first time moms with a baby 0-6 months developed in partnership with the Middlesex London Health Unit. Bring baby to a relaxed and supportive setting. Topics include growth and development, sleep and crying, infant nutrition, safety, and community resources.



### Upcoming dates:

**Tuesdays, August 1-22**

1:30-3:00 pm

**Childreach**

265 Maitland St.

- A** Adult program
- AC** Adult/Child program
-  Registration is required
-  Childminding is provided

## Questions About Parenting?

Contact us for information, resources, and supports.

### **OEYC London Fanshawe**

at Family Centre Argyle

1990 Royal Cres

London, ON N5V 1N8

519-455-2791

[oeyclondonfanshawe@merrymount.on.ca](mailto:oeyclondonfanshawe@merrymount.on.ca)

[www.merrymount.on.ca](http://www.merrymount.on.ca)

### **OEYC London North Centre**

at Childreach

265 Maitland St

London, ON N6B 2Y3

519-434-3644

[info@childreach.on.ca](mailto:info@childreach.on.ca)

[www.childreach.on.ca](http://www.childreach.on.ca)

### **OEYC London West**

at Family Centre Westmount

1019 Viscount Rd

London, ON N6K 1H5

519-473-2825

[oeyc.lw@lcc.on.ca](mailto:oeyc.lw@lcc.on.ca)

[www.lcc.on.ca](http://www.lcc.on.ca)

Pour les services en français,

contactez **la Ribambelle**

au 519-472-2334

[www.laribambelle.ca](http://www.laribambelle.ca)



## Ontario Early Years Programs in London

# Workshops for Parents & Caregivers



**July 2017**

All programs and workshops are

**FREE**

Register Online at  
[www.OEYCLondon.eventbrite.com](http://www.OEYCLondon.eventbrite.com)

You can also register by  
phone or in person

### **Infant Massage AC** 🗓️

Parents-bring your non-crawling babies and practice the techniques and special touches of infant massage to build a special connection.

**Tuesdays, July 4-25**

1:30-2:30 pm

Childreach

265 Maitland St.

### **Café Mom A** 🗓️ 😊

Put your feet up, relax and connect with other moms in a supportive, child-free environment.

**Wednesdays, July 5 & 12**

10:00-11:30 am

Call or email Charity at cborn@childreach.on.ca.ca to register, childminding is limited.

Special times for moms of twins and triplets:

**Wednesday, July 19**

10-11:30 am

Childreach

265 Maitland St.

### **Just Beginning AC** 🗓️

A program for first time moms with a baby 0-6 months developed in partnership with the Middlesex London Health Unit. Bring baby to a relaxed and supportive setting. Topics include growth and development, sleep and crying, infant nutrition, safety, and community resources.

**Thursdays, July 7-27**

10:00 to 11:30 am

Family Centre White Oaks

565 Bradley Avenue

🗓️ Register online at  
[www.OEYCLondon.eventbrite.com](http://www.OEYCLondon.eventbrite.com)

### **Nature In The Core AC** 🗓️

Nature is everywhere! Join us with your children to explore the outdoors and learn how to find pockets of nature in an urban settings. Bring a snack.

**Mondays, July 10-31**

10:00-11:30 am

Harris Park. Meet at Museum London.

### **Stroller Walk and Talk AC** 🗓️

Parents, bring your babies, wear comfortable clothes and join us for a weekly stroller walk.

**Mondays, July 10-31**

10:00-11:30 am

Gibbons Park. Meet at Grosvenor St, parking lot.

### **Active Outdoor Play AC** 🗓️

Join a Parent Educator and discuss the many ways to create a stimulating environment to encourage active play. Children will have fun exploring unstructured activities.

**Wednesdays, July 12-August 16**

9:30-11:30 am

West Lions Park

20 Granville Street

### **Stretch and Grow AC** 🗓️

Discover fun and simple physical activities for you and your baby under 6 months. Sessions will include a facilitated group time, Adult discussion, and time for exploration of planned activities.

Topics include baby sensory development, baby massage and moving to music.

**Wednesdays, July 12-26**

10:00-11:00 am

Family Centre Argyle

1990 Royal Cres.

### **iCook A** 🗓️

iCook this month will be teaching you simple and easy ways to make strawberry freezer jam.

Adults only please.

**Friday, July 14**

9:30 to 11:30 am

Family Centre Argyle

1990 Royal Cres.

### **Sing, Read, Play and Love AC** 🗓️

Enjoy language based play with your baby, age birth to one year. We will explore early language development and early literacy through adult discussion.

**Wednesday, July, 19**

2:00-3:00 pm

Landon Library Branch

167 Wortley Rd

### **Kindergarten, Here We Come AC** 🗓️

With a combination of parent/child hands on experiences and a parent discussion group, this program will help both you and your child make the transition to school in the Fall.

**Saturday, July 22**

10:00-11:30 am

Childreach

265 Maitland St.

See reverse panel for more programs

