




Community Health Centre
Centre de santé communautaire



Parent-Child Programs July- September 2018

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	Rana ext. 246
		Carlington CHC By appointment	Gillian 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.	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	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	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
Splish Splash	Rain or Shine! Bring your children 0-6 years and join a fun play group at the water park. Bring extra clothes, a towel, a water bottle and your snack. Playgroup will be cancelled if thunder or lighting.	Harrold Place Park Tuesdays 1:30-3:30 pm Thursdays 1:30-3:30 pm From July 3 to Aug. 30th	Maria ext. 251
ANNAVALE HEADSTART NURSERY SCHOOL			
Annvale 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
Bellevue Community Centre 1475 Caldwell Ave		Debra-Dynes Family House 955 Debra Ave unit 85	
Carleton Heights Community Centre 1665 Apeldoorn Ave		Annvale 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




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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 Fourth 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 First Monday of every month 11:00-1:00 pm	Rana ext. 246
BackPack Adventures	Family literacy & school readiness program for children starting school in September 2018. Pre-registration required.	Carlington CHC Thursdays 9:30-11:30 am June 28 to August 2	Anisa ext. 236

PROGRAM CLOSURE

PLEASE NOTE THE FOLLOWING PROGRAM CLOSURE FOR THE SUMMER:

- All programs are closed: July 2, August 6 and September 3, 2018
- Debra Dynes International Kitchen: last session June 25th ; reopens Sept.10,2018
- Teddy’s Playgroup: last session June 21 ; reopens Sept.25,2018
- BUNS in the Oven: last session July 25 ; reopens Sept.12,2018
- Bellevue French Drop-in: last session June22 ; reopens Sept.28,2018
- Bellevue English playgroup: last session June19 ; reopens Sept.11,2018
- Kids in Action: last session August17 ; reopens Sept.12,2018