



# BUILDING A HEALTHY COMMUNITY

## Parent Support Calendar Spring 2017

<b>PRENATAL</b>			
<b>PROGRAM</b>	<b>DATE/TIME/LOCATION</b>	<b>PARTICIPANTS</b>	<b>CONTACT</b>
First Steps prenatal nutrition support	Tues 1:00 – 3:00 pm SWCHC 3 <sup>rd</sup> fl, 55 Eccles St.	Expectant mothers	Bonnie x2352 Susan x2507
Prenatal Breastfeeding Group ***	<b>30 Rosemount Ave.</b> Mondays  <b>55 Eccles St.</b> Tuesdays	Expectant mothers interested in breastfeeding support Partners and grandparents welcome	<b>Rosemount</b> 613-688-1777  <b>Eccles</b> 613-238-1220
Chinese Prenatal Class ***	Call for information	Expectant parents	May x2345
<b>PARENTS &amp; CHILDREN UNDER 6 YEARS</b>			
Well Baby Clinic With Lactation Consultant, Nurse Practitioner and Early Childhood Development Worker and Dietitian	Wed 1:30-3:00pm SWCHC 3 <sup>rd</sup> fl, 55 Eccles St.	Families with children birth to 2 years seeking breastfeeding support and parenting information	Hoa x2376 Bonnie x2352 Kimberly x2504
Parenting Information Resources and referrals	Available in English(E) Mandarin(M)	Parents/caregivers of children birth to 12 years	Leslie x2503 (E) Susan x2507(M)
Informations aux parents Ressources et appui	Français	Parents/responsables des enfants de 12 ans et moins	Kimberly x2504
Mothercraft Ottawa /OEYC Ressources et appui	Un centre de la petite enfance de l'Ontario	Parents/responsables des enfants de 6ans et moins	(613)728-1839
Centre Psychosocial	Centre francophone de santé mentale	Pour les enfants, les jeunes et leur famille	613-789-2240 Poste 0
Parent-Child Mother Goose *** Chinese	McNabb C.C.180 Percy St. Call for information	Chinese speaking parents / caregivers with their children birth to 4years	Hanna (613)858-9983 Susan x2507
Chinese Little Angel Group	Call for information	Parent support group for children with special needs	Susan x2507
Chinese Parenting Group	55 Eccles St. Call for information	Parenting group for parents/ caregivers of children birth to 6 years	Susan x2507
Nanny Goat Hill Nursery School Half-day program ***	Morning or afternoon spaces Dalhousie C.C. 1 <sup>st</sup> fl, 755 Somerset St. W	Fully subsidized spaces for children 15 mths to 5 years (transportation provided)	Cori (613) 235-7561
Queensway Preschool Full-day program ***	Parkdale United Church 8:15am-4:45pm 429 Parkdale Ave	Fully subsidized spaces for children 18 mths to 5 yrs (transportation provided)	Cindy (613)728-8055
<b>PLAYGROUPS</b>			
Kids Corner Playgroup	<b>Wed &amp; Fri</b> 9:00-11:00am Dalhousie C.C. 1 <sup>st</sup> fl, 755 Somerset St. West	Parents / caregivers with children birth to 5 years	Leslie x2503
Chinese Playgroup	9 :30-11 :30am <b>Tues</b> Dalhousie C.C 1 <sup>st</sup> fl, 755 Somerset St. W <b>Fri</b> Family Literacy Centre 250 Cambridge St.N <b>9:30-12:00</b>	Chinese speaking parents / caregivers with children birth to 5 years	Hanna (613)858-9983
Laroche Park Playgroup	<b>Tue &amp; Thu</b> 9:00-11:00am Laroche Park Field House 52 Bayview Rd.	Parents / caregivers with children birth to 5 years	Leslie x2503
Toi, moi et la mère l'Oie*** <i>9 janvier-15 mai</i>	<b>Lundi</b> 10 h-11 :30h SWCHC 30 avenue Rosemount	pour les parents et nourrissons jusqu'à l'âge de12 mois.	Kimberly x2504
Seahorses Gym Squad Playgroup for dads	Monday evenings Connaught Public School 1149 Gladstone Ave.	Dad,uncle,grandpa,stepdad, caregiver with children <b>Ages 3 to 7 years</b>	Leslie x2503

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<b>CHILDREN &amp; YOUTH</b>			
Programme Parascolaire ***	lun-ven 14h30 – 17h30 pm 30 avenue Rosemount	6-12 ans	Maddison 613-371-0043 Infos
Laroche Park After-School Program ***	Mon-Fri 3:15 – 6:15 pm Laroche Park Field House 52 Bayview Rd.	6-12 years	Crystal information 613-297-0214
Laroche Park Youth Drop-In	Mon 6:00-8:30pm Laroche Park Field House 52 Bayview Rd.	13-18 years	Crystal (613) 297-0214
Rochester Heights After-School Program ***	Mon-Fri 3:00-6:00pm Rochester Heights C.H. 299 Rochester St.	6-12 years	Meagan (613)237-6529
Rochester Heights Youth Drop-In	M,T,Th,F 6:00-8:00pm Rochester Heights C.H. 299 Rochester St.	13-18 years	Meagan (613)237- 6529
Rosemount Youth Drop-In	Wed 6:00-8:30pm SWCHC 30 Rosemount Avenue	13-18 years	Katie x5202
<b>COOKING/NUTRITION</b>			
Making Baby Food ***	Call for information	Chinese speaking parents	May x2345
Making Baby Food ***	Call for information	English speaking parents	Bonnie x2352
<b>HEALTHY LIVING</b>			
Smoking Cessation Services	On-going service	For anyone who would like FREE nicotine patches, gum, inhaler or lozenges, and support to quit smoking	Ann Yee x 2380.
Clothing Cupboard	Tue, Wed, Thu, Fri. 9:00am – 3:00pm Dalhousie C.C. 1 <sup>st</sup> fl, 755 Somerset St. W	Parents looking for children's clothing donations (replenished weekly)	Kimberly x2504

**\*\*\* Registration Required**

**\*\*\* Inscription Requisite**