

December 2018 to February 2019 / de décembre 2018 à février 2019

Includes London North Centre Ontario Early Years Centre / Inclus London Nord Centre Centre de la petite enfance de l'Ontario

Childreach - 265 Mailland St., London, ON N6B 2Y3 - Phone 519-434-3644 - www.childreach.on.ca

| | Monday/lundi | Tuesday/mardi | Wednesday/mercredi | Thursday/jeudi | Friday/vendredi | Saturday/samedi |
|---|---|--|---|---|--|--|
| Drop-In Playgroups at Childreach, Toy Lending and Teach & Play** | 9:30 am to 3:30 pm Focus on Families | 9:30 am to 7:30 pm | 9:30 am to 3:30 pm | 9:30 am to 7:30 pm | 9:30 am to 12 noon | 9:30 am to 2 pm |
| Drop-In Playgroup at Knollwood PS EarlyON Child & Family Centre | 9 am to 1 pm | 9 am to 1 pm | 9 am to 1 pm | 9 am to 1 pm | 9 am to 1 pm | |
| Drop-In Playgroups in the Community | 9 am to 12 noon at Family Centre Westminster | 9 to 11:30 am at Family Centre Carling-Thames | 9 am to 12 noon at Family Centre Westminster | 9:30 am to 12 noon & 1 to 3 pm at Beacock Library | 9 am to 12 noon at Family Centre Westminster | 10 am to 12 noon Wild Child Outdoor Playgroup at Medway Forest Meet at Museum of Archaeology, 1600 Attawandaron Rd. |
| | 9:30 to 11:30 am at Carling Heights Optimist CC | 9:30 to 11:30 – Curious Connections at Pond Mills Library | 9:30 to 11:30 am at St. Jude's Church | 9:30 to 11:30 am Family Centre Fox Hollow | 9:30 to 11:30 am at Cherryhill Library | |
| | 9:30 to 11:30 am Curious Connections at Family Centre Carling-Thames | 10 to 11:30 am Beginning with Baby (0 -12 months) at Cherryhill Library | 10 am – 12 noon Wild Child Outdoor Playgroup at Cedarhollow Woods Meet at Arklow Pl. & Killarney Rd. | 10 am – 12 noon Wild Child Outdoor Playgroup at Westminster Ponds Meet at 930 Western Counties Rd. | Mark your calendars! Annual Soup & Chili Lunch on Friday, February 1 It's ALL-YOU-CAN-EAT for a \$10 donation to Childreach! Pop in for a bite & bring your friends! No registration required. 11:30 am – 1 pm | |
| | 10 to 11:30 am Stroller Walk & Talk at White Oaks Mall (H&M entrance) | 1:30 to 3:30 pm Beginning with Baby (0 -12 months) at Family Centre Fanshawe | 10 to 11:30 am Beginning with Toddler(1-2 ½ yrs) at Beacock Library | 1:30 to 3 pm Beginning with Baby (for infants 0 -12 months) at Beacock Library | | |
| | | | 1:30 to 3 pm Beginning with Baby (for infants 0 -12 months) at FC Westminster | | | |
| | | | 2 to 4 pm Family Centre Fox Hollow | | | |

Holiday Closures/Les Fermetures – Visit our website at <http://www.childreach.on.ca> for playroom, resource centre, community programs & WILD CHILD holiday hours during December 24, 2018 – January 5, 2019! Call us at 519-434-3644 if you have any questions.

Focus on Families - For families who enjoy a quiet playroom. Meet other families, chat with us about your child, and play together! **Mondays, 9:30am – 3:30pm**
Curious Connections - A playgroup using loose parts that encourage mindful play, exploration, and curiosity. **Tunes for Tots** – Tuesdays at 10:30am at Childreach

****Teach & Play** is a toy lending library and resource program for children and youth who have an intellectual disability. Email arielle.bush@cfl.on.ca for more information.

For information about other **EarlyON Child & Family Centre** locations in London, please visit www.familyinfo.ca.

Les P'tits fous du Francais

Groupe de jeux pour les familles francophones et francophiles ayant des enfants âgés entre 0 et 6 ans. **Thursdays, 9:30 – 11:30am**

WILD CHILD Outdoor Playgroup

In a forested area, families will climb trees, get muddy, find bugs, dig holes, be tired, and be happy. Dress for the weather. Bring a snack. **See times & locations on the reverse.**

Support Groups

Young Parents Group

Are you a parent 23 years old or younger? Connect with other parents, enhance your parenting skills, play with your children, and share a snack. **Mondays, 4 – 6pm**

Mother Reach (Childminding is available.)

A support group for pregnant and new moms who are experiencing depression & anxiety. No registration required. **Thursdays, January 10 – April 11, 1 – 3 pm**

Café Mom**

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

Wednesdays, December 5 & 19, January 9 & 16, February 6 & 13, 10-11:30am

Infant Massage *

Parents, bring your non-crawling baby, and learn techniques of special touch that build a connection between you and your baby. Please bring a receiving blanket.

Fridays, January 4 –25, 1:30 – 2:30 pm

Tuesdays, January 8 –29, 1:30 – 2:30 pm

Tuesdays, February 5 –26, 1:30 – 2:30 pm

Fridays, February 8 – March 1, 1:30 – 2:30 pm

Renegade Rules **

Join us for this monthly series that challenges the status quo and explores how to raise confident and compassionate children. A different topic will be discussed each month.

It's OK to go Up the Slide – Tuesday, December 4, 10 - 11:30 am

Love Your Kids Lies – Wednesday, January 23, 10 – 11:30 am

Bombs, Guns & Bad Guys Allowed – Wednesday, February 20, 10 – 11:30 am

Mindful Parenting **

Becoming a mindful parent can help create a calmer home. We will discuss practical ways to de-stress and find calm instead of chaos, and learn how mindfulness can help your family feel happier, calmer and less anxious. **Tuesday, December 11, 10 am – 12 pm**

Respectful Parenting **

This interactive workshop will provide an overview of respectful parenting principles and basic techniques to invest in a strong, connected, and mutually respectful relationship with your child. **Thursday, December 13, 6 – 8 pm**

Messy Materials – Drop-In

Join your child for a creative art exploration using different materials like paint and clay using unique tools to enhance the experience. Wear your old clothes as this WILL get messy!

Fridays, December 14, January 11 and February 8, 10 – 11 am

Just Beginning*

A supportive 4 week program for first time moms with a baby 0-6 months. Topics include growth and development, sleep and crying, infant nutrition, safety, adjustments to parenthood and more! **Tuesdays, January 8 – 29, 10 – 11:30 am**

Raising Respectful Children**

This course offers proactive and positive steps to raising respectful, engaged, and grateful children. **Tuesday, January 15, 10 am – 12 pm**

Young Scientists – Drop-In

Learn along with your child as you observe, explore and investigate with a variety of scientific materials. Be ready to get your hands dirty and a little messy. **Fridays, January 18, 25 and February 1, 10 – 11 am**

Kindergarten, Here We Come!*

Help both you and your child make the transition to school in the fall. Learn about the kindergarten curriculum and how to get your child prepared for school.

Saturday, January 26, 10am–12pm

The Volcano in my Tummy: Helping your Child with Anger**

We will explore effective approaches to helping children and adults alike understand and deal constructively with children's anger, recognizing triggers and apply positive coping strategies.

Tuesday, January 29, 6 – 8 pm

Let's Talk Infant Sleep**

When your baby isn't sleeping, it can have a ripple effect. Learn about the sleep cycle and the brain, factors that could affect your baby's sleep, and techniques to ensure the best possible environment for sleep. **Wednesday, January 30, 10 am – 12 pm**

Little Counters *

Learn how to incorporate numeracy into children's playtime using songs, games and stories.

For parents and their children ages 12 – 39 months. **Fridays, February 1- 22, 10 – 10:45 am**

Love Languages for Families – 3 part series **

Parents of tots to teens, join us to discuss how to identify the different love languages in your children and in ourselves, learn to recognize empty love tank behaviours, and how to use all love languages to build effective relationships and enhance communication in your home.

Thursdays, February 21, 28 & March 7, 6 – 8 pm

Little Musicians*

Join your child for a series of musical adventures. You will sing, dance and create materials to enhance the musical experience. Concepts such as rhythm, beat and melody will be practiced through active involvement. **Wednesdays, February 6 - 27, 2 – 3 pm**

Growing Up Social**

This discussion-based session will explore how we can equip children with a healthy involvement with screens, and an even healthier involvement with others.

Tuesday, February 26, 6 – 8 pm

* Registration required.

** Registration required & limited child care available.

Register online at www.childreach.on.ca, by phone 519-434-3644 or in person.