



# 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

### Drop-in Play Group

Children & their parent/caregivers come out to play in a space that supports learning, development, health and well-being.

## Tuesday

9:30-11:30

### Drop-in Play Group

Come out and play in our child and family centered program!



## Wednesday

1:00-3:00 PM

### Precious Moments

*Registration required*  
Post-natal program for Arabic-Speaking women in Canada for less than 2 years.

September-June

## Thursday

4:00-6:00 PM

### Young Moms Group

Moms under age 23  
*Registration required*

Informal group program to assist teen parents to establish social networks & gain knowledge about community supports and resources with Guest speakers.

1:00-3:00 PM

### Women's Support Group

September-June  
Drop-in to chat about parenting and healthy living.  
Childminding provided.

## Friday

9:30-11:30 AM

### Family Ties (Gym)

September – June  
Hop, Jump & Run!

Come out and enjoy 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.



### 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)



### 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.

Funded By:



Sponsored By:



South London Neighbourhood  
Resource Centre  
&  
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