









Parent Support Calendar Summer 2020

Program	Date/Time/Location	Participants	Contact
Prenatal			
Buns in the Oven *** Prenatal nutrition support 	Tuesdays 1:30-2:30 Virtual, call or email to register	Expectant mothers \$5 grocery store gift cards	Hanna x2507 hhan@swchc.on.ca Catherine x2248 cpouliot@swchc.on.ca
Chinese Pregnancy Circle	Support available by phone	Expectant parents	May x2345
Breastfeeding support	Call for information	Expectant parents	Bonnie x2352
Parents & Children Under 6 Years			
Well Baby Clinic With Lactation Consultant, Early Childhood Development Worker and Dietitian	Support available by phone	Families with children birth to 2 years seeking breastfeeding support and parenting information	Bonnie x2352 Kimberly x2504
Toi, moi et la mère l'Oie 	Nouvelles chansons et comptines chaque lundi!	Chansons et comptines pour toute la famille.	Kimberly x2504 YouTube: "EarlyON Circle Time with Kimberly"
Infant Massage Classes *** 	Call for information	Parents with children 6 weeks to 9 months	Leslie x2503
Parenting Information Resources, workshops and referrals 	Available in English(E) Mandarin(M)	Parents/caregivers of children birth to 12 years	Leslie x2503 E Hanna x2507 M
Informations aux parents Ressources et appui EarlyON	Français	Parents/responsables des enfants de 12 ans et moins	Kimberly x2504
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 years	Haishan hachen@swchc.on.ca Hanna x2507
Chinese Parenting Group *** 	Virtual, Nobody's Perfect Parenting Workshop	Parenting group for parents/ caregivers of children birth to 6 years	Hanna x2507 hhan@swchc.on.ca
Nanny Goat Hill Nursery School ***	Dalhousie C.C. 755 Somerset St. W	Fully subsidized spaces for children 15mths to 5 years(transportation provided)	Cori (613) 235-7561
Queensway Preschool ***	Parkdale United Church 429 Parkdale Ave.	Fully subsidized spaces for children 18 mths to 5 years (transportation provided)	Cindy (613)728-8055

BUILDING A HEALTHY COMMUNITY

Program	Date/Time/Location	Participants	Contact
Playgroups			
English Circle Time *** 	Mon, Tues, Thurs & Fri 11:00-12:00pm Via Zoom Contact: Leslie for link Thurs. YouTube: “EarlyON Circle Time with Kimberly”	Parents / caregivers with children birth to 6 years Songs and stories for the whole family!	Leslie x2503 llavigne@swchc.on.ca Kimberly x2504 kvanderm@swchc.on.ca
Baby Time Songs ***	Wed 9:30-10:00am Via Zoom Contact: Leslie for link		Leslie x2503 llavigne@swchc.on.ca
Cercle de Chant Libellules 	Mer, ven 10h-11h 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 Via Zoom Contact: Haishan (Wed) and Hanna (Sat) for link YouTube: “EarlyON Circle Time with Haishan” Tues “EarlyON Circle Time with Hanna”.	Chinese speaking parents and caregivers with children birth to 6 years	Haishan hachen@swchc.on.ca Hanna x2507 hhan@swchc.on.ca
Mandarin Positive Parenting Series *** 	Thurs YouTube: “EarlyON Mandarin Positive Parenting Series”	Chinese speaking parents and caregivers with children 3-10 yrs	Hanna x2507 hhan@swchc.on.ca
Seahorses Gym Squad	Contact Leslie to be added to the e-mail list!	Parents/caregivers with children 3-6 yrs. Receive weekly physical activities that you can do with your child!	Leslie x2503 llavigne@swchc.on.ca
Children&Youth			
Programme Parascolaire ***	Closed for summer	6-12 ans	Maddison (613) 371-0043
Laroche Park After-School Program ***	Closed for summer	6-12 years	Angie (613) 297-0214
Rochester Heights Community House ***	Summer day camp, call to register	6-12 years	Christian (613) 237-6529
Youth Leadership Camp	Call or email to register	13-17 years	Meghan X2508 mmacdone@swchc.on.ca

***** Registration Required *** Inscription Requisite**

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