

## 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.

### Tuesdays, September 5–26

1:30 to 3:00 pm

Childreach  
265 Maitland St.

### Fridays, September 8-29

10:00 to 11:30 am



Sherwood Public Library  
1225 Wonderland Rd. N.

### Upcoming Dates:

### Fridays, October 6-27

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



## September 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

📍 Register online at  
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**Tuesdays, September 5-26**, 1:30 to 3:00 pm  
Childreach, 265 Maitland St.

or

**Fridays, September 8-29**, 10:00 to 11:30 am  
Sherwood Public Library, 1225 Wonderland Rd.

### Little Counters AC📍

Learn how to incorporate numeracy into children's playtime through the use of songs, games and stories. For parents and their children ages 12 to 39 months.

**Wednesdays, September 6-27**, 10:00 to 10:45 am  
Family Centre Argyle, 1990 Royal Cres.

or

**Saturdays, September 9-30**, 10:00 to 10:45 am  
Childreach, 265 Maitland St.

### 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, September 13**, 10:00 to 11:30 am

**Wednesday, September 20**, 10:00 to 11:30 am

**Wednesday, September 27** (for moms of twins & triplets), 10:00 to 11:30 am  
Childreach, 265 Maitland St.

### 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.

**Thursdays, September 7-28**, 10:00 to 11:00 am

**Fridays, September 8-29**, 1:30 to 2:30 pm

Childreach, 265 Maitland St.

### Salsa for Mom & Baby AC📍

Join us for a 3 week series of fun and exercise learning to salsa dance with your baby (0-12months) Please bring an infant carrier for this class.

**Fridays, September 8, 22 & 29**, 10:00 to 11:00 am

Family Centre Argyle, 1990 Royal Cres.

### Stroller Walk and Talk AC📍

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

**Mondays, September 11-25**, 10:00 to 11:30 am

Gibbons Park, Meet at Grosvenor St, parking lot.

### Sleep for Baby and You A📍

Parents and babies both need sleep. Join other parents with babies under 6 months to discuss normal sleep patterns in infants and how we can set up good sleep habits and routines.

**Monday, September 18**, 1:00 to 2:30 pm

Westmount Family Centre, 1019 Viscount Rd.

### Family iCook AC📍

An interactive cooking demonstration that introduces new recipes, mainly created from local, seasonal ingredients. Share in the preparation and tasting of simple, easy to make recipes. This session will feature soup and biscuits!

**Wednesday, September 20**, 5:30 to 7:30 pm

Family Centre Argyle, 1990 Royal Cres.

### Understanding Temperament A📍😊

Understanding your child's temperament can impact your parenting style, decisions, and your relationship with your child. Learn about the different temperament styles, why children do what they do, and how to best meet your child's needs.

**Mondays, September 25 & October 2**, 10:00 am to Noon at Childreach, 265 Maitland St.

### 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 September 26**, 10:00 to 11:00 am  
Childreach, 265 Maitland St.

### Kids Have Stress Too and Beginning Kindergarten A📍😊

Stress is a normal, everyday occurrence. Some stress in our lives is necessary. This is an educational program designed to help parents and caregivers better understand stress and to help them teach their 3 to 6 year old children ways to manage it.

**Wednesday, September 27**, 6:00 to 7:30 pm  
Westmount Family Centre, 1019 Viscount Rd.

### Sing, Read, Play and Love AC📍

Enjoy an hour of language based play with your baby, age birth to one year. We will explore early language development and early literacy through adult discussion. We invite you to bring your baby with you to sing, read, play and love.

**Thursday, September 14**, 10:00 to 11:00 am  
Byron Public Library, 1295 Commissioners Rd. W

See reverse panel for more programs →