

September to November 2017/de septembre à novembre 2017

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 the Centre, 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
Plan your visit around these special times!		10:30 am Baby Songs		9:30 to 11:30 am Les P'tits fous du Francais		
Drop-In Playgroups and Programs in the Community	9:30 to 11:30 am at Carling Heights Optimist CC (beginning Sept 11) 10 am to 12 noon – Beginning with Baby at Family Centre Carling-Thames 10 to 11:30 am Stroller Walk & Talk at Gibbons Park Meet at Grosvenor St. Entrance	9 to 11:30 am at Family Centre Carling-Thames 10 to 11:30 am Beginning with Baby at Cherryhill Library	9:30 to 11:30 am at St. Jude's Church 10 to 11:30 am Beginning with Toddler at Beacock Library 10 am – 12 noon Wild Child Outdoor Playgroup Kilally Meadows Meet at the Bridle Path entrance.	9:30 am to 12 noon OR 1 to 3 pm at Beacock Library 10 am – 12 noon Wild Child Outdoor Playgroup Westminster Ponds Meet at 944 Western Counties Rd. 10:30 to 11:30 am Curious Connections at Central Library 1:30 to 3 pm Beginning with Baby at Beacock Library	9:30 to 11:30 am at Cherryhill Library	10 am – 12 noon Wild Child Outdoor Playgroup Medway Forest Meet at the Museum of Ontario Archaeology, 1600 Attawandaron Rd.

Holiday Closures/Les Fermetures – The centre will be closed Saturday, September 2 to Monday, September 4 and Saturday, October 7 to Monday, October 9.
Childreach seront fermés du samedi 2 septembre au lundi 4 septembre inclusivement et du samedi 7 octobre au lundi 9 octobre inclusivement.

Teach & Play is a toy lending library and resource program for children and youth who have an intellectual disability. It is a Community Living London program funded by the United Way. Email arielle.bush@cll.on.ca for more information.

Call the other OEYC locations in London for information on their programs and hours: **London Fanshawe, 519-455-2791 or London West, 519-473-2825**

Focus on Families

For families who enjoy a quiet playroom. Meet other families, chat with us about your child, and play together! **Mondays, 9:30 am – 3:30 pm**

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.**

Curious Connections

A story time for you and your 1.5 to 4 year old using loose parts that encourage mindful play, exploration, and curiosity. **Thursdays, 10:30 – 11:30 am, Central Library**

Les p'tits fous du français

Groupe de jeux pour les familles francophones et francophiles ayant des enfants âgés entre 0 et 6 ans accompagnés de leur parent ou gardien. **Jeudis, 9:30 – 11:30 am**

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. Bus tickets are available.

Mondays, 4 – 6 pm

Café Mom**

Put your feet up, relax and connect with others moms in a child-free, supportive environment. Refreshments will be served. Call or email Charity at cborn@childreach.on.ca to register.

Wednesdays, September 13, September 20, October 4, October 18, November 1 & November 15, 10 – 11:30 am

Special dates for moms of twins & triplets – September 27, October 25 & November 22, 10 – 11:30 am

Stroller Walk and Talk*

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

Mondays, September 11 to November 27, 10 – 11:30 am, Gibbons Parks, meet at Grosvenor St. Parking Lot

Nature in the Core*

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. **Fridays, September 8 – 29, 10 – 11:30 am, Harris Park, meet at Labatt Park on Wilson Street (free street parking)**

Kindergarten Café**

Join us in a relaxed, supportive conversation about the joys and challenges of sending your child to JK or SK. **Tuesdays, September 26, October 31, November 28, 10 – 11 am**

Little Counters*

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.

Saturdays, September 9 – 30, 10 - 10:45 am

Fridays, October 6- 25, 10 - 10:45 am

Infant Massage*

Parents – bring your non-crawling babies and practice the techniques and special touches of infant massage to build a special connection.

Thursdays, September 7 – 28, 10 – 11 am

Fridays, September 8 – 29, 1:30 – 2:30 pm

Tuesdays, October 3 – 24, 10 – 11 am

Fridays, October 20 – November 10, 1:30 - 2:30 pm

Understanding Temperament**

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

Mondays, September 25 & October 2, 10 am – Noon

Just Beginning*

A program for first-time moms with a baby 0-6 months of age. Bring your baby to a relaxed and supportive setting, meet other moms, share the “ups and downs” of being a new mom, and ask questions. **Tuesdays, September 5-26, 1:30 – 3 pm**

Parenting as a Team**

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 – 8 pm.**

How to Hug a Porcupine**

Let's discuss the joys and challenges of parenting your 8-12 year old. How you respond to the whirlwind changes during this time affects your tween's behavior now and in the long run.

Wednesday, October 11, 6 – 8 pm

Here We Grow Again**

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 – 7:30pm

Mindful Parenting**

Are you wanting a calmer, more relaxed home? Learn how becoming a mindful parents can help. We will discuss the importance of noticing our own feelings when in conflict with our child, learning to pause before responding, listening carefully to a child's viewpoint even when disagreeing with it and so much more. **Tuesday, November 7, 10 am – Noon**

You Want me to say What!? Talking with Children about their Bodies**

Learn how to respond to your children's questions about their bodies and sexuality with age-appropriate answers. We will also discuss the timing of “the talk” and the importance of using correct terminology. **Mondays, November 20 & 27, 10am – Noon**

*** Registration required.**

**** Registration required & childcare offered.**

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