

## March to May 2018/de mars à mai 2018

Childreach • 265 Maitland St., London, ON N6B 2Y3 • Phone 519-434-3644 • [www.childreach.on.ca](http://www.childreach.on.ca)

	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
<b>Drop-In Playgroups at Childreach, Toy Lending and Teach &amp; Play**</b>	9:30 am to 3:30 pm <b>Focus on Families</b>	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
<b>Drop-In Playgroup at CC Carrothers PS EarlyON Child &amp; Family Centre</b>	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	
<b>Drop-In Playgroup at Ealing PS EarlyON Child &amp; Family Centre</b>	8:45 am to 12:45 pm	8:45 am to 12:45 pm	8:45 am to 12:45 pm	8:45 am to 12:45 pm	8:45 am to 12:45 pm	
<b>Drop-In Playgroup at Knollwood PS EarlyON Child &amp; Family Centre</b>	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	
<b>Drop-In Playgroups in the Community</b>	9:30 to 11:30 am at <b>Carling Heights Optimist CC</b>  10 am to 12 noon – <b>Beginning with Baby</b> (for infant 0-12 months) at <b>Family Centre Carling-Thames</b>  10:00 to 11:30 am <b>Stroller Walk &amp; Talk at White Oaks Mall (H&amp;M entrance)</b>	9 to 11:30 am at <b>Family Centre Carling-Thames</b>  10 to 11:30 am <b>Beginning with Baby</b> (for infant 0 -12 months) at <b>Cherryhill Library</b>	9:30 to 11:30 am at <b>St. Jude's Church</b>  9:30 to 11:30 am at <b>Lambeth Community Centre</b>  10 to 11:30 am <b>Beginning with Toddler at Beacock Library</b>  2 to 4 pm <b>Family Centre Fox Hollow</b>	9:30 am to 12 noon & 1 to 3 pm at <b>Beacock Library</b>  10:30 to 11:30 am <b>Curious Connections at Central Library</b>  10 am – 12 noon <b>Wild Child Outdoor Playgroup at Westminster Ponds</b> Meet at 944 Western Counties Rd.  1:30 to 3 pm <b>Beginning with Baby</b> (for infants 0 -12 months) at <b>Beacock Library</b>	9:30 to 11:30 am at <b>Cherryhill Library</b>	10 am to 12 noon <b>Wild Child Outdoor Playgroup at Medway Forest</b> Meet at Museum of Archaeology, 1600 Attawandaron Rd.

**Holiday Closures/Les Fermetures** –The centre will be closed Friday, March 30 to Monday, April 2 and Saturday, May 19 to Monday, May 21. *Childreach seront fermés du vendredi 30 mars au lundi 2 avril inclusivement et du samedi 19 mai au lundi 21 mai inclusivement.*

\*\***Teach & Play** is a toy lending library and resource program for children and youth who have an intellectual disability. Email [teaches@cfl.on.ca](mailto:teaches@cfl.on.ca) for more information.

For information about other EarlyON Child & Family Centre locations in London, please visit [www.familyinfo.ca](http://www.familyinfo.ca).

### 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**

### Tunes with Tots

Gather around to sing songs and enjoy music with your little ones. **Tuesdays, 10:30am**

### 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.**

### 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 – 6pm**

### Time Outs are Out! \*\*

Explore alternative positive methods of child guidance that will help stop unwanted behaviour, build connection and encourage cooperation. **Tuesday, March 6, 10am-12pm**

### Infant Massage\*

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

**Fridays, March 2 – 23, 1:30–2:30 pm**

**Fridays, March 9 – 23 and April 6, 2:30–3:30pm at Fox Hollow Family Centre**

**Tuesdays, March 20 – April 10, 10 – 11am at Fanshawe Family Centre**

**Fridays, April 6 – April 27, 10:30–11:30 am at Boyle Community Centre**

**Fridays, April 6 – 27, 1:30–2:30pm**

**Fridays, May 11 – June 1, 1:30–2:30pm**

### Just Beginning\*

A program for first time moms with a baby 0-6 months in a relaxed and supportive setting.

Topics include growth and development, sleep and crying, infant nutrition, safety, and community resources. **Fridays, March 2 – 23, 10 – 11:30am OR Thursdays, May 3- 24, 10–11:30am**

### Cooking with Your Kids\*

This program will integrate literacy with healthy eating while encouraging child participation in the kitchen. Your child will be introduced to a variety of fruits and vegetables presented to them in unique ways as well as develop food preparation skills. Ages 2 – 6yrs.

**Wednesdays, March 7-28, 2 – 3pm**

### Siblings Without Rivalry\*\*

In this interactive workshop we will discuss the benefits of sibling conflict, helpful strategies to lessen sibling rivalry and strengthen their bond and how to help your children develop the necessary skills to manage their own conflicts. **Monday, March 19, 10am – 12 pm**

### 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. Please bring a snack in the containers that your child will be taking to school.

**Saturday, March 24 OR Saturday, April 21 OR Saturday, May 12, 10am–12pm**

### 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, March 27, 6- 8 pm**

### ABC123\*

Learn alongside your 2 ½ to 6 year old child how numeracy and literacy skills can be practiced and developed through everyday experiences. Hands on activities and take home resources will be provided. **Fridays, April 6 – 27, 10–11am**

### How To Talk so Kids Will Listen\*\*

Do you sometimes feel that you are talking **at** your child instead of **with** your child? We will discuss strategies for effective communication, problem solving techniques and tips for engaging cooperation. **Wednesday, April 11, 10am – 12pm**

### Renegade Rules \*\*

Join us for this monthly series that challenges the status quo and explores how to raise confident & compassionate children.

**Tuesday, April 17, 10- 11:30am – Do I Have to Hug Grandma?**

**Tuesday, May 9, 10-11:30am – Do I Have to Say Sorry?**

### Volcano in my Tummy: Helping Your Child with their 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.

**Thursday, April 26, 6-8 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, May 4 – 25, 10–10:45am at Boyle Community Centre**

### The Whole-Brain Child\*\*

Based on the book by the same name, this course will help parents better understand their child's developing mind and survive the everyday parenting challenges that accompany each stage of growth. **Tuesday, May 15, 6 – 8pm**

### Playground Politics\*\*

Learn how to empower your child in the face of bullying and help them navigate the teeter-totter world of peer relationships. **Tuesday, May 29, 6 – 8pm**

**\* Registration required.**

**\*\* Registration required & child care offered.**

Register online at [www.childreach.on.ca](http://www.childreach.on.ca), by phone 519-434-3644 or in person.