



FAMILIES FIRST

CAPC
(519) 649-1248



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

MONDAY

Collective Kitchen

Family Centre Westminster & South London Community Centre

Find simple & nutritious meals posted on our Facebook pages! Contact Tayiba Nasr for any questions or concerns!

tnasr@slnrc.ca

Precious Moments

1:00-3:00 PM

Meet with Fawzie Hamze on whatsapp! Contact her at fhamze@slnrc.ca for any questions or concerns!

Apr 20, 27

May 11

June 1, 8, 15, 22

TUESDAY

Pre-natal Immigrant Women's Program

Contact Fawzie Hamze at fhamze@slnrc.ca

Little Learners at Play

11:30 am

Check our Facebook page at 11:30 am for a video of the Little Learners educators sharing songs & stories!



LIKE US ON FACEBOOK

South London Neighbourhood Resource Centre
&
Family Centre Westminster 

WEDNESDAY

Women's Support Group

Family Centre Westminster

9:30 AM

Join us for a group via ZOOM! Contact tnasr@slnrc.ca or gcatcherwood@slnrc.ca

Little Learners at Play

11:30 am

Check our Facebook page at 11:30 am for a video of the Little Learners educators sharing songs & stories!

THURSDAY

Smart Start for Babies

Contact Heather Molen at hmolen@slnrc.ca for any questions or concerns!

Little Learners at Play

11:30 am

Check our Facebook page at 11:30 am for a video of the Little Learners educators sharing songs & stories!

Teen/Young Moms Group

4:00 PM

Check the Families First Young Moms Facebook page every Thursday for a ZOOM meeting I.D & password.

Contact hmolen@slnrc.ca or gcatcherwood@slnrc.ca

Women's Support Group

South London Community Centre

6:00 PM

Contact Tayiba & Fawzie and check out our Facebook page for activities!
tnasr@slnrc.ca fhamze@slnrc.ca

Baby & Emergency Food Cupboard

Available Mon-Fri
10-3 PM

NORTHWEST LONDON RESOURCE CENTRE

1225 Wonderland Rd N
519-471-8444



Questions or Concerns?

Contact:
Project Manager
Gerri Catherwood
gcatcherwood@slnrc.ca
519-649-1248

Little Learners at Play

6 Week Program
Ages 3-5

Little Learners is a program for children starting school in the upcoming year that focuses on active learning through exploration, play and inquiry.

 Public Health Agency of Canada
Agence de la santé publique du Canada

