

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:

Tuesday, September 5-26

1:30 to 3:00 p.m.

Childreach



265 Maitland St.

Fridays, September 8-29

10:00 to 11:30 pm

Sherwood Public Library

1225 Wonderland Rd. N

- 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



August 2017

All programs and workshops are

FREE

Register Online at
www.OEYCLondon.eventbrite.com

You can also register by
phone or in person

Just Beginning AC

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Tuesdays, August 1-22

1:30 to 3:00 pm

Childreach, 265 Maitland St.

Parenting in the Park AC

Join our playgroup at the park. Speak with a parent educator. Discussions and resources will highlight physical activities and healthy eating. Weather permitting.

Wednesdays, August 2-16

9:30 to 11:30 am

West Lions Park, 20 Granville Street

Café Mom A

Put your feet up, relax and connect with other moms in a supportive, child-free environment. Refreshments will be served. Childminding is limited. To register for Café Mom, call or email Charity at cborn@childreach.on.ca.

Wednesdays, August 2 & 16

10:00 to 11:30 am

Wednesday, August 23 (for moms of twins & triplets)

10:00 to 11:30 am

Childreach, 265 Maitland Street

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 – 39 months.

Fridays, August 4-25

10:00 to 10:45 am

Childreach, 265 Maitland Street

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, August 4, 11, 25 & Sept. 1

1:30 to 2:30 pm

Childreach, 265 Maitland Street

Register online at
www.OEYCLondon.eventbrite.com

Family Garden Workshop -All About Bugs AC

Find out how important all critters are for our ecosystem and help us build a bug hotel in the Family Centre Argyle garden. Make a tiny bug hotel to take home for your own garden. In partnership with the London Children's Museum. Email:

nicolel@londonchildrensmuseum.ca to register.

Wednesday, August 9

1:30 to 3:30 pm

Family Centre Argyle, 1990 Royal Cres.

I'm Ready for Kindergarten AC

Join us for a session focused on getting ready for Kindergarten. We will sing, read stories and practice rhymes while developing language, social and gross motor skills. Parent information on school readiness provided. In partnership with Westmount Branch Library.

Friday, August 11

10:00 to 11:30 am

Westmount Family Centre,
1019 Viscount Road

OR

Friday, August 25

10:00 to 11:30 am

Westmount Public Library,
3200 Wonderland Road South

To register call: Westmount Public Library
519-473-4708

Promoting Infant & Early Childhood Mental Health A

Join in a discussion with Vanier Children's Services and the Middlesex London Health Unit promoting Infant Mental Health. Infant and early childhood mental health refers to optimal social and emotional development from birth. Babies in arms welcome.

Monday, August 14

1:00 to 2:30 pm

Westmount Family Centre, 1019 Viscount Road

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 setting. Bring a snack.

Mondays, August 14-28

10:00 to 11:30 am

Location: TBA

Stroller Walk and Talk AC

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

Mondays, August 14-28

10:00 to 11:30 am

Gibbons Park, Grosvenor Street Entrance

Light Touch for Babies AC

Parents and babies under 12 months join Sara Farrell, Certified Reflexologist, to learn the benefits of reflexology for your child such as sleep patterns, digestive pain and colic. This session includes training in three techniques and an instruction sheet to take home.

Monday, August 21

1:00 to 2:00 pm

Westmount Family Centre, 1019 Viscount Road

iCook A

This month we will be learning to make dips for vegetables and homemade pita chips.

Wednesday, August 23

9:30 to 11:30 am

Family Centre Argyle, 1990 Royal Cres.

Family Garden Workshop -Critter Contribution AC

Learn about birds and squirrels and see if we can spot any through our binoculars! Make a critter contribution, something you can leave in Family Centre Argyle's garden or take home, which will help birds and squirrels build their nests. In partnership with the London Children's Museum. Email:

nicolel@londonchildrensmuseum.ca to register.

Thursday, August 31

9:30 to 11:30 am

Family Centre Argyle, 1990 Royal Cres.

See reverse panel for more programs

