



# FAMILIES FIRST

**CAPC**  
(519) 649-1248



Programs for families with children 0-6 years of age  
Located at the South London Community Centre (1119 Jalna Blvd)

## MONDAY

9:30-11:30 AM

### Collective Kitchen

*Registration required*

Bi-Weekly

Cook with others, enjoy a meal and take some home!

Childminding provided.

1:00-3:00 PM

### Precious Moments

*Registration required*

Post-natal program for Arabic-Speaking women in Canada for less than 2 years. Call 519-686-8600 to register.

## TUESDAY

1:00-3:00 PM

### Pre-natal Immigrant Women's Program

A weekly prenatal nutrition program for newcomer Arabic-speaking women who are pregnant.

**Baby & Emergency Food Cupboard Available Monday-Friday 10-3 PM**

Diapers, baby food, formula (upon request), canned food, etc  
Also available at: Family Centre Westminster (690 Osgoode Drive)

## WEDNESDAY

1:00-3:00 PM

**NEW**

### Let's Chat & Play

A weekly drop-in program for parents & their children ages 0-6 to explore a creative space and connect with other parents & our facilitator about community supports.

**NEW**

5:30-7:30 PM

### Family Night Drop-In

Bring out the whole family to enjoy different activities and games together each week!

## THURSDAY

1:00-3:00 PM

### Smart Start for Babies

A free prenatal education & nutrition program for pregnant women to support their access to healthy food. Led by Public Health Nurses and Registered Dietitians. To register please call 519-646-2961.

4:00-6:00 PM

### Teen/Young Moms Group

Moms under age 23  
*Registration required*  
Informal group to assist teen parents to establish social networks & knowledge about community supports and resources.

6:00-8:00 PM

### Women's Support Group

September-June

Drop-in to talk about parenting and healthy living.  
Childminding provided.

## FRIDAY

9:30-11:30 AM

### Family Ties (Gym)

September – June

Drop-In for an opportunity to engage in gross motor activities in a large open space with your children!

9:30-11:30 AM

**Infant Growth/development, Breastfeeding Drop-in**  
Talk to a Public Health Nurse (Middlesex-London Health Unit) about your baby and get breastfeeding support.



### Schools Cool

6 Week Program  
Ages 3-5

Schools Cool is a program for children starting school in the upcoming year that focuses on active learning through exploration, play and inquiry. Call to register (519) 649-1248.

