




Community Health Centre  
Centre de santé communautaire



# Parent-Child Programs October-December 2017

## BABY CUPBOARD & FAMILY SUPPORT

Baby Cupboard 	Family support, information & referral services Emergency supplies.	<b>Debra-Dynes FH</b> 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.	<b>Debra-Dynes FH</b> Mondays 12:30-2:30 pm	Rana ext. 246
		<b>Carlington CHC</b> By appointment	Wendy ext.203
Family Market Place	Families w/ children prenatal to 6 years old. Find out about programs & services in your community. Nutrition and developmental screenings available for children 0-5.	<b>Carlington CHC</b> 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	<b>English</b> Playgroup 🍎 Librarian visit Oct. 24	<b>Bellevue Community Centre</b> Tuesdays 9:30-11:30 am	Anisa ext. 236
Bellevue Drop-in	<b>French</b> Playgroup 🍎 Dietitian visit: NutriSTEP child nutrition screening Nov. 10	<b>Bellevue Community Centre</b> Fridays 9:30-11:30 am	Maria ext. 251
Kids in Action	<b>English</b> Playgroup 🍎 Librarian visit Nov. 10 🍎 Dietitian visit: NutriSTEP child nutrition screening Nov. 24	<b>Carleton Heights Community Centre</b> Weds. 9:30-11:30 am Fridays 9:30-11:30 am	Anisa ext. 236
Teddy's Playgroup	<b>English</b> playgroup Service in Spanish and French also available.	<b>Carlington CHC</b> Tuesdays 1:00-3:00 pm Thursdays 1:00-3:00 pm	Maria ext. 251

## ANNAVALE HEADSTART NURSERY SCHOOL

Annavale Headstart Nursery School	<b>FULL DAY</b> 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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<b>Bellevue Community Centre</b> 1475 Caldwell Ave	<b>Debra-Dynes Family House</b> 955 Debra Ave unit 85
<b>Carleton Heights Community Centre</b> 1665 Apeldoorn Ave	<b>Annavale Headstart Nursery School</b> 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](http://www.carlington.ochc.org)  
Programs closed all Public and Statutory Holidays  
Programs facilitated in English unless noted otherwise



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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.	<b>Carlington CHC</b> Weds 9:30-11:30 am	Rana ext. 246
Prenatal Breastfeeding Information Session	Pregnant women (20 weeks gestation & up) & their families preparing for breastfeeding. <b>Pre-registration</b> required.	<b>Carlington CHC</b> 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.	<b>Carlington CHC</b> Wednesdays 1:30-3:00 pm	Janice ext. 319
Breastfeeding support	One on one breastfeeding support Tuesdays or Thursdays.	<b>Carlington CHC</b> By appointment	Janice ext. 319
Mothers of Multiples	Breastfeeding mother-to-mother support group (attendance open to new members).	<b>Carlington CHC</b> 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.	<b>Carlington CHC</b> First Thursday of every month 3:15-5:15 pm	Andrea ext. 325
Debra Dynes International Kitchen	Parents with children 0-6 yrs. Learn to prepare affordable healthy meals. Workshops about healthy living.	<b>Debra-Dynes FH</b> 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.	<b>Carlington CHC</b> First Monday of every month 11:00-1:00 pm	Rana ext. 246
One Mother to Another	Mother to mother support group for mothers with at least one child between 6 months to 2 yo. Share your parenting experiences!	<b>Carlington CHC</b> Third Monday of every month 1:00-3:00 pm	Rana ext. 246
PROGRAM CLOSURE			
<p><b>PLEASE NOTE THE FOLLOWING PROGRAM CLOSURE:</b></p> <ul style="list-style-type: none"> <li>• All programs are closed: Oct. 9, Dec. 25 &amp; 26 and January 1 ,2018</li> <li>• BUNS in the Oven: last session Dec. 20 ; reopens Jan. 10 ,2018</li> <li>• Debra Dynes International Kitchen: closed Dec. 25 ; reopens Jan. 8 ,2018</li> <li>• Bellevue French Drop-in: last session Dec. 15 ; reopens Jan. 12 ,2018</li> <li>• Bellevue English playgroup: last sessions Dec. 19 ; reopens Jan. 9 ,2018</li> <li>• Teddy’s Playgroup: last session Dec. 21 ; reopens Jan. 9 ,2018</li> <li>• Kids in Action: last session Dec. 15 ; reopens Jan. 10 ,2018</li> <li>• Well Baby Drop-in closed only on Dec. 27</li> </ul>			

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