




Community Health Centre  
Centre de santé communautaire




# Parent-Child Programs April-June 2018

## BABY CUPBOARD & FAMILY SUPPORT

<b>Baby Cupboard</b> 	Family support, information & referral services Emergency supplies.	<b>Debra-Dynes FH</b> Mondays 2:30-3:30 pm	Rana ext. 246
<b>Family Support</b>	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 <b>Carlington CHC</b> By appointment	Rana ext. 246 Gillian ext.203
<b>Family Market Place</b>	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.

<b>Bellevue Drop-in</b>	<b>English</b> Playgroup  Librarian visit April 10	<b>Bellevue Community Centre</b> Tuesdays 9:30-11:30 am	Anisa ext. 236
<b>Bellevue Drop-in</b>	<b>French</b> Playgroup	<b>Bellevue Community Centre</b> Fridays 9:30-11:30 am	Maria ext. 251
<b>Kids in Action</b>	<b>English</b> Playgroup  Librarian visit April 18 and May 25	<b>Carleton Heights Community Centre</b> Weds. 9:30-11:30 am Fridays 9:30-11:30 am	Anisa ext. 236
<b>Teddy's Playgroup</b>	<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

<b>Annavale Headstart Nursery School</b>	<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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## PROGRAM CLOSURE

**PLEASE NOTE THE FOLLOWING PROGRAM CLOSURE FOR THE SUMMER:**

- All programs are closed: May 21, 2018.
- Debra Dynes International Kitchen: last session June 25<sup>th</sup>,2018
- Teddy's Playgroup: last session June 21,2018


<b>Bellevue Community Centre</b> <b>1475 Caldwell Ave</b>	<b>Debra-Dynes Family House</b> <b>955 Debra Ave unit 85</b>
<b>Carleton Heights Community Centre</b> <b>1665 Apeldoorn Ave</b>	<b>Annavale Headstart Nursery School</b> <b>W.E. Gowling School</b> <b>250 Anna Ave, off Merivale Rd</b>



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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	Helen ext. 244
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
Infant Massage	For parents with babies 6 weeks to ± 6 months. Wear comfortable clothes and bring an extra blanket and diaper bag for the baby. Free child care is available for siblings!	<b>Carlington CHC</b> Tuesdays April 17 , 24 and May 1st ,2018 10:00 — 11:00 am	Maria Ext. 251
Supporting Neighborhood Caregivers	Training program for women interested in offering childcare in their home. Program offered in Arabic Pre-registration required.	<b>Carlington CHC</b> Fridays April 6 to May 18, 2018 10:00 am - noon	Rana ext. 246
School readiness information session	One session for parents with children starting school in September 2018! <b>Pre-registration</b> required.	<b>Carlington CHC</b> Monday April 30,2018 10: 00 am - noon	Anisa ext. 236

**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**