




Community Health Centre
Centre de santé communautaire



Parent-Child Programs January-March 2019

BABY CUPBOARD & FAMILY SUPPORT

Baby Cupboard 	Family support, information & referral services Emergency supplies.	Debra-Dynes FH Mondays 2:30-3:30 pm	Rana ext. 246
Family Support	Provide group or one-to-one consultation, information and support regarding parenting, referrals, etc.	Debra-Dynes FH Mondays 12:30-2:30 pm Carlington CHC By appointment	Rana ext. 246 Gillian ext.203
Family Market Place	Families with children prenatal to 6 years old. Find out about programs & services in your community. Nutrition and developmental screenings available for children 0-5.	Carlington CHC By appointment	Maria ext. 251

PLAY GROUPS DROP-IN

All playgroups Drop-In: Parents, caregivers with children 0-6.
Nutrition and developmental screening available for children 0-5.

Bellevue Drop-in	English Playgroup  Librarian visit Feb. 5	Bellevue Community Centre Tuesdays 9:30-11:30 am	Anisa ext. 236
Bellevue Drop-in	French Playgroup	Bellevue Community Centre Fridays 9:30-11:30 am	Maria ext. 251
Kids in Action	English Playgroup  Librarian visit Feb. 15 & 20  Dietitian visit: NutriSTEP child nutrition screening Jan. 18	Carleton Heights Community Centre Weds. 9:30-11:30 am Fridays 9:30-11:30 am	Anisa ext. 236
Teddy's Playgroup	English playgroup Service in Spanish and French also available.	Carlington CHC Tuesdays 1:00-3:00 pm Thursdays 1:00-3:00 pm	Maria ext. 251

ANNAVALE HEADSTART NURSERY SCHOOL

Annavale Headstart Nursery School	FULL DAY enriched program for children 2 to 4 years. Subsidy eligibility requirement.	Monday to Friday 8:30-3:30 pm	Colette 613-798-5689
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PROGRAM CLOSURE

PLEASE NOTE THE FOLLOWING PROGRAM CLOSURE:


- All programs are closed: January 1 and Feb 18, 2019. All playgroups, parenting programs and early years services are closed during March break
- Debra Dynes International Kitchen: last session Dec. 17 ; reopens Jan. 14,2019
- BUNS in the Oven: last session Dec. 19 ; reopens Jan. 9,2019
- Teddy's Playgroup: last session Dec. 20, 2018 ; reopens Jan. 8,2019
- Bellevue French Drop-in: last session Dec. 21,2018 ; reopens Jan. 11,2019
- Bellevue English playgroup: last session Dec. 18,2018 ; reopens Jan. 8,2019
- Kids in Action: last session Dec. 21,2018 ; reopens Jan. 9,2019



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PRENATAL			
Buns-in –the-Oven Pre-natal Nutrition Program	Pregnant women interested in learning about pregnancy & nutrition. Connect with lactation consultant.	Carlington CHC Weds 9:30-11:30 am	Rana ext. 246
Prenatal Breastfeeding Information Session	Pregnant women (20 weeks gestation & up) & their families preparing for breastfeeding. Pre-registration required.	Carlington CHC Last Thursday of the month 4:00-6:00 pm	ext. 440 
INFANT FEEDING AND BREAST FEEDING SUPPORT			
Well Baby Drop-in	Information on infant feeding & breastfeeding support.	Carlington CHC Wednesdays 1:30-3:00 pm	Janice ext. 319
Breastfeeding support	One on one breastfeeding support Tuesdays or Thursdays.	Carlington CHC By appointment	Janice ext. 319
Mothers of Multiples	Breastfeeding mother-to-mother support group (attendance open to new members).	Carlington CHC Fourth Monday of the month 10:00-12:00 pm	Janice ext. 319
PARENTING PROGRAMS AND EARLY YEARS SERVICES			
Dental Screening services	Dental screening from Ottawa Public Health.	Carlington CHC First Thursday of every month 3:15-5:15 pm	Helen ext. 244
Debra Dynes International Kitchen	Parents with children 0-6 yrs. Learn to prepare affordable healthy meals. Workshops about healthy living.	Debra-Dynes FH Second and last Monday of the month 9:30 -12:30 pm	Rana ext. 246
Snack & Chat	Health and parenting program for women interested in learning about parenting, health issues, nutrition.	Carlington CHC Third Monday of every month 11:00-1:00 pm	Rana ext. 246
School's Cool	A learning readiness program that helps children get ready to start kindergarten. Priority given to children 3-5 years old starting kindergarten in Sept 2019. Pre-registration required.	W.E Gowling PS 250 Anna Ave Monday to Thursday Jan. 7 to Feb. 28, 2019 8:45am to noon	Christine ext. 243
Bellevue Community Centre 1475 Caldwell Ave		Debra-Dynes Family House 955 Debra Ave unit 85	
Carleton Heights Community Centre 1665 Apeldoorn Ave		Annavale Headstart Nursery School W.E. Gowling School 250 Anna Ave, off Merivale Rd	

Carlington Community Health Centre (613)722-4000
 Parent-Child information line ext. 303 www.carlington.ochc.org
 Programs closed all Public and Statutory Holidays
 Programs facilitated in English unless noted otherwise