



| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|--|
| <p>Family Centre Hours</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>Want more information?</p> <p>Like us on Facebook at Family Centre Carling-Thames or visit:</p> <ul style="list-style-type: none"> • www.ymcawo.ca • www.familyinfo.ca • www.southwesthealthline.ca | | | <p>1</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 Children's gymnastics 6-8:30pm</p> | <p>2</p> <p>CLOSED</p> |
| <p>4</p> <p>Curious Connections 9:30am-11:30am Conversation Circle (Tea and Talk) 1-3pm Family Visiting Program 3:30-5:30pm</p> | <p>5</p> <p>Early ON Playgroup 9-11:30am Tyke TALK Smart Start for Babies 1:30-3pm</p> | <p>6</p> <p>MAPP 9:30-11:30am Early ON ABC en francais 12:30-1:30pm Women's Wellness Wednesday 2-3pm Let's Get Cooking 3-5pm City of London Recreation: - Dance Mix* 6-7pm</p> | <p>7</p> <p>Shared Beginnings 9:30-11:30am GO Girls 11:50-12:25 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 Kipps lane & Community meeting 7-8:30pm</p> | <p>8</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 Children's gymnastics 6-8:30pm</p> | <p>9</p> <p>CLOSED</p> |
| <p>March Break 11</p> <p>Curious Connections 9:30am-11:30am Conversation Circle (Tea and Talk) 1-3pm Family Visiting Program 3:30-5:30pm ERYM Mothers 6-8:00pm</p> | <p>March Break 12</p> <p>Early ON Playgroup 9-11:30am PAIR Clinic 10-2pm Tyke TALK Smart Start for Babies 1:30-3pm Yazidi Women of the World 6-8:00pm</p> | <p>March Break 13</p> <p>Early ON ABC en francais 12:30-1:30pm March Break Drop-in 3-5pm</p> | <p>March Break 14</p> <p>Shared Beginnings 9:30-11:30am March Break Drop-in 1-3pm Craigwood Talk-in Clinic 2-6pm Family Visiting Program 3:30-5:30pm M.A.P.P. 6:00-8:00pm</p> | <p>March Break 15</p> <p>March Break Drop-in 1-3pm Crafts & Conversation 3:30-5pm</p> | <p>16</p> <p>CLOSED</p> |
| <p>18</p> <p>Curious Connections 9:30am-11:30am Conversation Circle (Tea and Talk) 1-3pm Family Visiting Program 3:30-5:30pm</p> | <p>19</p> <p>Early ON Playgroup 9-11:30am Tyke TALK Smart Start for Babies 1:30-3pm Parent Advocacy Workshop 6:30pm-8:00pm</p> | <p>20</p> <p>MAPP 9:30-11:30am Early ON ABC en francais 12:30-1:30pm Women's Wellness Wednesday 2-3pm City of London Recreation: - Dance Mix* 6-7pm</p> | <p>21</p> <p>Shared Beginnings 9:30-11:30am GO Girls 11:50-12:25 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>22</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 Children's gymnastics 6-8:30pm</p> | <p>23</p> <p>ERYM for Youth 10-12pm</p> |
| <p>25</p> <p>Curious Connections 9:30am-11:30am Conversation Circle (Tea and Talk) 1-3pm Family Visiting Program 3:30-5:30pm</p> | <p>26</p> <p>Early ON Playgroup 9-11:30am PAIR Clinic 10-2pm Smart Start for Babies 1:30-3pm Yazidi Women of the World 6-8:00pm</p> | <p>27</p> <p>MAPP 9:30-11:30am Early ON ABC en francais 12:30-1:30pm Good Food Box pick up 2-6pm</p> | <p>28</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</p> | <p>29</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 Children's gymnastics 6-8:30pm</p> | <p>30</p> <p>CLOSED</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)

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.

Heroes Group (BBBSOLA)

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

City of London Recreation Programs (City of London)*

Register by going online to www.london.ca/playourway, 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/playourway 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.

March Break Drop-in

For families. Join us for board games fun & treats. Children under 12 years of age must be accompanied by an adult.

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. 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.

Let's Get Cooking! (LUSO Community Services)

Program for newcomer youth 11-18 years old to learn different recipes and how to prepare different foods using electric skilllets. Information on healthy eating, kitchen essentials and table manners. 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.

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. 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. Program for Permanent Residents. To register contact Maha at 519-452-1466 or 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.

Parent Advocacy Workshops

Come and learn how to navigate the special education system in elementary and secondary school.

WHEN: Tuesday March 19 & Tuesday April 2

6:30 pm - 8:00 pm

WHERE: Family Centre Carling-Thames

REGISTER: Phone: (519) 438-6213 x25

Email: supportgroup@ldalondon.ca