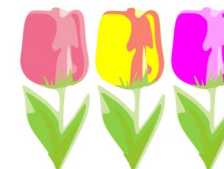




FAMILY CENTRE CARLING—THAMES

335 Belfield Street, London, Ontario, N5Y 2K3

☎ 519-432-0488 ext. 1 • 📧 fc.carlingthames@swo.ymca.ca



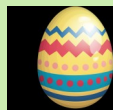
April 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Curious Connections 9:30am-11:30am Conversation Circle (Tea and Talk) 1-3pm</p>	<p>2</p> <p>Early ON Playgroup 9-11:30am Smart Start for Babies 1:30-3pm Parent Advocacy Workshop 6:30pm-8:00pm</p>	<p>3</p> <p>MAPP 9:30-11:30am Early ON ABC en francais 12:30-1:30pm Tyke TALK</p>	<p>4</p> <p>Shared Beginnings 9:30-11:30am Heroes Group 12:30-1:45pm Craigwood Talk-in Clinic 2-6pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm Kipps lane & Community meeting 7-8:30pm</p>	<p>5</p> <p>Stir It Up with Literature 9:30-11am (Limited spots, first come first serve, 15 spots available). Storytime LPL 11:15am-12:15pm Crafts & Conversation 3:30-5pm Children's gymnastics 6-8:30pm</p>	<p>6</p> <p>CLOSED</p>
<p>8</p> <p>Curious Connections 9:30am-11:30am Conversation Circle (Tea and Talk) 1-3pm ERYM Mothers 6-8:00pm</p>	<p>9</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>10</p> <p>MAPP 9:30-11:30am Tyke TALK Early ON ABC en francais 12:30-1:30pm City of London Recreation: - Little Chefs* 6-7pm - Chefs in Training 7-8pm</p>	<p>11</p> <p>Shared Beginnings 9:30-11:30am Heroes Group 12:30-1:45pm Craigwood Talk-in Clinic 2-6pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm</p>	<p>12</p> <p>Stir It Up with Literature 9:30-11am (Limited spots, first come first serve, 15 spots available). Crafts & Conversation 3:30-5pm Bhutanese Women of the World 5:30-8:30pm Children's gymnastics 6-8:30pm</p>	<p>13</p> <p>CLOSED</p>
<p>15</p> <p>Curious Connections 9:30am-11:30am Conversation Circle (Tea and Talk) 1-3pm</p>	<p>16</p> <p>Early ON Playgroup 9-11:30am Smart Start for Babies 1:30-3pm Tyke TALK</p>	<p>17</p> <p>MAPP 9:30-11:30am Early ON ABC en francais 12:30-1:30pm City of London Recreation: - Little Chefs* 6-7pm - Chefs in Training 7-8pm</p>	<p>18</p> <p>Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic 2-6pm M.A.P.P. 6:00-8:00pm Children's gymnastics 6-8:30pm</p>	<p>19</p> <p>Good Friday CLOSED</p>	<p>20</p> <p>Easter Egg Hunt 10:30-12pm</p>
<p>22</p> <p>Easter Monday CLOSED</p>	<p>23</p> <p>Early ON Playgroup 9-11:30am PAIR Clinic 10-2pm Tyke TALK Yazidi Women of the World 6-8:00pm</p>	<p>24</p> <p>MAPP 9:30-11:30am Early ON ABC en francais 12:30-1:30pm Good Food Box pick-up 2-6pm NEW! Guitar Program 3:30-5:30pm City of London Recreation: - Little Chefs* 6-7pm - Chefs in Training 7-8pm</p>	<p>25</p> <p>Shared Beginnings 9:30-11:30am Craigwood Talk-in Clinic 2-6pm M.A.P.P. 6:00-8:00pm</p>	<p>26</p> <p>Stir It Up with Literature 9:30-11am (Limited spots, first come first serve, 15 spots available). Crafts & Conversation 3:30-5pm Bhutanese Women of the World 5:30-8:30pm Children's gymnastics 6-8:30pm</p>	<p>27</p> <p>ERYM for Youth 10-12pm</p>
<p>29</p> <p>Curious Connections 9:30am-11:30am Conversation Circle (Tea and Talk) 1-3pm</p>	<p>30</p> <p>Early ON Playgroup 9-11:30am Smart Start for Babies 1:30-3pm Tyke TALK</p>	<p>Want more info?</p> <p>Like us on Facebook or visit: - www.ymcawo.ca - www.familyinfo.ca - www.southwesthealthline.ca</p>	<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 4th Saturday of each month 9-2pm</p>		

Join us for an Egg-stra great time!

EASTER EGG HUNT

April 20th, 2019 10:30am-12pm



Behind the Northbrae PS (335 Belfield Street)
Includes egg hunt for all ages, a visit from the
Easter Bunny, games, prizes, crafts and more!
Free, no registration required!

**Please donate a non-perishable food item for the
Family Centre's emergency food cupboard.**

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. This program is fully funded by Jumpstart. Registration required through Family Centre. No cost.

Storytime (London Public Library)

Storytime with the librarian from the London Public Library. Ages: preschool—8 years old. If you would like a library card please bring identification. Book borrowing will be available. No cost.

Heroes Group (BBBSOLA)

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

Guitar Program (Investing in Children)

A 12-week program for youth in grades 7 to 10 who are interested in learning to play the guitar; with a particular aim of inviting those who might find the lessons and guitar costs to be too limiting. Spaces are limited, registration through the Investing in Children website www.investinginchildren.on.ca/guitar-program No need to bring a guitar, those will be provided. No cost.

City of London Recreation Programs (City of London)*

Register by going online to 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 for details.

- **Little Chefs** 5-6yrs old. **Barcode:314447**. This course will bring kids into the kitchen and teach them cooking fundamentals such as how to stay safe in the kitchen, read recipes, measure ingredients, set a table and make a delicious dish. 6 weeks long. Fee required.
- **Chef in Training** 7-10yrs old. **Barcode:314446**. 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

"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.

PARENT/ADULT 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.

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. No cost.

Conversation Circle Tea & Talk (LUSO Community Ser-

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

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. To register call (519) 438-6213 x25 or email: supportgroup@ldalondon.ca