

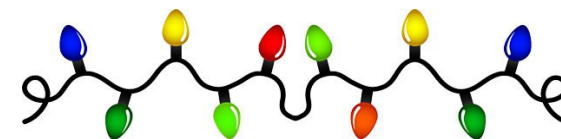



FAMILY CENTRE CARLING—THAMES

335 Belfield Street, London, Ontario, N5Y 2K3

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December 2018



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>3</p> <p>Curious Connections 9:30am-11:30am Conversation Circle (Tea and Talk) 1-3pm Tyke TALK 2:30-4:30pm</p>	<p>4</p> <p>Early ON Playgroup 9-11:30am PAIR Clinic 10-2pm Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm</p>	<p>5</p> <p>MAPP 9:30-11:30am Early ON ABC en francais 12:30-1:30pm Tyke TALK 3:00-4:00pm</p>	<p>6</p> <p>Shared Beginnings 9:30-11:30am Heroes Group 12:30-1:45pm Craigwood Talk-in Clinic 2-6pm Family Visiting Program 3:30-5:30pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm</p>	<p>7</p> <p>Stir It Up with Literature 9:30-11am (Limited spots, first come first serve, 15 spots available). CSP 11:55-12:25pm Crafts & Conversations 3:30-5pm Mom & Daughter Baking 5-8pm Children's gymnastics 6-8:30pm</p>	<p>8</p> <p>CLOSED</p>
<p>10</p> <p>Curious Connections 9:30am-11:30am Conversation Circle (Tea and Talk) 1-3pm Tyke TALK 2:30-4:30pm ERYM Mothers 6-8pm</p>	<p>11</p> <p>Early ON Playgroup 9-11:30am Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm Yazidi Women of the World 6-8:00pm</p>	<p>12</p> <p>MAPP 9:30-11:30am Early ON ABC en francais 12:30-1:30pm</p>	<p>13</p> <p>Shared Beginnings 9:30-11:30am Heroes Group 12:30-1:45pm Craigwood Talk-in Clinic 2-6pm Family Visiting Program 3:30-5:30pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm Holiday Light Tour 6-8pm (see back for details)</p>	<p>14</p> <p>Stir It Up with Literature 9:30-11am (Limited spots, first come first serve, 15 spots available). CSP 11:55-12:25pm Crafts & Conversation 3:30-5pm Bhutanese Women of the World 5:30-8:30pm</p>	<p>15</p> <p>CLOSED</p>
<p>17</p> <p>Curious Connections 9:30am-11:30am Conversation Circle (Tea and Talk) 1-3pm</p>	<p>18</p> <p>Early ON Playgroup 9-11:30am PAIR Clinic 10-2pm Smart Start for Babies 1:30-3pm HYPPE 3:30-5:00pm</p>	<p>19</p> <p>MAPP 9:30-11:30am Early ON ABC en francais 12:30-1:30pm</p>	<p>20</p> <p>Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic 2-6pm Family Visiting Program 3:30-5:30pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm</p>	<p>21</p> <p>Crafts & Conversation 3:30-5pm Children's gymnastics 6-8:30pm</p>	<p>22</p> <p>CLOSED</p>
<p>24</p> <p>OPEN 9-2PM</p>	<p>25</p> <p>CHRISTMAS DAY</p> <p>CLOSED</p>	<p>26</p> <p>BOXING DAY</p> <p>CLOSED</p>	<p>27</p> <p>OPEN 9-6PM</p> <p>Holiday Drop-in 1:00-3:00pm Craigwood Talk-in Clinic 2-6pm Family Visiting Program 3:30-5:30pm</p>	<p>28</p> <p>OPEN 9-6PM</p> <p>Holiday Drop-in 1:00-3:00pm</p>	<p>29</p> <p>CLOSED</p>
<p>31</p> <p>OPEN 9-4PM</p>		<p>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 * Holiday hours in December</p>		<p>Want more information? Like us on Facebook or visit: www.ymcawo.ca www.familyinfo.ca www.southwesthealthline.ca</p> 	

PROGRAM'S DESCRIPTION

EARLY YEARS PROGRAMS

Curious Connections (Childreach)

Early ON Playgroup for children 0-6 years old and their parents/ caregivers. Provoke your child's thoughts, interests, creativity and ideas with fun activities using loose parts. Join us for play using a variety of everyday materials that encourage mindful play and exploration while fulfilling your child's curiosity. Drop-in. No cost.

Early ON Playgroup (Childreach)

Playgroup for children 0-6 years old and their parents/ caregivers. Early On staff will provide a variety of activities for families to use to play, learn & grow together. Drop-in. No cost.

Shared Beginnings (LUSO Community Services)

A literacy based playgroup for children 0-6 years old and their parents/caregivers. Free play, crafts, sensory play and circle time. Drop-in. No cost.

Stir It up with Literature (Merrymount)

For children 3-6 years old & their parents/caregivers. Introducing new recipes to children & parents, with education about healthy nutrition. Each week activities and recipes are related to a book. Drop-in although spots are limited to 15 participants. First come first serve. No cost.

Early ON ABC en francais (La Ribambelle)

Playgroup in French for children 0-6 years old and their parents/ caregivers. Songs, stories, games, circle time. Start learning French or practice the language. Drop-in. No cost.

Tyke TALK (Thames Valley Children's Centre)

Speech & language program for children from birth to school age with speech and/or language difficulties. Register at 519-663-0273 or 1-877-818-TALK or at www.tyketalk.com. Appointments available at this location. No cost.

PAIR Clinic- Parent and Infant Relationship (Vanier)

The PAIR Clinic is available to offer support and consultation around your baby's emotional development. Workshops/ counselling to parents and caregivers going through stressful times information. Drop-in or schedule an appointment by contacting Family Centre.

SCHOOL AGE PROGRAMS

Children's Gymnastics (YMCA)

Basic gymnastics for children 4-10 years old. To be eligible must meet the low income cut-off criteria. Registration required through Family Centre. No cost.

CSP (YMCA)

Mega construction club for the Northbrae PS students in grades 2-4. Program runs for 6 weeks. Registration required, forms available at the Family Centre. No cost. **Program is full.**

Heroes Group (BBBSOLA)

Program for the Northbrae school students in grades 1-3 to help with self esteem, feelings and self regulation.

TEENS/ YOUTH PROGRAMS

H.Y.P.P.E. Harnessing Young Peoples Positive Energy (LUSO Community Services)

For youth (age 11-14). This program offers a variety of activities for young people to participate in. Games, Music, Karaoke, Sports, Cooking, Baking, and much more! This program is designed to be responsive to the interests and passions of young people in the neighbourhood, while allowing them to build healthy positive relationships in a safe space. Registration forms available with the facilitator.

"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. By appointment only. No cost.

Crafts & Conversation (LUSO Community Services)

Ages 12-15 newcomer youth. Enjoy refreshments and conversation while making crafts. To register contact Kaila at kaila@lusocentre.org or call 519-452-1466. No cost.

FAMILY PROGRAMS

Smart Start for Babies (MLHU)

A prenatal nutrition program for pregnant women & their support person, facilitated by a Public Health Nurse & Registered Dietician. To register call 519-646-2961. No cost.

Mom & Daughter Winter Cookie Baking (LUSO Community Services)

Baking for newcomer families. To register please contact Kaila Swain at kaila@lusocentre.org or Maha El-Assadi at maha@lusocentre.org. Or call 519-452-1466. No cost.

Holiday Drop-in (Family Centre)

For families. Join us for hot chocolate and games fun. Children under 12 years of age must be accompanied by an adult.



PARENT/ADULT PROGRAMS

M.A.P.P. (Mutual Aid Parenting Program) (Merrymount)
Facilitator led, peer support group for parents of children of all ages. Child minding for children 0-6 yrs. Drop-in. No cost.

Bhutanese Women of the World (LIHC)

Support for Bhutanese women to share and learn from mutual experiences. Help integrating, accessing services & learning about Canadian values & cultural dynamics. Drop-in. No cost.

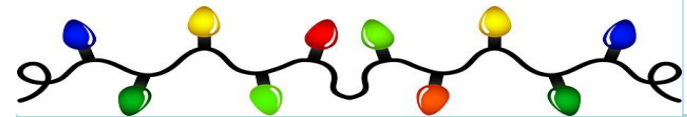
Yazidi Women of the World (LIHC)

Support for Yazidi women to share and learn from mutual experiences. Help to integrate into a new community, access services, learn about Canadian values & cultural dynamics. Drop-in. No cost.

ERYM - Ethno Racial Youth Mentoring Program (BBBSOLA)
for families enrolled through BBBSOLA.

To register call 519-438-7065 ext. 6230 or contact Mandy at mandy.mcdonagh@bigbrothersbigsisisters.ca. No cost.

Conversation Circle Tea & Talk (LUSO Community Services). Informal gatherings where newcomers families come together to practice English. Drop in program.



Cookies, Cocoa & Holiday Light Tour

WHEN: Thursday, December 13th 6:00-8:00pm

WHERE: Louise Arbour Public School, 365 Belfield St

6-7pm Treats, hot chocolate and crafts. A band from Mosaic Church will sing carols.

7-8pm free bus tour of holiday lights throughout the City.

NO REGISTRATION REQUIRED

First come, first served.

If you require shuttle bus service to the event (from the LIHC Huron and Highbury location) contact Henry/ Mary-Ellen at nelce@lihc.on.ca