



# WESTMOUNT FAMILY CENTRE

## July and August 2017

1019 Viscount Road  
 519-473-2825  
 wfc@lcc.on.ca  
 www.lcc.on.ca  
 facebook.com/FamilyCentreWestmount

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Saturdays</b>
<p><b>Drop In Playgroup</b>            (birth to 6 years)            9:30-11:30 am  <b>(closed July 3, August 7)</b></p> <p><b>Infant Growth/Development &amp; Breastfeeding Drop in</b>            Middlesex London Health Unit            1:30-3:30 pm  <b>(closed July 3, August 7)</b></p>	<p><b>Drop In Playgroup</b>            (birth to 6 years)            9:30-11:30 am</p> <p><b>Drop In Playgroup</b>            (All ages welcome)            1:00-7:00 pm</p> <p><b>“Talk in Clinics”</b>            Craigwood Youth Services and Vanier Children’s Services (Children and Youth 3-18 years)            2:00-5:00 pm</p>	<p>Le Royaume des copains            La ribambelle  <b>Drop-in Playgroup</b>            for families who speak French (birth to 6 years)            9:30-11:30 am</p> <p><b>Drop In Playgroup</b>            (birth to 6 years)            1:00-3:00 pm</p>	<p><b>Drop In Playgroup</b>            (birth to 6 years)            9:30-11:30 am  <b>(Closed August 24)</b></p> <p><b>Drop In Playgroup</b>            (birth to 6 years)            1:00-3:00 pm</p> <p><b>Mutual Aid Parenting Program</b>            Merrymount Family Support and Crisis Centre            1:00-3:00 pm (July 27 and August 17 )  <b>(Closed August 24)</b></p>	<p><b>Drop In Playgroup</b>            (birth to 6 years)            9:30-11:30 am  <b>(Closed August 25)</b></p> <p><b>Infant Drop In Playgroup</b>            (birth to 12 months)            1:00-3:00 pm            Health Nurse visits July 7            Librarian visits July 21, August 18  <b>(Closed August 25)</b></p>	<p><b>Drop In Playgroup Men Can Play Too</b>            (birth to 6 years)            A playgroup for men and the children in their lives.            9:30-11:30 am  <b>(closed July 1 and August 5)</b>            July 22, August 19            Librarian visits</p>

**Visit the Family Centre reception for your connection to:** parenting & early learning; early childhood education; public health & wellness; recreation, sports & leisure; referrals, resources, information & awareness.

**Our Reception Hours:** Monday, Wednesday to Friday 9:00 am to 5:00 pm; Tuesday 9:00 am to 7:00 pm; Saturday 9:00 am to 12:00 pm. For playroom and program hours see calendar above.  
**\* Our main site will be closed from July 1-3 and August 5-7.**



# WESTMOUNT FAMILY CENTRE

## July and August 2017

1019 Viscount Road  
519-473-2825  
wfc@lcc.on.ca  
www.lcc.on.ca  
facebook.com/FamilyCentreWestmount

### Parent Learning Opportunities-Free!

Ask us for our brochure for the current listings of our programs! For information on upcoming workshops, please go to [http://www.familyinfo.ca/event\\_listings.asp](http://www.familyinfo.ca/event_listings.asp). Register online at <http://OEYCLondon.eventbrite.com> or call 519-473-2825 for information.

### Choose to Boost Veggies and Fruit!

Research shows that kids who eat veggies and fruit as toddlers are much more likely to do so later in childhood. Children learn about food by watching others. Children are more likely to meet recommended vegetable and fruit intake when they see parents and other role models eating these foods often!



### Forest Edge Community Pool EMS Night!

A great family friendly event with something for everyone! Come meet Emergency Services personnel from the fire department, police department, Ambulance services, and more! Plus enjoy our famed Union Gas barbeque and take part in our exciting silent auction for your chance to win!

**When:** Thursday, July 13  
**Time:** 5:00 – 8:00pm  
**Where:** 427 Village Green Ave

### RUN! JUMP! PLAY! EVERYDAY!

Please be prepared to play outside with your children when you come to playgroups. Remember your:

- Hat
- Sunscreen
- Shoes/boots
- Water Bottle



### Families Helping Families

**Donations of canned goods for our Westmount neighbourhood food cupboard are gratefully accepted in reception. We also have the Diaper Bank Bin if you would like to donate any new, unused diapers. Any size!**

Program cancellations are posted on our website ([www.lcc.on.ca](http://www.lcc.on.ca)) and listed on our voice mail system at 519-473-2825 ext. 444.

Pour le service en français, appeler le numéro [519-473-2825](tel:519-473-2825) et appuyez sur le 230 pour laisser un message.