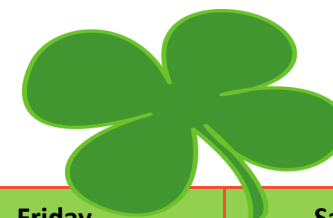


FAMILY CENTRE CARLING—THAMES

335 Belfield Street, London, Ontario, N5Y 2K3

☎ 519-432-0488 ext 1 • 📧 carlingncfc@ymcawo.ca

March 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>We do so much more than this! Our Community Connectors are specialized in connecting you with information, resources, services, and programs in the Northeast London and beyond. You can call, e-mail, or drop-in and we will be happy to assist you!</p>		<p>1 M.A.P.P. 9:30-11:30am Family Visiting Program 3:15-5:45pm Kipps Lane and Community Meeting 6:00-8:30pm</p>	<p>2 Shared Beginnings 9:30–11:30am GO Girls 12:00-12:30pm Heroes Group 12:45-1:30pm Craigwood Talk-in Clinic 2:00-6:00pm (by appt. only 3:00-4:00pm) M.A.P.P. 6:00-8:00pm</p>	<p>3 Stir It Up in the Kitchen 9:30-11:00am Tyke Talk 9:00-11:30 am CSP 12:00-5:00pm Gymnastics 5:00-8:00pm</p>	<p>4 Connect2Mentoring 9:30-2:30pm</p>
<p>6 Family Health Clinic 9:30-11:30am Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10:00-12:00pm Family Health Clinic 1:00-3:30pm After School Adventure 3:20-6pm</p>	<p>7 Childreach Playgroup 9:00-11:30am Smart Start for Babies 1:30-3:00pm Social Work Consultation 1-4:00pm Boys & Girls Club Bus Pick up 3:10pm H.Y.P.P.E. 3:30-5:00pm Women Empowerment (Syrian Integration) 6:00-8:00pm Boys&Girls Club Bus Drop off 7:40pm</p>	<p>8 M.A.P.P. 9:30-11:30am Family Support Program 9:30-12:30pm Family Visiting Program 3:15-5:45pm Kids Cooking 6:00-8:00pm</p>	<p>9 Shared Beginnings 9:30–11:30am GO Girls 12:00-12:30pm Heroes Group 12:45-1:30pm Craigwood Talk-in Clinic 2:00-6:00pm (by appt. only 3:00-4:00pm) M.A.P.P. 6:00-8:00pm</p>	<p>10 Stir It Up in the Kitchen 9:30-11:00am Tyke Talk 9:00-11:30 am CSP 12:00-5:00pm Gymnastics 5:00-8:00pm Women of the World 5:30-7:30pm</p>	<p>11 Connect2Mentoring 9:30-2:30pm</p>
<p>March Break 13 Family Health Clinic 9:30-11:30am Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10:00-12:00pm Family Health Clinic 1:00-3:30pm After School Adventure 3:20-6pm</p>	<p>March Break 14 Childreach Playgroup 9:00-11:30am Smart Start for Babies 1:30-3:00pm Boys & Girls Club Bus Pick up 3:10pm H.Y.P.P.E. 3:30-5:00pm Boys&Girls Club Bus Drop off 7:40pm</p>	<p>March Break 15 M.A.P.P. 9:30-11:30am March Break Drop-In “Crazy about bugs” 2:00-3:00pm Family Visiting Program 3:15-5:45pm Kids Cooking 6:00-8:00pm</p>	<p>March Break 16 Shared Beginnings 9:30–11:30am March Break Drop-In “Crazy about bugs” 2:00-3:00pm Let’s Talk Science 3:15-5:00pm Craigwood Talk-in Clinic 2:00-6:00pm (by appt. only 3:00-4:00pm)</p>	<p>March Break 17 Stir It Up in the Kitchen 9:30-11:00am</p> 	<p>18 CLOSED</p>
<p>20 Family Health Clinic 9:30-11:30am Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10:00-12:00pm Family Health Clinic 1:00-3:30pm After School Adventure 3:20-6pm</p>	<p>21 Childreach Playgroup 9:00-11:30am Smart Start for Babies 1:30-3:00pm Boys & Girls Club Bus Pick up 3:10pm H.Y.P.P.E. 3:30-5:00pm Women Empowerment (Syrian Integration) 6:00-8:00pm Boys&Girls Club Bus Drop off 7:40pm</p>	<p>22 M.A.P.P. 9:30-11:30am Stress Management 2:00-3:00pm Family Visiting Program 3:15-5:45pm Kids Cooking 6:00-8:00pm</p>	<p>23 Shared Beginnings 9:30–11:30am GO Girls 12:00-12:30pm Heroes Group 12:45-1:30pm Craigwood Talk-in Clinic 2:00-6:00pm (by appt. only 3:00-4:00pm) M.A.P.P. 6:00-8:00pm</p>	<p>24 Stir It Up in the Kitchen 9:30-11:00am CSP 12:00-5:00pm Gymnastics 5:00-8:00pm Women of the World 5:30-7:30pm</p>	<p>25 CLOSED</p>
<p>27 Family Health Clinic 9:30-11:30am Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10:00-12:00pm Family Health Clinic 1:00-3:30pm After School Adventure 3:20-6pm</p>	<p>28 Childreach Playgroup 9:00-11:30am Smart Start for Babies 1:30-3:00pm Boys & Girls Club Bus Pick up 3:10pm H.Y.P.P.E. 3:30-5:00pm Boys&Girls Club Bus Drop off 7:40pm</p>	<p>29 M.A.P.P. 9:30-11:30am Family Support Program 9:30-12:30pm Stress Management 2:00-3:00pm Family Visiting Program 3:15-5:45pm Kids Cooking 6:00-8:00pm</p>	<p>30 Shared Beginnings 9:30–11:30am Heroes Group 12:45-1:30pm Craigwood Talk-in Clinic 2:00-6:00pm (by appt. only 3:00-4:00pm) M.A.P.P. 6:00-8:00pm</p>	<p>31 Stir It Up in the Kitchen 9:30-11:00am</p>	<p>Family Centre Carling-Thames Hours Monday 9:00am - 6:30pm Tuesday 9:00am - 9:00pm Wednesday 9:00am - 9:00pm Thursday 9:00am - 9:00pm Friday 9:00am - 9:00pm</p>



STRESS MANAGEMENT

FINALLY YOGA IS BACK!..

A free 8 week session that provides the opportunity **for adults** to learn strategies and techniques on how to balance their lives through activities such as yoga and meditation.

Wednesdays 2:00pm-3:00pm starting March 22nd
Drop in! Bring a friend!

NEED SOMETHING TO DO FOR MARCH BREAK? ASK A COMMUNITY CONNECTOR FOR SOME FUN IDEAS!

EARLY YEARS PROGRAMS

Infant Growth/Development & Breastfeeding Clinic (MLHU)- Drop-in. Baby 0-6 months. Public Health Nurse provides support & answers questions about breastfeeding, nutrition, safety, child development, parenting, and more.

Beginning with Baby (Childreach)-Drop-in. Baby 0-12 months. For infants & their parents and caregivers. Toys & activities designed for infants.

Childreach Playgroup- For children 0-6 yrs. Early year's staff will provide a variety of activities for families to use to play, learn & grow together.

Shared Beginnings (LUSO Services)- For children 0-6 yrs. A literacy based playgroup including free play, crafts, sensory play and circle time.

Tyke TALK (Thames Valley Children's Centre)- Speech & language program for children. To register call: 519-663-0272 or 1-877-818-TALK or register online at www.tyketalk.com.

Stir it up in the Kitchen (Merrymount)- Storybooks and cooking for children ages 3 – 6 years and their parents/caregivers.

SCHOOL AGE PROGRAMS

Kids Cooking (City of London)- Introductory cooking program for children in grades 3-8. Registration at the Family Centre, limited spots.

After School Adventure program (Boys & Girls Club/City of London) - Program for students in grades 4-8. Fun activity based education/homework help, learn to cook and then eat a healthy snack, plus recreation in the gym (optional) from 6:00-7:00pm. Free. **Register at the Family Centre.**

Community School Program (YMCA)- Grades 1-6. A fun lunch time and/or afterschool program for Northbrae school students. Registration required. Details at the Family Centre.

GO Girls (Big Brothers Big Sisters of London)- Group focuses on healthy lifestyle, making good choices, feeling good about oneself. Registration @ Northbrae school; Grade 6 girls.

Heroes Group (TVDSB)- A self esteem, art based program to help children find the hero within themselves. School age students from Northbrae school. Register at school.

Let's Talk Science – Variety of exciting, interactive hands-on/minds-on STEM (Science, Technology, Engineering, and Math) activities. Target age group 6-13.

Children's Gymnastics (YMCA)– For ages 4-9 yrs. Basic gymnastics for children (30 minute classes). Ask Community Connector to find out how to register!

Connect2Mentoring(Big Brothers Big Sisters of Canada) - Registration is completed by Big Brothers Big Sisters of London and Area. This program provides mentorship and fun recreational activities to children ages 5-12 in the London community.

March Break Drop-in "Crazy about bugs"- Join us for crafts/board games fun. Children under 10 years of age must be accompanied by an adult. Free, drop in.

TEENS/ YOUTH PROGRAMS

"TALK-IN" CLINICS (Craigwood Youth Services)- For youth 12-18 and/or their families concerned about substance abuse, bullying, anxiety, depression & general well-being. Private and confidential. Register through the Family Centre. By appointment only, available time 3:00-4:00pm.

H.Y.P.P.E. (Harvesting Young People's Positive Energy) (LUSO Services)- For youth in grades 5-6. Performing arts based program. Learn, teach, practice and collaborate with peers using dance, singing, drama & instruments.

FAMILY PROGRAMS

Family Health Clinic (MLHU)- Temporary primary healthcare for those who do not have a doctor and/or health care coverage. For families with children under 6, & high school students. Drop-in in the morning (9:30-11:30am) by appointment in the afternoon (1-3:30pm). To book an appointment call 519-663-5317 ext. 2317.

Smart Start for Babies (MLHU)– Program for pregnant women & their support person, facilitated by a Public Health Nurse & Registered Dietician. Call 519-646-2961 to register.

Social Work Consultation (Thames Valley Children's Centre) - Social Work consultation, first Tuesday of each month. Easier access for TVCC families wanting SW support. Register through TVCC at 519-685-8700.

Family Support Program (Community Living London)- Provides support to families with children less than 18 yrs. old who have an intellectual disability, to get connected with community resources and benefits. Call CLL to book a FSW consultation (519-686-3000 ext. 358 or 362)

Women Empowerment (Syrian Integration) (LUSO Services)- program for mothers and daughters (11-15 years old), Syrian Integration Project. Register by calling Dina at 519-452-1466.

PARENT/ ADULT PROGRAMS

M.A.P.P. (Mutual Aid Parenting Program) (Merrymount) - A drop-in program providing support for parents of children of all ages. Child minding for children aged 0-6 yrs available.

Women of the World (LIHC)- Support for the Bhutanese women to share and learn from mutual experiences learning about Canadian values, & cultural dynamics.

Kipps Lane & Community Meetings– Keeping community members informed about Community events. Attendees support & prepare for local events. Everyone welcome!



BOYS & GIRLS CLUB BUS

We are a Pick-up and Drop-off location for the Boys & Girls Club of London Bus. **Registration forms available at the Family Centre.** Additional payment required.

Donations of non perishable food item/ feminine supplies for our Emergency Food Cupboard are gratefully accepted. We also have the Diaper Bank bin if you would like to donate any new, unused diapers.



You can find us at:

www.ymcawo.ca
www.familyinfo.ca
www.southwesthealthline.ca

For more information Like us on Facebook

