



# 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

Cook with others, enjoy a meal, and take some home!  
Childminding provided if you let us know in advance.

Bi-weekly

1:00-3:00 PM

### Drop-in Play Group

Children and their parents/ caregivers come together to plan and meet new friends, gain new skills, exchange ideas, and learn about sharing, cooperation and do many other activities!

## Tuesday

9:30-11:30 AM

### Drop-in Play Group

Come out and play!



### Baby & Emergency Food Cupboard

**Monday-Friday  
10-3 PM**

Diapers, baby food, formula \*upon request\*, canned food, etc.

**Also available at: Family Centre Westminster  
(690 Osgoode Dr.)**

## Wednesday

9:30-11:30 AM

### Drop-in Play Group

Come out and play!

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 parenting teens to establish social networks & gain knowledge about community supports/resources. Guest speakers.

6:00-8:00 PM

### Women's Support Group

Drop-in to chat about parenting and healthy living. Childminding provided if you let us know in advance.

## Friday

9:30-11:30 AM

### Family Ties (Gym)

Come out and enjoy a morning of play, song and story time.

September-June

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.

There will also be a Nurse Practitioner (Family Health Clinic) to see families with young children (0-6 years) without a family doctor. Also for high school students.

Funded By:



Public Health Agency of Canada

Agence de la santé publique du Canada

Sponsored By:



South London Neighbourhood Resource Centre & City of London



### School's Cool

8 weeks  
Ages 3-5

A learning readiness program for children starting school in the upcoming year. Call to register. Limited to 12 children per session.