



# WESTMOUNT FAMILY CENTRE

## May and June 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 May 22)</b>            Children's Museum visits May 29 and June 26</p> <p><b>Infant Growth/Development &amp; Breastfeeding Drop in</b>            Middlesex London Health Unit            1:30-3:30 pm  <b>(closed May 22)</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</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</p>	<p><b>Drop In Playgroup</b>            (birth to 6 years)            9:30-11:30 am</p> <p>ABC en Francais with La Ribambelle            May 26 and June 23</p> <p><b>Infant Drop In Playgroup</b>            (birth to 12 months)            1:00-3:00 pm            Health Nurse visits May 19 and June 16, Librarian visits June 23</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 May 20)</b>            Librarian visits May 27, June 24  <b>Father's Day Breakfast!</b>            June 17</p> <p><b>London Down Syndrome Association Playgroup</b>            9:30-11:00 am            May 6 and June 3</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 May 20-22.**



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**Westmount Family Centre will be closed Saturday, May 20 to Monday, May 22.**

### 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!

Over the next several months our Healthy Kids Community Challenge will be working to encourage kids and families to reach for more vegetables and fruit. Canada's Food Guide recommends children aged 2-13 eat 4-6 servings of veggies and fruit each day.



### Join us at Reservoir Park for a Nature Walk!

**When: May 27<sup>th</sup>**  
**Time: 10:30 am –noon!**  
**Snack, water & activity provided!**



**When: June 9**  
**Time: 10:00 to 11:30**  
**Where: Jean Vanier School Field**

Join us for an **OUTDOOR PLAY DAY!**

If raining, event will be held in the gym.

### Multicultural Fair

**Join us at Westmount Public School!**

**When: Thursday, May 4**  
**Time: 5:30 – 7:30 pm**  
**Everyone Welcome!**



### 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.