



# FAMILY CENTRE CARLING—THAMES

335 Belfield Street, London, Ontario, N5Y 2K3

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February 2019



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Family Centre Hours</b></p> <p>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</p>				<p>1</p> <p><b>Stir It Up with Literature</b> 9:30-11am (Limited spots, first come first serve, 15 spots available).  <b>Crafts &amp; Conversation</b> 3:30-5pm  <b>Children's gymnastics</b> 6-8:30pm</p>	<p>2</p> <p><b>CLOSED</b></p>
<p>4</p> <p><b>Curious Connections</b> 9:30am-11:30am  <b>Conversation Circle (Tea and Talk)</b> 1-3pm  <b>Family Visiting Program</b> 3:30-5:30pm</p>	<p>5</p> <p><b>Early ON Playgroup</b> 9-11:30am  <b>Smart Start for Babies</b> 1:30-3pm</p>	<p>6</p> <p><b>MAPP</b> 9:30-11:30am  <b>Early ON ABC en francais</b> 12:30-1:30pm  <b>Women's Wellness Wednesday</b> 2-3pm  <b>Let's Get Cooking</b> 3-5pm  <b>City of London Recreation:</b>            - <b>Dance Mix*</b> 6-7pm            - <b>Chef in Training*</b> 7:15-8:15pm</p>	<p>7</p> <p><b>Shared Beginnings</b> 9:30-11:30am  <b>GO Girls</b> 11:50-12:25  <b>Family Visiting Program</b> 3:30-5:30pm  <b>M.A.P.P.</b> 6:00-8:00pm  <b>Children's gymnastics</b> 6-8:30pm  <b>Kipps lane &amp; Community meeting</b> 7-8:30pm</p>	<p>8</p> <p><b>Stir It Up with Literature</b> 9:30-11am (Limited spots, first come first serve, 15 spots available).  <b>CSP</b> 11:55-12:25pm  <b>Crafts &amp; Conversation</b> 3:30-5pm  <b>Bhutanese Women of the World</b> 5:30-8:30pm  <b>Children's gymnastics</b> 6-8:30pm</p>	<p>9</p> <p><b>CLOSED</b></p>
<p>11</p> <p><b>Curious Connections</b> 9:30am-11:30am  <b>Conversation Circle (Tea and Talk)</b> 1-3pm  <b>Family Visiting Program</b> 3:30-5:30pm  <b>ERYM Mothers</b> 6-8pm</p>	<p>12</p> <p><b>Early ON Playgroup</b> 9-11:30am  <b>PAIR Clinic</b> 10-2pm  <b>Smart Start for Babies</b> 1:30-3pm  <b>Information Session Employment for Newcomer Youth</b> 3:30-5:00pm  <b>Yazidi Women of the World</b> 6-8:00pm</p>	<p>13</p> <p><b>MAPP</b> 9:30-11:30am  <b>Early ON ABC en francais</b> 12:30-1:30pm  <b>Let's Get Cooking</b> 3-5pm  <b>City of London Recreation:</b>            - <b>Dance Mix*</b> 6-7pm            - <b>Chef in Training*</b> 7:15-8:15pm</p>	<p>14</p> <p><b>Shared Beginnings</b> 9:30-11:30am  <b>GO Girls</b> 11:50-12:25  <b>Craigwood Talk-in Clinic</b> 2-6pm  <b>Family Visiting Program</b> 3:30-5:30pm  <b>M.A.P.P.</b> 6:00-8:00pm  <b>Children's gymnastics</b> 6-8:30pm</p>	<p>15</p> <p><b>Stir It Up with Literature</b> 9:30-11am (Limited spots, first come first serve, 15 spots available).  <b>CSP</b> 11:55-12:25pm  <b>Crafts &amp; Conversation</b> 3:30-5pm  <b>Children's gymnastics</b> 6-8:30pm</p>	<p>16</p> <p><b>CLOSED</b></p>
<p>18</p> <p><b>CLOSED</b></p> <p><b>FAMILY DAY</b></p>	<p>19</p> <p><b>Early ON Playgroup</b> 9-11:30am  <b>Tyke TALK</b></p>	<p>20</p> <p><b>MAPP</b> 9:30-11:30am  <b>Early ON ABC en francais</b> 12:30-1:30pm  <b>Women's Wellness Wednesday</b> 2-3pm  <b>Let's Get Cooking</b> 3-5pm  <b>City of London Recreation:</b>            - <b>Dance Mix*</b> 6-7pm            - <b>Chef in Training*</b> 7:15-8:15pm</p>	<p>21</p> <p><b>Shared Beginnings</b> 9:30-11:30am  <b>GO Girls</b> 11:50-12:25  <b>Craigwood Talk-in Clinic</b> 2-6pm  <b>Family Visiting Program</b> 3:30-5:30pm  <b>M.A.P.P.</b> 6:00-8:00pm  <b>Children's gymnastics</b> 6-8:30pm</p>	<p>22</p> <p><b>CSP</b> 11:55-12:25pm  <b>Crafts &amp; Conversation</b> 3:30-5pm  <b>Bhutanese Women of the World</b> 5:30-8:30pm  <b>Children's gymnastics</b> 6-8:30pm</p>	<p>23</p> <p><b>ERYM for Youth</b> 10-12pm</p>
<p>25</p> <p><b>Curious Connections</b> 9:30am-11:30am  <b>Conversation Circle (Tea and Talk)</b> 1-3pm  <b>Family Visiting Program</b> 3:30-5:30pm</p>	<p>26</p> <p><b>Early ON Playgroup</b> 9-11:30am  <b>PAIR Clinic</b> 10-2pm  <b>Smart Start for Babies</b> 1:30-3pm  <b>Information Session Employment for Newcomer Youth</b> 3:30-5:00pm  <b>Yazidi Women of the World</b> 6-8:00pm</p>	<p>27</p> <p><b>MAPP</b> 9:30-11:30am  <b>Early ON ABC en francais</b> 12:30-1:30pm  <b>Let's Get Cooking</b> 3-5pm  <b>City of London Recreation:</b>            - <b>Dance Mix*</b> 6-7pm            - <b>Chef in Training*</b> 7:15-8:15pm</p>	<p>28</p> <p><b>Shared Beginnings</b> 9:30-11:30am  <b>GO Girls</b> 11:50-12:25  <b>Craigwood Talk-in Clinic</b> 2-6pm  <b>Family Visiting Program</b> 3:30-5:30pm  <b>M.A.P.P.</b> 6:00-8:00pm</p>	<p>Lead Agency YMCA of Southwestern Ontario</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](http://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)**

Bracelet making club for the Northbrae PS students in grades 3-6. Program runs February 8 - March 29. Registration required, forms available at the Family Centre or Northbrae PS. No cost.

#### **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.

#### **City of London Recreation Programs (City of London)\***

City of London programs at the Family Centre. All programs require registration. Register by going online to [www.london.ca/playyourway](http://www.london.ca/playyourway), over the phone at 519-661-5575 or in person at a City of London Customer Service Location. Financial assistance is available for those who qualify. Please go to [www.london.ca/playyourway](http://www.london.ca/playyourway) for details.

- **Dance Mix** 7-9yrs old. **Barcode: 308612**. A perfect program for those who would like to try out different dance styles before committing to one. You will learn fundamental techniques and short routines for each dance genre, such as ballet and hip hop. 8 weeks long. Fee required.
- **Chef in Training** 7-10yrs old. **Barcode:308597**. Come explore the kitchen with us. Children will learn how to make healthy recipes using basic cooking techniques with their peers. 6 weeks long. Fee required.

### TEENS/ YOUTH PROGRAMS

#### **Information Session Employment for Newcomer Youth (LUSO Community Services)**

For youth (age 15+). This program provides youth with information about employment, resumes and finding a part time job. To register contact Kaila at [kaila@lusocentre.org](mailto:kaila@lusocentre.org) or call 519-452-1466. No cost.

#### **"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](mailto:kaila@lusocentre.org) or call 519-452-1466. No cost.

#### **Let's Get Cooking! (LUSO Community Services)**

Program for youth 11-18 years old to learn different recipes and how to prepare different foods using electric skillets.

Information on healthy eating, kitchen essentials and table manners. To register contact Kaila at [kaila@lusocentre.org](mailto: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.

### 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@bigbrothersbigsisters.ca](mailto:mandy.mcdonagh@bigbrothersbigsisters.ca). No cost.

#### **Conversation Circle Tea & Talk (LUSO Community Services)**

Informal gatherings for newcomers families come together to practice English. Drop in program.

#### **Women's Wellness Wednesday (LUSO Community Services)**

Develop knowledge about self care and health. To register contact Maha at 519-452-1466 or [maha@lusocentre.org](mailto:maha@lusocentre.org). No cost.

#### **Kipps Lane & Community Meeting (1st Thurs. each month)**

Keeping community members informed about Community events. Attendees support and prepare for local events. Everyone is welcome. Drop-in. No cost.

#### **Want more information?**

**Like us on Facebook at Family Centre Carling-Thames**

**or visit:**

- [www.ymcawo.ca](http://www.ymcawo.ca)
- [www.familyinfo.ca](http://www.familyinfo.ca)
- [www.southwesthealthline.ca](http://www.southwesthealthline.ca)