



BUILDING A HEALTHY COMMUNITY

Parent Support Calendar Fall 2018

PRENATAL			
PROGRAM	DATE/TIME/LOCATION	PARTICIPANTS	CONTACT
Buns In The Oven prenatal nutrition support	Tues 1:00 – 3:00 pm SWCHC 3 rd fl, 55 Eccles St.	Expectant mothers	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	Wed 1:30-3:00pm SWCHC 3 rd fl, 55 Eccles St.	Families with children birth to 2 years seeking breastfeeding support and parenting information	Bonnie x2352 Kimberly x2504
Infant Massage Classes ***	Call fo information	Parents with children 6 weeks to 9 months	Leslie x2503
Parenting Information Resources and referrals	Available in English(E) Mandarin(M)	Parents/caregivers of children birth to 12 years	Leslie x2503 (E) Hannax2507(M)
Informations aux parents Ressources et appui	Français	Parents/responsables des enfants de 12 ans et moins	Kimberly x2504
Mothercraft Ottawa /EarlyON Ressources et appui	Un centre de la petite enfance de l'Ontario	Parents/responsables des enfants de 6ans et moins	(613)728-1839
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	McNabb C.C.180 Percy St. Call for information	Chinese speaking parents / caregivers with their children birth to 4years	Haishan (613)858-9983 Hanna x2507
Chinese Little Angel Group	Call for information	Parent support group for children with special needs	Hanna x2507
Chinese Parenting Group	55 Eccles St. Call for information	Parenting group for parents/ caregivers of children birth to 6 years	Hanna x2507
Nanny Goat Hill Nursery School Half-day program ***	Morning or afternoon spaces Dalhousie C.C. 1 st fl, 755 Somerset St. W	Fully subsidized spaces for children 15 mths to 5 years (transportation provided)	Cori (613) 235-7561
Queensway Preschool Full-day program ***	Parkdale United Church 8:15am-4:45pm 429 Parkdale Ave	Fully subsidized spaces for children 18 mths to 5 yrs (transportation provided)	Cindy (613)728-8055
PLAYGROUPS			
Kids Corner Playgroup	Wed & Fri 9:00-11:00am Dalhousie C.C. 1 st fl, 755 Somerset St. West	Parents / caregivers with children birth to 5 years	Leslie x2503
Chinese Playgroup	Tues Dalhousie C.C 1 st fl, 755 Somerset St. W 9 :30-11 :30am Fri Family Literacy Centre 250 Cambridge St.N 9:30-12:00	Chinese speaking parents / caregivers with children birth to 5 years	Haishan (613)858-9983
Laroche Park Playgroup	Tue & Thu 9:00-11:00am Laroche Park Field House 52 Bayview Rd.	Parents / caregivers with children birth to 5 years	Leslie x2503
Toi, moi et la mère l'Oie*** <i>10 septembre-10 décembre</i>	Lundi 10 h-11 :30h SWCHC 30 avenue Rosemount	pour les parents et nourrissons jusqu'à l'âge de12 mois.	Kimberly x2504
Seahorses Gym Squad Playgroup for dads	Mon 6:00-7:30pm Connaught Public School 1149 Gladstone Ave.	Dad,uncle,grandpa,stepdad, caregiver with children 3 to 5 years of age	Leslie x2503

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CHILDREN & YOUTH			
Programme Parascolaire ***	Mon–ven 14h30 – 17h30 pm 30 avenue Rosemount	6-12 ans	Maddison 613-371-0043 Infos
Laroche Park After-School Program ***	Mon-Fri 3:15 – 6:15 pm Laroche Park Field House 52 Bayview Rd.	6-12 years	Crystal information 613-297-0214
Rochester Heights After-School Program ***	Mon-Fri 3:00-6:00pm Rochester Heights C.H. 299 Rochester St.	6-12 years	Community House (613)237-6529
Rochester Heights Youth Drop-In	M,T,Th,F 6:00-8:00pm Rochester Heights C.H. 299 Rochester St.	13-18 years	Community House (613)237-6529
COOKING/NUTRITION			
Making Baby Food ***	Call for information	Chinese speaking parents	May x2345
Making Baby Food ***	Call for information	English speaking parents	Deidra x2248
HEALTHY LIVING			
Smoking Cessation Services	On-going service	For anyone who would like FREE nicotine patches, gum, inhaler or lozenges, and support to quit smoking	Ann Yee x 2380.
Clothing Cupboard	Mon-Fri 9:00am – 3:00pm Dalhousie C.C. 1 st fl, 755 Somerset St. W	Parents looking for children's clothing donations (replenished weekly)	Kimberly x2504

*** **Registration Required**

*** **Inscription Requisite**