

Family Centre Westminster

690 Osgoode Dr, London, Ontario | 519-649-1248

<https://www.facebook.com/familycentrewestminster/>



March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Indoor EarlyON Playgroup 9:00 AM - 11:30 AM Mar 4, 11, 18, 25</p> <p>Nobody's Perfect 9:30 AM - 11:30 AM Registration Required Mar 4</p> <p>Little Learners 12:30 PM - 2:30 PM Mar 4, 11, 18, 25</p> <p>Infant Playgroup 1:30 PM - 2:30 PM Mar 4, 11, 18, 25</p> <p>Young Mom's Group 4:00 PM - 6:00 PM Registration Required Mar 4, 11, 18, 25</p>	<p>Good Food Box Pick up Date 9:00 AM - 4:00 PM Mar 26</p> <p>Indoor EarlyON Playgroup 9:00 AM - 11:30 AM Mar 5, 12, 19, 26</p> <p>Westminster Wiggles 10:00 AM - 11:00 AM Mar 5, 12, 19, 26</p> <p>Collective Kitchen 11:30 AM - 1:30 PM Registration Required Mar 5, 19, 26</p> <p>Family Assembly Required: March Break Family Program and Lunch! 11:30 AM - 1:30 PM Registration Required Mar 12</p> <p>Lights, Camera, Creativity! 2:00 PM - 3:00 PM Registration Required Mar 12, 26</p>	<p>Good Food Box Order Date 9:00 AM - 4:00 PM Mar 20</p> <p>Play All Day Wednesdays: Day and Evening Indoor Playgroup 9:00 AM - 6:00 PM Mar 6, 13, 20, 27</p> <p>Snoezelen Room 9:00 AM - 3:00 PM Registration Required Mar 6, 13, 20, 27</p> <p>Women's Support Group 9:30 AM - 11:30 AM Registration Required Mar 6, 13, 20, 27</p> <p>Little Learners 12:30 PM - 2:30 PM Mar 6, 13, 20, 27</p> <p>Let's Chat & Play: CAPC Playgroup at St. John The Divine Parish 1:30 PM - 3:30 PM Mar 13</p>	<p>Indoor Playgroup at Landon Public Library . 9:30 AM - 11:30 AM Mar 7, 14, 21, 28</p> <p>Ukrainian Family Playgroup 1:30 PM - 3:30 PM Mar 7, 14, 21, 28</p> <p>Westminster Outdoors: Off the Beaten Path 2:00 PM - 3:00 PM Off-site event Mar 7, 14, 21, 28</p>	<p>Indoor EarlyON Playgroup 9:00 AM - 11:30 AM Mar 8, 15, 22</p> <p>Infant Hearing Program 9:00 AM - 4:00 PM Registration Required Mar 1, 15</p> <p>London Children's Museum Indoor Playgroup 9:30 AM - 11:30 AM Mar 1, 8, 22</p> <p>Little Learners 12:30 PM - 2:30 PM Mar 8, 15, 22</p> <p>Timeless Tunes: Intergenerational EarlyON Playgroup at Dearness Home 2:00 PM - 3:00 PM Mar 15</p>	<p>Snoezelen Room 9:00 AM - 3:00 PM Registration Required Mar 9</p> <p>Story Saturday Playgroup - Books and Breakfast: Red Shoes 9:00 AM - 11:30 AM Mar 9</p>

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Stir It Up in the Kitchen 5:00 PM - 6:00 PM Registration Required Mar 20, 27</p>			

Event Descriptions

Collective Kitchen

Cook a meal together and enjoy lunch when it's completed as a group. Learn about nutrition and food budgeting. Hosted by Families First Community Action Program for Children.

Family Assembly Required: March Break Family Program and Lunch!

"Family Assembly Required" is a fun program for families who want to rediscover their love of gaming with their children! Enjoy a build - your-own sandwich lunch then create, build and play your game together! We provide child safe materials that your little ones can use! For families with children ages 0-6. Older siblings welcome!

Good Food Box Order Date

\$14 for a box of healthy fresh produce delivered to the WFC. Call 519-649-1248 or drop in to order.

Good Food Box Pick up Date

Pick up at the FCW if you ordered a Good Food Box. Order by dropping in or calling 519-649-1248.

Indoor EarlyON Playgroup

Join other families with children 6 and under to explore activities in the playroom, crafts, snack and circle time. Drop in!

Indoor Playgroup at Landon Public Library .

Drop in to our newest playgroup location at Landon Branch London Public Library at 167 Wortley Rd. Songs, stories, activities and time to play with opened ended toys and materials is provided. Connect with our ECE's with questions too!

Infant Hearing Program

Hearing screening for all newborn infants in the hospital or in the community. By appointment only.

Infant Playgroup

A playgroup for parents and their non-mobile infants. Drop in for circle time, parent conversation and a different infant focused activity each week.

Let's Chat & Play: CAPC Playgroup at St. John The Divine Parish

Playgroup for families with children 0-6 at 390 Baseline Rd. W. Join in for activities, circle time and free play. London Food Bank depot is also on-site during this playgroup. In need of food while you're there and haven't accessed the London Food Bank yet this month? You can also access the Mobile London Food Bank in Southcrest! Book an appointment with Janina by calling 519-280-3328 to secure your food.

Lights, Camera, Creativity!

A creative in-person program inspired by a story book. The program will be recorded and shared on social media families for all to enjoy. Register on Eventbrite: this program offers different activities each session and runs twice a month. March 12 - Making Ice Cream in a bag! March 26 - Science Experiments Inspired by Pete the Cat!

Little Learners

Little Learners join us through this CAPC program to play and learn as they prepare for JK next year. FREE! Call 519-649-1248 to register.

London Children's Museum Indoor Playgroup

In partnership with our friends at the London Children's Museum we will be exploring and playing together each Friday morning indoors at the Museum at 21 Wharnccliffe Rd S, London. FREE

Nobody's Perfect

At Nobody's Perfect sessions, you can learn about your child's feelings, behaviours, body, and safety as well as sharing what it is like to be a parent. Sessions are based on what you and other parents want to learn about, not step by step from a book. FREE limited childminding available, snacks and bus tickets are provided. Nobody's Perfect is a place where parents can: MEET with other parents of young children (ages 0-6) SHARE questions or concerns and ideas about being a parent LEARN about child development, safety, health and behaviour TALK about real-life parenting experiences WORK together with the support of a trained facilitator DISCOVER ways of positive parenting In partnership with SLNRC Settlement Services and Families First CAPC

Play All Day Wednesdays: Day and Evening Indoor Playgroup

We are open all day for drop in on Wednesdays! Join other families with children 6 and under to explore activities in the playroom, crafts and circle time. Drop in! Snack provided!

Snoezelen Room

The Snoezelen room uses music, lighting effects, gentle vibrations and tactile sensations which all provide opportunities for a unique sensory experience. This room provides a space where you can relax and have the opportunity to choose an activity at your own pace allowing for exploration, self-direction and fun. Book one or more 1 hour spaces for your family. Siblings welcome in the room or can be provided with other opportunities to keep them busy. This room is open to all who feel they could benefit from the Snoozelen environment.

Stir It Up in the Kitchen

Stir It Up with Kids in the Kitchen is a series of six, 1 ½ hour cooking and activity sessions for children age three to six with their parents/caregivers. Participants engage in learning about healthy eating, trying new foods, preparing healthy foods, eating these foods together and more! *Children must be at least 3 yrs. old to participate. There is no childminding for younger siblings. Attendance at all 6 weeks is necessary for participation in this workshop. In partnership with Merrymount.

Story Saturday Playgroup - Books and Breakfast: Red Shoes

Join us for a special story Saturday Playgroup and Breakfast. This month's book is Red Shoes as we celebrate the start of Ramadan! Drop in for playroom fun, sensory, special crafts, circle time, lantern and star crafts, an Eid book featured in our Story Den and breakfast for all! Win a copy of the book to take home!

Timeless Tunes: Intergenerational EarlyON Playgroup at Dearness Home

Join us at Dearness Home at 710 Southdale Rd. E. along with senior community members on the third Friday of each month, for an afternoon music & movement and play. Participants will have an opportunity to move and groove with new friends while creating music with shakers and more!

Ukrainian Family Playgroup

Drop into the playroom and meet other families for free play! Circle time will be in Ukrainian and a snack is provided! All families are welcome! Email Oleksandra at oromakhina@slnrc.ca with any questions

Westminster Outdoors: Off the Beaten Path

This outdoor playgroup in Westminster Ponds, is located at 696 Wellington Rd. The playgroup runs in most weather and gives many opportunities to run, explore and discover the beauty of nature in our own backyard! Each session will start with a story and then we will head out to explore the forest, and do an activity inspired from the story we read. We will end our time together with an active song and story time!

Westminster Wiggles

Westminster Wiggles invites mobile infants (crawling/walking/cruising) to our active infant group. Participate in movement based songs and stories and explore gross motor opportunities such as the trampoline, climbing blocks, stepping stones, a ball pit, scooter boards, and foam blocks.

Women's Support Group

Join our Women's Support Group! Women with children 0-6 are invited to our group to discuss parenting and healthy living, and wellness tips with other women and some fun activities too! Childminding, snacks, grocery cards and bus tickets provided. Registration required.

Young Mom's Group

Weekly program with fun activities, parenting support and information for young moms 14-24 and their infants/children. Free dinner, grocery cards and bus tickets provided. Call 519-649-1248 or email asmallman@slnrc.ca to register.