










BUILDING A HEALTHY COMMUNITY

Parent Support Calendar Spring 2025

Program	Time & Location	Participants	Contact
Prenatal			
Buns in the Oven* Prenatal nutrition support 	Tuesday 1:30-2:30pm Virtual group via ZOOM	Expectant mothers Free food, bus tickets \$5 grocery gift cards	Deidra x2248 dsmith@swchc.on.ca
Breastfeeding support*	Call/email for information	Expectant parents	Émilie Trépanier x2352 etrepanier@swchc.on.ca
Parents, Caregivers & Children Newborn - 6 Years			
Breastfeeding and Parent Support Drop-In With Lactation Consultant, and Early Childhood Development Worker	Monday 1:00-2:30 pm 30 Rosemount Ave.	Families with children birth to 12 months seeking breastfeeding support and parenting information	Émilie Trépanier x2352 etrepanier@swchc.on.ca
Clothing Cupboard 	Monday 1:00-4:00pm Tues.-Fri. 9 am-4:00 pm 755 Somerset St. W. 3 rd floor	Clothing for the whole family (newborn to adult). Donations are replenished weekly.	Manal 613-292-7732 mghali@swchc.on.ca
Toi, moi et la mère l'Oie* 	Lundis 10:00-11:00 am 30 Avenue Rosemount <i>6 janvier – 2 juin 2025</i>	Chansons et comptines pour familles avec nourrissons (Pour bébés en dessous de 12 mois)	Kimberly 613-791-5112 kvanderm@swchc.on.ca
Baby Massage Classes* 	Call/email for information	Parents with infants 6 weeks to 9 months	Leslie x2503 llavigne@swchc.on.ca
Parenting Information/ Workshops* Resources, groups, workshops and referrals	Available in: English(E) Leslie Mandarin(M) Hanna Arabic (A) Manal French (F) Kimberly Call/email for information	Parents/caregivers of children birth to 12 years	llavigne@swchc.on.ca (E) hhan@swchc.on.ca (M) mghali@swchc.on.ca (A) kvanderm@swchc.on.ca (F)
Le Cap	Centre de santé mentale francophone	Pour les enfants, les jeunes et leurs familles	613-789-2240 Poste 0
Chinese Parent-Child Mother Goose* 	Thurs. 10:00-11:30 am (ends August 8th, 2024) 755 Somerset St. W. 3 rd floor	Chinese speaking Parents and caregivers with their children birth to 5 years	Drop in or register through through Eventbrite: Search "Somerset West CHC" or contact: Haishan hachen@swchc.on.ca

**Registration Required *Inscription Requise*

(613) 238-8210 www.swchc.on.ca

Playgroups at 755 Somerset St. W. 	Mon. 1:00-3:00pm Mon. 4:00-7:00pm Tues. 9:30-11:30am Wed. 9:30am-12:00pm Wed. 4:00pm-6:00pm Thurs.10:00am-12:00pm Thurs. 1:00-2:30pm Fri. 9:30-12:00pm Sat. 9:30-11:30am 755 Somerset St. W. 3 rd floor	Parents / caregivers with children birth to 6 yrs	Drop in or register through Eventbrite: Search "Somerset West CHC"
Les Libellules 	Mer. et Ven. 9:30-11:30am 30 Ave Rosemount	Pour les parents/responsables et enfants jusqu'à l'âge de 6 ans	S'inscrire avec Eventbrite: "Somerset West CHC" ou avec Kimberly 613-791-5112 kvanderm@swchc.on.ca
Laroche Playgroup 	Tues. & Thurs. 9:30-11:30am 51 Stonehurst Ave.	Parents / caregivers with children birth to 6 years	Drop in or register through Eventbrite: Search "Somerset West CHC" or contact: Leslie x2503 llavigne@swchc.on.ca
Primrose Park Outdoor Playgroup	Tues. 10-11:30am 179 Primrose Ave.	Parents / caregivers with children birth to 6 years	Drop in or register through Eventbrite: Search "Somerset West CHC" or with Kimberly kvanderm@swchc.on.ca
Gym Time Playgroup 	Mon. 6:00pm-7:30pm Connaught Public School 1149 Gladstone Ave.	Parents / caregivers with children 3 to 6 years	Drop in or register through Eventbrite: Search "Somerset West CHC" or with Leslie x2503 llavigne@swchc.on.ca
Nanny Goat Hill Nursery School*	Mon.-Fri. 8:00am - 4:30pm 755 Somerset St. W. Floor #1	Fully subsidized spaces for children 15 months to 5 years (bus provided)	(613) 235-7561
Queensway Preschool*	Mon.-Fri. 8:15am-4:45pm 429 Parkdale Ave.	Fully subsidized spaces for children 18 months to 5 years (bus provided)	(613) 728-8055
Virtual Programs*	Tues. 7:00-7:30pm (Mandarin Bedtime Story) Thurs. 11:00am-12:00pm (Arabic parenting information) Thurs. 5:00pm-6:00pm (Arabic Virtual Activities)	Parents/caregivers with children birth to 6 years	Register through www.eventbrite.ca Search "Somerset West CHC" or with Hanna (Mandarin) hhan@swchc.on.ca or Manal (Arabic) mghali@swchc.on.ca

Children 6-12 and Youth

Programme Parascolaire *	Lun.-ven. 2:25-5:25pm 30 avenue Rosemount	Enfants 6-12 ans	Cori cthompso@swchc.on.ca
Laroche Park After-School Program *	Mon.-Fri. 3:00-6:00pm 51 Stonehurst Avenue	Children 6-12 years	Cori cthompso@swchc.on.ca
Rochester Heights After School Program *	Mon.-Fri. 3:00-6:00pm Rochester Heights C.H. 865 Gladstone Ave.	Grades 1-10	Arnaldo (613) 237-6529

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