

## 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:

#### Wednesdays, November 8-29

10:00 to 11:30 am  
Westmount Family Centre  
1019 Viscount Rd.

#### Fridays, November 17-December 8

1:30 to 3:00 pm  
Family Centre Argyle  
1990 Royal Cres.

- 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



## October 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

### **Stroller Walk and Talk** AC👶

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

**Mondays, October 2-30**, 10:00 to 11:30 am (no walk on Thanksgiving Holiday October 9)

Gibbons Park, Meet at Grosvenor St, parking lot.

### **Infant Massage** AC👶

Bring your non-crawling babies and practice the techniques and special touches of infant massage to build a special connection with your baby.

**Tuesdays, October 3-24**, 10:00 to 11:00 am

Childreach, 265 Maitland St.

**Tuesdays, October 3-24**, 1:30 to 2:30 pm

Family Centre Argyle, 1990 Royal Cres.

### **Café Mom** A👶☺

Put your feet up, relax and connect with other moms in a supportive, child-free environment. Childminding is limited. To register for Café Mom, call or email Charity at [cborn@childreach.on.ca](mailto:cborn@childreach.on.ca).

**Wednesday, October 4**, 10:00 to 11:30 am

**Wednesday, October 18**, 10:00 to 11:30 am

**Wednesday, October 25** (for moms of twins & triplets), 10:00 to 11:30 am

Childreach, 265 Maitland St.

### **Stretch, Grow and Walk in the Park** AC👶

Discover fun and simple physical activities for you and your baby under 6 months. Sessions include a facilitated group discussion and time for exploration of planned activities and a walk! Topics include sensory development, baby massage and moving to music.

**Wednesdays, October 4-25**, 11:00 am to 12:00 pm

Reservoir Park, 869 Commissioners Rd. W

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**Fridays, October 6-27**, 1:00 to 3:30 pm

Family Centre Argyle, 1990 Royal Cres.

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

### **Celebrate Veggies and Fruit / Célébrons les fruits et les légumes!** AC👶

A Bilingual cooking program /Un programme bilingue de cuisine

Parents and children between 3 and 6 years come and explore different ways to prepare and enjoy vegetables and fruits. Each week we will learn, create and sample our dishes while participating in fun activities!

*Les parents et les enfants âgés de 3 à 6 ans apprennent à explorer différentes façons de préparer et d'apprécier les légumes et les fruits. À chaque semaine, nous apprendrons à créer et à goûter des petits plats tout en participant à des activités amusantes.*

**Thursdays, October 5-26**, 5:30 to 7:00 pm

Westmount Family Centre, 1019 Viscount Rd.

### **Gentle Yoga for Toddlers** AC👶

Toddler yoga provides an opportunity to exercise and have fun with your 18-24 month old child. This workshop promotes and develops strength, flexibility, balance and motor skills. Please wear comfortable clothing.

**Fridays, October 6-20**, 10:00 to 11:00 am

Family Centre Argyle, 1990 Royal Cres.

### **Here We Grow Again** A👶☺

Are you pregnant with your second child? Are you thinking about having a second baby? Tips and suggestions will be shared to help ease the transition (for you and your first born).

**Thursday, October 12**, 6:00 to 7:30 pm

Childreach, 265 Maitland St.

### **Parenting as a Team** A👶☺

A common source of friction between parents is differing ideas about parenting. Find ways to work together for your children's well-being. Learn about how temperament, parenting styles and our own upbringing affect how we parent.

**Tuesday, October 17**, 6:00 to 8:00 pm

Childreach, 265 Maitland St.

### **Temper Tantrums** A👶☺

This session will provide information on why temper tantrums occur and positive strategies to support your child.

**Wednesday, October 18**, 6:00 to 7:30 pm

Westmount Family Centre, 1019 Viscount Rd.

### **Screen Time: What is best for my child?** A👶

Screen time is time spent interacting with any screens, such as tablets, smart phones and televisions.

Parents with children under 8 years, join us to discuss current research around guidelines, setting limits and choosing what is best for your child.

**Tuesday, October 24**, 7:00 to 8:30 pm

Westmount Library, 3200 Wonderland Rd S.

### **Mom & Baby Yoga** AC👶

This workshop provides an opportunity for you to regain strength and flexibility plus ease stress and anxiety. For moms and babies 0-6 months of age.

**Fridays, October 27-November 10**, 10:00 to 11:00 am

Family Centre Argyle, 1990 Royal Cres.

### **Development Through Play** AC👶

Parents, join us with your infant between birth and one year of age and explore all the learning happening in everyday play.

**Monday, October 30**, 1:00 to 2:00 pm

Westmount Family Centre, 1019 Viscount Rd.

### **Kindergarten Café** A👶☺

We invite parents of children in JK and SK on the last Tuesday of each month to join us in a relaxed, supportive conversation about the joys and challenges of sending your child to school.

**Tuesday, October 31**, 10:00 to 11:00 am

Childreach, 265 Maitland St..

See reverse panel for more programs. →