



FAMILY CENTRE CARLING—THAMES

335 Belfield Street, London, Ontario, N5Y 2K3
 • 519-432-0488 ext. 1 • carlingncfc@ymcawo.ca

August 2017



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family Centre Hours Monday 9:00 - 6:30pm Tuesday 9:00 - 9:00pm Wednesday 9:00 - 9:00pm Thursday 9:00 - 9:00pm Friday 9:00 - 9:00pm Saturday 9:30 - 2:00pm	1 Childreach Playgroup 9:00-11:30am Smart Start for Babies 1:30-3:00pm H.Y.P.P.E. 3:30-5:30pm	2 Stir It Up in the Kitchen 9:30-11:00am Tyke TALK 9:45-12:00pm Family Visiting Program 3:15-5:45pm Kids Baking program 6:00-7:00pm	3 Shared Beginnings 9:30-11:30am M.A.P.P. 6:00-8:00pm	4 Rise & Shine Adventure Time 9:00-12:00pm Gymnastics 5:00-8:00pm	5 CLOSED
7 CLOSED CIVIC HOLIDAY	8 Childreach Playgroup 9:00-11:30am Tyke TALK 3 - 4:00pm H.Y.P.P.E. 3:30-5:30pm	9 Stir It Up in the Kitchen 9:30-11:00am Family Support Program 9-1:00pm Tyke TALK 9:45-12:00pm Family Visiting Program 3:15-5:45pm Kids Baking program 6:00-7:00pm	10 Shared Beginnings 9:30-11:30am M.A.P.P. 6:00-8:00pm	11 Rise & Shine Adventure Time 9:00-12:00pm Gymnastics 5:00-8:00pm Bhutanese Women of the World 5:30-7:30pm	12 CLOSED
14 Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10:00-12:00pm ERYM (Ethno-Racial Youth Mentoring Program) 6:00-8:00pm	15 Childreach Playgroup 9:00-11:30am Smart Start for Babies 1:30-3:00pm Tyke TALK 3 - 4:00pm H.Y.P.P.E. 3:30-5:30pm	16 Tyke TALK 9:45-12:00pm Family Visiting Program 3:15-5:45pm Kids Baking program 6:00-7:00pm	17 Shared Beginnings 9:30-11:30am Lets Talk Science 3:30-5:00pm M.A.P.P. 6:00-8:00pm	18 Rise & Shine Adventure Time 9:00-12:00pm Family Services Workshop 1-3pm	19 CLOSED
21 Infant Growth, Development & Breastfeeding 9:30-11:30am Beginning with Baby 10:00-12:00pm	22 Childreach Playgroup 9:00-11:30am Smart Start for Babies 1:30-3:00pm H.Y.P.P.E. 3:30-5:30pm	23 Tyke TALK 9:45-12:00pm Family Visiting Program 3:15-5:45pm Kids Baking program 6:00-7:00pm	24 Shared Beginnings 9:30-11:30am Family Dinner McCabe 5-6pm & 6-7pm	25 Rise & Shine Adventure Time 9:00-12:00pm Bhutanese Women of the World 5:30-7:30pm	26 ERYM (Ethno-Racial Youth Mentoring Program) 10am-1:00pm
28 Beginning with Baby 10:00-12:00pm	29 Childreach Playgroup 9:00-11:30am Smart Start for Babies 1:30-3:00pm H.Y.P.P.E. 3:30-5:30pm	30 Family Support Program 9-1:00pm Tyke TALK 9:45-12:00pm Family Visiting Program 3:15-5:45pm	31 Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic 2:00-6:00pm	We do so much more than this! Our Community Connectors are specialized in connecting you with information, resources, services, and programs in the	

What's Happening...

2017 Summer Playground Programs

July 4 to August 17 Monday - Thursday

AM

- **Northbrae P.S.**
8:45-11:30am / 6-12 years
- **Ryerson P.S.**
8:45-11:30am / 6-12 years

PM

- **Hillcrest P.S.**
12:30-3:15pm / 6-12 years
- **Lord Elgin P.S.**
12:30-3:15pm / 6-12 years

Tim Horton's Swim (Free)



Glen Cairn

370 Chippendale Cres.

Fri, Aug 04: 6:30pm - 8:00pm

East Lions Pool

1731 Churchill Ave

Wed, Aug 02: 1:30pm - 4:00pm

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, development, parenting, and more...

Beginning with Baby (Childreach)-Drop-in. Baby 0-12months.

For infants & their parents and caregivers. Toys & activities designed for infants.

Childreach Playgroup- Drop-in 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)- Drop-in For children 0-6 yrs.

A literacy based playgroup including free play, crafts, sensory play and circle time.

Stir It up in the Kitchen (Merrymount)- For children 3-6 yrs.

Storybooks and cooking. Ends August 9th.

Tyke TALK (Thames Valley Children's Centre)- Speech & language program for children. Register at 519-663-0273 or 1-877-818-TALK or at www.tyketalk.com.

SCHOOL AGE PROGRAMS

Let's Talk Science - Drop-in. Target age group 6-13.

Variety of exciting, interactive hands-on/minds-on STEM (Science, Technology, Engineering, and Math) activities.

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! Please note that the registration for the month of September opens on Friday August 25th.

Rise & Shine Adventure Time (BGCL) -Register. For ages 6-12

The program will include a variety of active and cooperative games, organized sports, crafts, board games and nutritious snack. Registration forms available at the Family Centre.

Kids Baking program (City of London)- grades 3-8.

Learn how to bake. Register at the Family Centre, only 12 spots available! Ends August 23rd.

TEENS/ YOUTH PROGRAMS

"TALK-IN" CLINICS (Craigwood Youth Services)- For youth (12-18yrs) and/or their families concerned about substance abuse, bullying, anxiety, depression & general well-being. Private and confidential. Thursdays 2pm to 6pm. By appointment only or by calling 519-432-0488 ext. 1 or by visiting Family Centre Carling-Thames.

H.Y.P.P.E. Harnessing Young People Positive Energy (LUSO Services)- Ages 10+. It is a drop in program, where a registration form will be provided upon arriving. Performing arts, games, cooking, various activities.

FAMILY PROGRAMS

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.

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).

Family Dinner (McCabe) - free family dinner. Please register by calling the Family Centre at 519-432-0488 ext. 1 and please indicate the time frame you would like to register for: 5-6pm or 6-7pm. Spots are limited!

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.

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

ERYM - Ethno Racial Youth Mentoring Program (BBSOLA) - for families enrolled and registered through Big Brothers Big Sisters of London.

Family Services Workshop - (Habitat for Humanity) information session to learn more about the organization, volunteering opportunities, services and more. Drop in.



OUTDOOR MOVIE NIGHT

Friday August 25th at dusk

Ed Blake Park, 449 Barker St.

Perfect for the whole family. Free.

Movie title yet to be discussed.

**Donations of non perishable food items/
feminine supplies for our Emergency Food
Cupboard are gratefully accepted.**



You can find us at:

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

For more information Like us on Facebook

