





Parent Support Calendar Fall 2020

Program	Date/Time/Location	Participants	Contact
Prenatal			
Buns in the Oven** Prenatal nutrition support 	Virtual group by invitation Registration needed.	Expectant mothers Free food and bus tickets \$5 grocery store gift cards	Hanna x2507 hhan@swchc.on.ca
Chinese Pregnancy Circle**	Temporary Service Disruption Support available by phone	Expectant parents	May x2345
Breastfeeding support**	Call for information	Expectant parents	Bonnie x2352 bbaxter@swchc.on.ca
Parents & Children Under 6 Years			
Well Baby Clinic With Lactation Consultant, Early Childhood Development Worker and Dietitian	Temporary Service Disruption Join our monthly email list for program updates and support!	Families with children birth to 2 yrs seeking breastfeeding support and parenting information	Bonnie x2352 Kimberly x2504 kvanderm@swchc.on.ca
Toi, moi et la mère l'Oie 	Nouvelles chansons et comptines (par courriel) chaque lundi! 5 oct – 21 déc	Chansons et comptines pour familles avec nourrissons	Kimberly x2504 kvanderm@swchc.on.ca
Infant Massage Classes** 	Call for information	Parents with infants 6 weeks to 9 months	Leslie x2503 llavigne@swchc.on.ca
Parenting Information Resources, workshops and referrals 	Available in English(E) Mandarin(M)	Parents/caregivers of children birth to 12 yrs	Leslie x2503 E llavigne@swchc.on.ca Hanna x2507 M hhan@swchc.on.ca
Chinese Parenting Sharing Sessions	Virtual group via ZOOM, contact Hanna to register	Parents/caregivers of children birth to 12 yrs	Hanna x2507 hhan@swchc.on.ca
Informations aux parents Ressources et appui 	Français	Parents/responsables des enfants de 12 ans et moins	Kimberly x2504 kvanderm@swchc.on.ca
Centre Psychosocial	Centre de santé mentale francophone	Pour les enfants, les jeunes et leur famille	613-789-2240 Poste 0
Chinese Parent-Child Mother Goose** 	Call for information	Chinese speaking parents and caregivers with their children birth to 4 yrs	Haishan hachen@swchc.on.ca Hanna x2507 hhan@swchc.on.ca
Chinese Parenting Workshop** 	Nobody's Perfect Parenting and Kids Have Stress Too! Workshops delivered virtually! Contact Hanna to register.	Parenting group for parents/ caregivers of children birth to 6 yrs	Hanna x2507 hhan@swchc.on.ca

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Playgroups			
English Circle Time** 	Mon – Fri 11:00-12:00pm Online via Zoom Contact Leslie for link Tuedays 9:30-10:00 Online via Zoom Contact Kimberly	Parents / caregivers with children birth to 6 yrs	Leslie x2503 llavigne@swchc.on.ca Kimberly x2504 kvanderm@swchc.on.ca
Cercle de Chant français** 	Mer, ven 10h-11h Samedi 9h -10h Nouveau! Invitation Zoom – contactez Kimberly	Pour les parents et enfants jusqu'à l'âge de 6 ans	Kimberly x2504 kvanderm@swchc.on.ca
Mandarin Circle Time** 	Wed and Sat 11:00-12:00pm Online via Zoom Contact Haishan (Wed) and Hanna (Sat) for link	Chinese speaking parents and caregivers with children birth to 6 yrs	Haishan hachen@swchc.on.ca Hanna x2507 hhan@swchc.on.ca
Mandarin Sing-along group	Thu 10:00-10:45 Invitation ZOOM-contact Haishan	Chinese speaking parents and caregivers with children 0-6 yrs	Haishan hachen@swchc.on.ca
Mandarin Positive Parenting Series** 	YouTube: "EarlyON Mandarin Positive Parenting Series" Updated every Thursday	Chinese speaking parents and caregivers with children 3 to 10 yrs	Hanna x2507 hhan@swchc.on.ca
Seahorses Gym Squad	Receive weekly ideas of physical activities that you can do with your child! Contact Leslie to be added to the e-mail list!	Parents/caregivers with children 3 to 6 yrs	Leslie x2503 llavigne@swchc.on.ca
Nanny Goat Hill Nursery School**	Mon - Fri 8:00am - 4:30pm Dalhousie C.C. 1 st fl, 755 Somerset St. W	Fully subsidized spaces for children 15mths to 5 yrs (bus provided)	Cori 613-235-7561
Queensway Preschool**	Mon - Fri 8:15am-4:45pm Parkdale United Church 429 Parkdale Ave	Fully subsidized spaces for children 18 mths to 5 yrs (bus provided)	Cindy 613-728-8055
Children&Youth			
Programme Parascolaire**	lun-ven 14h25-17h25 30 avenue Rosemount	Enfants 6-12 ans	Maddison 613-371-0043
Laroche Park After-School Program**	Mon-Fri 3:00-6:00pm 89 Stonehurst Avenue	Children 6-12 yrs	Angie 613-297-0214
Rochester Heights After-School Program**	Mon-Fri 3:00-6:00pm Rochester Heights C.H. 299 Rochester St.	Children 6-12 yrs	Christian (613) 237-6529

**** Registration Required**

**** Inscription Requisite**

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