

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.

Fridays, March 2-23

10:00-11:30 am

Childreach



265 Maitland Street

Thursdays, April 5-26

10:00 – 11:30 am

White Oaks Family Centre

565 Bradley Avenue

- 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

www.merrymount.on.ca

OEYC London North Centre

at Childreach

265 Maitland St

London, ON N6B 2Y3

519-434-3644

info@childreach.on.ca

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

www.lcc.on.ca

Pour les services en français,

contactez **la Ribambelle**

au 519-472-2334

www.laribambelle.ca



Ontario Early Years Programs in London

Workshops for Parents & Caregivers



February 2018

All programs and workshops are

FREE

Register Online at
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.

Fridays, February 2-23

10:30 to 11:30 am

Boyle Community Centre,
530 Charlotte Street.

Fridays, February 2-23

2:00 to 3:00 pm

Childreach
265 Maitland Street

Just Beginning AC 🗎

This is a 4 week program for first time moms with a baby 0-6 months of age developed in partnership with the Middlesex London Health Unit. Bring baby to a relaxed and supportive setting, meet other new moms, ask questions and share the ‘ups’ and ‘downs’ of being a new mom. Talk about babies, how they grow, learn and play. Topics include growth and development, sleep and crying, infant nutrition, safety and community resources.

Fridays, February 2-23

1:30 to 3:00 pm

Family Centre Argyle
1990 Royal Crescent

Temper Tantrums A 🗎

This session will provide information as to why temper tantrums occur at different ages and stages and provide positive strategies to support your child.

Monday, February 5

1:00 to 2:30 pm

White Oaks Family Centre
565 Bradley Avenue

🗎 Register online at
www.OEYCLondon.eventbrite.com

Salsa for Mom & Baby AC 🗎

Join us for some fun and exercise learning to salsa dance with your baby (0-12months). Please bring an infant carrier for this class.

Monday, February 5 & 12

10:00 to 11:00 am

Family Centre Argyle, 1990 Royal Crescent

Love Languages for Families A 🗎

Parents of tots to teens, join us as we discuss the different love languages in families, learn to recognize empty love tank behaviours, and to use all five love languages to build effective relationships and enhance communication in your home.

Tuesdays, February 6-27,

6:00 to 8:00 pm

Childreach, 265 Maitland Street

Café Mom A 🗎

Put your feet up, relax and connect with others moms in a child-free, supportive environment. Refreshments will be served.

Wednesdays, February 7 & 21

10:00 to 11:30 am

Special dates for moms of twins & triplets

February 28

10:00 to 11:30 am

Childreach, 265 Maitland Street

Kids Have Stress Too! A 🗎

Stress is a normal everyday occurrence. Some stress in our lives is necessary. This is an educational program designed to help parents understand stress and to teach their children ways to manage it.

Tuesday, February 13

6:00 to 7:30 pm

White Oaks Family Centre, 565 Bradley Avenue

Little Counters AC 🗎

Parents – learn how to incorporate numeracy into children’s playtime through the use of songs, games and stories. For children ages 12 to 39 months.

Wednesdays, February 14-March 7

10:00 to 10:45 am

Family Centre Argyle, 1990 Royal Crescent

Mindful Parenting A 🗎

We will discuss practical ways to de-stress and find calm instead of chaos. Drawing on the latest research, learn how mindfulness can help your family feel happier, calmer and less anxious.

Wednesday, February 21

6:00 to 8:00 pm

Childreach, 265 Maitland Street

Sibling Rivalry A 🗎

Sibling rivalry starts early. Understand what causes it and how to encourage your children to develop healthy bonds with each other.

Monday, February 26

6:00 to 7:00 pm

Family Centre Argyle, 1990 Royal Crescent

See reverse panel for more programs

