

Parent Support Calendar Winter 2020

Program	Date/Time/Location	Participants	Contact
Prenatal			
Buns In The Oven Prenatal nutrition support	Tuesday 1:00–3:00pm SWCHC 3 rd fl, 55 Eccles St.	Expectant mothers Free food and bus tickets \$5 grocery store gift cards	Deidra x2248
Chinese Pregnancy Circle ***	Call for information	Expectant parents	May x2345
Breastfeeding Class ***	Call for information	Expectant parents	Bonnie x2352
Parents & Children Under 6 Years			
Well Baby Clinic With Lactation Consultant, Early Childhood Development Worker and Dietitian	Monday 1-2:30pm SWCHC 30 Rosemount Ave.	Families with children birth to 2 years seeking breastfeeding support and parenting information	Bonnie x2352 Kimberly x2504
Toi, moi et la mère l'Oie *** <i>6 janvier – 29 juin</i>	lundi 10h-11h30 SWCHC 2 ^{ème} étage 30 avenue Rosemount	Pour les parents et nourrissons jusqu'à l'âge de 12 mois.	Kimberly x2504 kvanderm@swchc.on.ca
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	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
Parent-Child Mother Goose Chinese ***	Call for information	Chinese speaking parents and caregivers with their children birth to 4 years	Haishan (613) 858-9983 Hanna x2507
Chinese Parenting Group	Dalhousie C.C. 1 st fl, 755 Somerset St. W Call for information	Parenting group for parents/ caregivers of children birth to 6 years	Hanna x2507
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 years (transportation 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 years (transportation provided)	Cindy (613) 728-8055
Clothing Cupboard	Mon - Fri 8:15am – 3:45pm Dalhousie C.C. 1 st fl, 755 Somerset St. W	Parents looking for children's free clothing donations (replenished weekly)	Kimberly x2504
Making Baby Food ***	Call for information	Chinese speaking parents English speaking parents	May x2345 Deidra x2248

*** **Registration Required**

*** **Inscription Requise**

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Playgroups			
Playgroup	Wed & Fri 8:30-11:30am Thurs 9:00-12:00 Dalhousie C.C. 3rd fl, 755 Somerset St.W	Parents / caregivers with children birth to 6 years	Leslie x2503 Hanna x2507
Infant Playgroup	Thursday 1:00-3:00pm Dalhousie C.C.3rd fl, 755 Somerset St W.	Parents / caregivers with babies birth to 12 months	Leslie x2503
Rosemount Infant Playgroup	Wednesday 9:00-11:30am. SWCHC 2 nd fl, 30 Rosemount Ave.	Parents / caregivers with babies birth to 12 months	Hanna x2507
Evening Playgroup	Wednesday 3:30-6:30pm Dalhousie C.C 3rd fl, 755 Somerset St.W	Parents / caregivers with children birth to 6 years	Kimberly x2504
Weekend Playgroup	Saturday 9:00-12:00 Dalhousie C.C 3rd fl, 755 Somerset St.W	Parents / caregivers with children birth to 6 years	Hanna x2507
Laroche Park Playgroup	Tue & Thu 8:30-11:30am Laroche Park Field House 51 Stonehurst Avenue	Parents / caregivers with children birth to 6 years	Leslie x2503
Chinese Playgroup	Tuesday 9:00-12:00 Dalhousie C.C 3rd fl, 755 Somerset St.W Friday 9:00-12:00 250 Cambridge St.N	Chinese speaking parents and caregivers with children birth to 6 years	Haishan (613) 858-9983 Hanna x2507
Lebreton Playgroup	Tuesday 9:00-11:00am 170 Booth St.	Parents / caregivers with children birth to 6 years	Kimberly x2504
Seahorses Gym Squad Playgroup for Dads, Grandpas, male caregivers	Monday 6:00-7:30pm Connaught Public School 1149 Gladstone Ave.	Dad, uncle, grandpa, stepdad, caregiver with children 3 to 6 years	Leslie x2503
Les Libellules ***	jeudi & vendredi 8h30-11h30 SWCHC 2 ^{ème} étage 30 avenue Rosemount	Pour les parents et enfants jusqu'à l'âge de 6ans	Kimberly x2504 kvanderm@swchc.on.ca
Children & Youth			
Programme Parascolaire ***	lun-ven 14h30-17h30 30 avenue Rosemount	6-12 ans	Maddison (613) 371-0043
Laroche Park After-School Program ***	Mon-Fri 3:00-6:00pm Laroche Park Field House 51 Stonehurst Avenue	6-12 years	Lieva (613) 297-0214
Rochester Heights After-School Program ***	Mon-Fri 3:00-6:00pm Rochester Heights C.H. 299 Rochester St.	6-12 years	Christian (613) 237-6529
Rochester Heights Youth Drop-In	Rochester Heights C.H. 299 Rochester St.	13-17 years	Christian (613) 237-6529

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