

	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 Ealing PS EarlyON Child & Family Centre	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	
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 9:30 to 11:30 am at Carling Heights Optimist CC 9:30 to 11:30 am Curious Connections at Family Centre Carling-Thames 10 to 11:30 am Stroller Walk & Talk at White Oaks Park (meet at Family Centre White Oaks)	9 to 11:30 am at Family Centre Carling-Thames 9:30 to 11:30 – Curious Connections at Pond Mills Library 10 to 11:30 am Beginning with Baby (0 -12 months) at Cherryhill Library 1:30 to 3:30 pm Beginning with Baby (0 -12 months) at Family Centre Fanshawe	9 am to 12 noon at Family Centre Westminster 9:30 to 11:30 am at St. Jude's Church 9:30 to 11:30 am at Lambeth Community Centre 10 am – 12 noon NE Wild Child Outdoor Playgroup Meet at Portrush Way & Killamey Rd. 10 to 11:30 am Beginning with Toddler(1-2 ½ yrs) at Beacock Library 2 to 4 pm Family Centre Fox Hollow	9:30 am to 12 noon & 1 to 3 pm at Beacock Library 9:30 to 11:30 am Family Centre Fox Hollow 9:30 to 11:30 am Curious Connections at Chalmers Presbyterian Church 10 am – 12 noon Wild Child Outdoor Playgroup at Westminster Ponds Meet at 944 Western Counties Rd. 1:30 to 3 pm Beginning with Baby (for infants 0 -12 months) at Beacock Library	9 am to 12 noon at Family Centre Westminster 9:30 to 11:30 am at Cherryhill Library	10 am to 12 noon Wild Child Outdoor Playgroup at Medway Forest Meet at Museum of Archaeology, 1600 Attawandaron Rd.

Holiday Closures/Les Fermetures –The centre will be closed Saturday, September 1 to Monday, September 3 and Saturday, October 6 to Monday, October 8. *Childreach seront fermés du samedi 1 septembre au lundi 3 septembre inclusivement et du samedi 6 octobre au lundi 8 octobre inclusivement.*

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

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

Curious Connections

A playgroup using loose parts that encourage mindful play, exploration, and curiosity.

Mondays, 9:30 – 11:30am, Family Centre Carling Thames

Tuesdays, 9:30 – 11:30 am, Pond Mills Library

Thursdays, 9:30 – 11:30 am, Chalmers Presbyterian Church

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, September 13 – December 13, 1 – 3 pm**

Café Mom**

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

Wednesdays, September 12 & 26, October 3 & 17, November 7 & 21, 10-11:30am

S.W.I.M Cafe Mom- October 11, 25, November 15, 29, December 6, 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.

Tuesdays, September 11 – October 2, 1:30 - 2:30 pm

Tuesdays, October 9 – 30, 1:30 - 2:30 pm

Fridays, October 12 – November 2, 1:30 – 2:30 pm

Fridays, November 9 – 30, 1:30 – 2:30 pm

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! **Fridays, September 7 – 28, 10 – 11:30 am & Fridays, October 12 – November 2, 10 – 11:30 am**

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. **Saturdays, Sep 8 – 29, 10 – 10:45 am**
Little Counters (Bilingual) Saturdays, October 13 – November 3, 10 – 10:45 am

Master Chef Jr *

This program will integrate literacy with healthy eating while encouraging child participation in the kitchen. **Wednesdays, September 19, October 17 & November 14, 2 – 3 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.

Do I have to Say Sorry? - Wednesday, September 19, 10 - 11:30 am

Sex Ed starts in Preschool - Wednesday, October 10, 10 – 11:30 am

It's OK to Talk to Strangers - Thursday, November 15, 10 – 11:30 am

Pint Sized Picassos *

Each week we will explore a variety of art mediums, such as paint, clay, and oil pastels. The inspirations to be creative will be connected to a story that may also introduce your child to art history. **Tuesdays, October 16 to November 27, 10 – 11:30 am**

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

This 2 part series will help you learn how to respond to your children's questions about their bodies and sexuality. **Tuesday, October 16 & Thursday, October 18, 6 – 8 pm**

Let's Talk Infant Sleep **

When your baby isn't sleeping it can have a ripple effect. Learn how babies sleep, the sleep cycle and the brain, factors that could affect your baby's sleep and techniques you can try to ensure the best possible environment for sleep. **Tuesday, October 23, 10 – 11:30 am**

Raising Respectful Children **

This course offers proactive and positive steps to raising respectful, engaged, and grateful children. **Wednesday, October 31, 10 am – Noon**

STREAM Play *

Learn alongside your 2 ½ to 6 year old child how numeracy and literacy skills can be practiced and developed through everyday experiences. **Fridays, November 9 – 30, 10 – 11 am**

Parenting Your Anxious Child **

Is this normal behaviour? How can I help my child manage their anxiety? Discover new strategies and resources for making parenting more effective, less stressful and more rewarding – for everyone. **Wednesday, November 14, 6 – 8 pm**

What to do Instead...Positive Discipline in Everyday Parenting**

This interactive 2 part session will offer new skills and insights when learning about alternatives to punishment for children of all ages. **Tuesday, November 20 & Thursday, November 22, 10 am – Noon**

Supporting your Child's Mental Health **

Parents can make a difference when it comes to their child's mental health. Explore strategies to strengthen and maintain positive mental health for your child.

Wednesday, November 28, 10 am – Noon

* Registration required.

** Registration required & limited child care available.

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