

## Parent Support Calendar Winter 2019

| Program  | Date/Time/Location   | Participants   | Contact                                 |
|--|--|--|---|
| <b>Prenatal</b>  |  |  |   |
| <b>Buns In The Oven</b><br>prenatal nutrition support  | Tues 1:00 – 3:00 pm<br>SWCHC<br>3 <sup>rd</sup> fl, 55 Eccles St.                          | Expectant mothers<br><b>Free food and bus tickets</b><br><b>\$5 grocery store gift cards</b>             | Deidra x2248                            |
| <b>Chinese Pregnancy Circle</b> ***  | Call for information   | Expectant parents  | May x2345                               |
| <b>Breastfeeding Class</b> ***   | Call for information   | Expectant parents  | Bonnie x2352                            |
| <b>Parents &amp; Children Under 6 Years</b>  |  |  |   |
| <b>Well Baby Clinic</b><br>With Lactation Consultant, Early<br>Childhood Development Worker<br>and Dietitian | Wed 1:30-3:00pm<br>SWCHC<br>3 <sup>rd</sup> fl, 55 Eccles St.                              | Families with children birth<br>to 2 years seeking<br>breastfeeding support and<br>parenting information | Bonnie x2352<br>Kimberly x2504          |
| <b>Toi, moi et la mère l'Oie</b> ***<br><i>7 janvier-24 juin</i>   | Lundi 10h-11h30<br>SWCHC<br>30 avenue Rosemount  | pour les parents et<br>nourrissons jusqu'à l'âge<br>de 12 mois.  | Kimberly x2504                          |
| <b>Infant Massage Classes</b> ***  | Call for information   | Parents with children<br>6 weeks to 9 months   | Leslie x2503                            |
| <b>Parenting Information</b><br>Resources and referrals  | Available in<br>English(E) Mandarin(M)   | Parents/caregivers of<br>children birth to 12 years  | Leslie x2503 E<br>Hannax2507 M          |
| <b>Informations aux parents</b><br>Ressources et appui   | Français   | Parents/responsables des<br>enfants de 12 ans et<br>moins  | Kimberly x2504                          |
| <b>Mothercraft<br/>Ottawa /EarlyON</b><br>Ressources et appui  | Un centre de la petite<br>enfance de l'Ontario   | Parents/responsables des<br>enfants de 6ans et moins   | (613)728-1839                           |
| <b>Centre Psychosocial</b>   | Centre de santé mentale<br>francophone   | Pour les enfants, les<br>jeunes et leur famille  | 613-789-2240<br>Poste 0                 |
| <b>Parent-Child Mother Goose</b><br>Chinese***   | McNabb C.C.<br>180 Percy St.<br>Call for information                                       | Chinese speaking parents<br>and caregivers with their<br>children birth to 4years                        | Haishan<br>(613)858-9983<br>Hanna x2507 |
| <b>Chinese Little Angel Group</b>  | Call for information   | Parent support group for<br>children with special<br>needs   | Hanna x2507                             |
| <b>Chinese Parenting Group</b>   | 55 Eccles St.<br>Call for information  | Parenting group for<br>parents/ caregivers of<br>children birth to 6 years                               | Hanna x2507                             |
| <b>Nanny Goat Hill Nursery<br/>School</b><br>Half-day program ***  | Morning or afternoon<br>spaces<br>Dalhousie C.C.<br>1 <sup>st</sup> fl, 755 Somerset St. W | Fully subsidized spaces<br>for children 15mths to<br>5 years<br>(transportation provided)                | Cori<br>(613) 235-7561                  |
| <b>Queensway Preschool</b><br>Full-day program ***   | Parkdale United Church<br>8:15am-4:45pm<br>429 Parkdale Ave                                | Fully subsidized spaces<br>for children 18 mths to<br>5 years<br>(transportation provided)               | Cindy<br>(613)728-8055                  |

## BUILDING A HEALTHY COMMUNITY

| Program   | Date/Time/Location  | Participants   | Contact                                |
|---|---|--|--|
| <b>Playgroups</b>                                 |   |  |  |
| <b>Kids Corner Playgroup</b>                      | <b>Wed &amp; Fri</b> 9:00-11:00am<br>Dalhousie C.C.<br>1 <sup>st</sup> fl<br>755 Somerset St West   | Parents / caregivers with children birth to 5 years  | Leslie x2503                           |
| <b>Laroche Park Playgroup</b>                     | <b>Tue &amp; Thu</b> 9:00-11:00am<br>Laroche Park Field House<br>52 Bayview Rd.   | Parents / caregivers with children birth to 5 years  | Leslie x2503                           |
| <b>Chinese Playgroup</b>                          | <b>Tues Dalhousie C.C</b><br>1 <sup>st</sup> fl, 755 Somerset St.W<br>9 :30-11 :30am<br><b>Fri</b><br><b>Family Literacy Centre</b><br>250 Cambridge St.N<br>9:30-12:00 | Chinese speaking parents and caregivers with children birth to 5 years                                 | Haishan<br>(613)858-9983               |
| <b>Seahorses Gym Squad</b><br>Playgroup for dads  | Mon 6:00-7:30pm<br>Connaught Public School<br>1149 Gladstone Ave.   | Dad,uncle,grandpa, stepdad,caregiver with children <b>3 to 5 years</b>                                 | Leslie x2503                           |
| <b>Children &amp; Youth</b>                       |   |  |  |
| <b>Programme Parascolaire ***</b>                 | lun-ven 14h30-17h30<br>30 avenue Rosemount  | 6-12 ans   | Maddison<br>613-371-0043<br>Infos      |
| <b>Laroche Park After-School Program ***</b>      | Mon-Fri 3:15 – 6:15 pm<br>Laroche Park Field House<br>52 Bayview Rd.  | 6-12 years   | Crystal<br>information<br>613-297-0214 |
| <b>Rochester Heights After-School Program ***</b> | Mon-Fri 3:00-6:00pm<br>Rochester Heights C.H.<br>299 Rochester St.  | 6-12 years   | Community<br>House<br>(613)237-6529    |
| <b>Rochester Heights Youth Drop-In</b>            | M,T,Th,F 6:00-8:00pm<br>Rochester Heights C.H.<br>299 Rochester St.   | 13-18 years  | Community<br>House<br>(613)237-6529    |
| <b>Cooking/Nutrition</b>                          |   |  |  |
| <b>Making Baby Food ***</b>                       | Call for information  | Chinese speaking parents   | May x2345                              |
| <b>Making Baby Food ***</b>                       | Call for information  | English speaking parents   | Deidra x2248                           |
| <b>Healthy Living</b>                             |   |  |  |
| <b>Smoking Cessation Services</b>                 | On-going service  | For anyone who would like FREE nicotine patches, gum, inhaler or lozenges, and support to quit smoking | Ann Yee x 2380.                        |
| <b>Clothing Cupboard</b>                          | Mon-Fri<br>9:00am – 3:00pm<br>Dalhousie C.C.<br>1 <sup>st</sup> fl, 755 Somerset St. W  | Parents looking for children's clothing donations (replenished weekly)                                 | Kimberly x2504                         |

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

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