

Families First CAPC

Summer Schedule

6 Week Session June 10-July 19



MONDAY

Little Learners
12:30-2:30 PM

Young Moms
4:00-6:00 PM

WEDNESDAY

Westminster
Women's Group
9:30-11:30 AM

Little Learners
12:30-2:30 PM

Collective Kitchen
Flavours of Empowerment
with Type Diabeat It
1:00-3:00 PM

Snoezelen:
Sensory Space
9:00 AM-6:00 PM

Family Support &
Referrals

Emergency Food
& Baby Food/
Diaper Cupboard

690 OSGOODE DR
MON-FRI: 9 AM-4 PM

THURSDAY

White Oaks
Let's Chat & Play
9:30-11:30 AM
UNTIL JULY 25

Collective Kitchen
Taste of Summer
JULY 24-AUG 14
1:00-3:00 PM

FRIDAY

White Oaks
Women's Group
9:30-11:30 AM

Little Learners
12:30-2:30 PM

Southcrest
Chat & Play

WEDNESDAYS

1:30-3:30 PM

JUNE 12: DAD'S DAY BRUNCH
JULY 10: PAJAMA PARTY
AUGUST 14: BEACHY FUN

Call 519-649-1248 ext 202 or
email Ameena at ahamad@lnrc.ca to sign up!

Families First CAPC



FOR FAMILIES WITH CHILDREN 0-6

Community Action Plan for Children aims to
Improve healthy child development by:

- Enhancing parenting skills
- Promoting healthy parent-child relationships
- Decreasing social isolation
- Increasing child self-esteem
- Providing child-focused activities & play opportunities
- Supporting families to access healthy food



You are welcome here.

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6 Week Session June 10-July 19



PROGRAM DESCRIPTIONS

You are welcome here.

Little Learners

MON/WED/FRI FROM 12:30-2:30 PM

3x weekly program for children entering JK in 2024. Children learn together through open-ended play, cooking, crafts and structured activities. Backpacks provided. 1119 Jalna Blvd.

Young Moms

MONDAYS FROM 4:00-6:00 PM

Weekly dinner and program with fun activities, parenting support and information for young moms 14-23 and their children. Free dinner, childminding, grocery cards and bus tickets provided. 690 Osgoode Dr.

White Oaks Let's Chat & Play

THURSDAYS FROM 9:30-11:30 AM

Weekly parent and child playgroup. Join in for a different parent chat topic relating to young children weekly. Enjoy activities, craft, circle time and free play. Snacks, coffee/tea, & bus tickets provided 1119 Jalna Blvd.

Southcrest Let's Chat & Play

JUNE 12, JULY 10, AUGUST 14 1:30-3:30 PM

Monthly parent and child playgroup. Join in for activities, craft, circle time and free play. London Food Bank depot is also on-site. Snacks, coffee/tea, grocery cards and bus tickets provided. 390 Baseline Rd. W.

Westminster Women's Group

WEDNESDAYS FROM 9:30-11:30 AM

Weekly group to discuss parenting, healthy living, and wellness with other women and some fun activities too. Childminding, light breakfast, grocery cards and bus tickets provided. 690 Osgoode Dr.

White Oaks Women's Group

FRIDAYS FROM 9:30-11:30 AM

Weekly group to discuss parenting, healthy living, and wellness with other women and some fun activities too. Childminding, light breakfast, grocery cards and bus tickets provided. 1119 Jalna Blvd.

Collective Kitchen

SESSION 1: THURSDAYS 1-3 PM

SESSION 2: WEDNESDAYS 1-3 PM

Cook a family friendly meal together weekly and enjoy lunch when it's completed. Learn about nutrition and food budgeting. Childminding, lunch, fresh produce, grocery support and bus tickets provided.

Session 1: Flavours of Empowerment with Type Diabeat It

690 Osgoode Dr. June 13-July 18

Session 2: Taste of Summer with White Oaks Family Centre

585 Bradley Ave. July 24-Aug 14

Snoezelen Room

This room provides a stimulating yet relaxing sensory space for all ages. Enjoy music, lighting effects, gentle vibrations and tactile sensations. Book on Family Centre Westminster Eventbrite or call 519-649-1248.

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