










BUILDING A HEALTHY COMMUNITY

Parent Support Calendar Spring 2024

Program	Time & Location	Participants	Contact
Prenatal			
Buns in the Oven* Prenatal nutrition support 	Virtual group via ZOOM	Expectant mothers Free food, bus tickets \$5 grocery gift cards	Hanna x2507 hhan@swchc.on.ca
Chinese Pregnancy Circle*	Support available by phone	Expectant parents	May x2345
Breastfeeding support*	Call/email for information	Expectant parents	Bonnie x2352 bbaxter@swchc.on.ca
Parents, Caregivers & Children Newborn - 6 Years			
Well Baby Drop-In With Lactation Consultant, Dietitian, Early Childhood Development Worker	Mondays 1:30-2:30 pm 30 Rosemount Ave.	Families with children birth to 12 months seeking breastfeeding support and parenting information	Kimberly 613-791-5112 kvanderm@swchc.on.ca
Clothing Cupboard 	Mon.-Fri. 9 am-4 pm 755 Somerset St. W. 3 rd floor	Clothing for the whole family (newborn to adult) is available. Donations are replenished weekly.	Manal 613-292-7732 mghali@swchc.on.ca
Toi, moi et la mère l'Oie* 	Lundis 10:00-11:00 am 30 Avenue Rosemount <i>Lundi 8 Avril – lundi 29 Juillet</i>	Chansons et comptines pour familles avec nourrissons (12 mois et moins)	Kimberly 613-791-5112 kvanderm@swchc.on.ca
Baby Massage Classes* 	Call/email for information	Parents with infants 6 weeks to 9 months	Leslie x2503 llavigne@swchc.on.ca
Parenting Information/ Workshops* Resources, groups, workshops and referrals	Available in: English(E) Leslie Mandarin(M) Hanna Arabic (A) Manal French (F) Kimberly Call/email for information	Parents/caregivers of children birth to 12 years	llavigne@swchc.on.ca (E) hhan@swchc.on.ca (M) mghali@swchc.on.ca (A) kvanderm@swchc.on.ca (F)
Le Cap	Centre de santé mentale francophone	Pour les enfants, les jeunes et leurs familles	613-789-2240 Poste 0
Chinese Parent-Child Mother Goose* 	Thurs. 10:00-11:30 am 755 Somerset St. W. 3 rd floor	Chinese speaking Parents and caregivers with their children birth to 5 years	Register through Eventbrite: Search "Somerset West CHC" or contact: Haishan hachen@swchc.on.ca

Playgroups at 755 Somerset St. W. 	Mon. 1:00-3:00 pm Mon. 4:00-7:00 pm Tues. 10:00 am -12:00 pm Wed. 10:00 am -12:00 pm Wed. 4:00-7:00 pm Fri. 9:30-11:30 am Sat. 9:30-11:30 am 755 Somerset St. W. 3 rd floor	Parents / caregivers with children birth to 6 yrs	Register through Eventbrite: Search "Somerset West CHC"
Les Libellules 	Mer. et Ven. 9:00-11:00am 30 Ave Rosemount	Pour les parents/responsables et enfants jusqu'à l'âge de 6 ans	S'inscrire avec Eventbrite: "Somerset West CHC" ou avec Kimberly 613-791-5112 kvanderm@swchc.on.ca
Laroche Park Playgroup 	Tues. & Thurs. 9:30-11:30am 51 Stonehurst Ave.	Parents / caregivers with children birth to 6 years	Register through Eventbrite: Search "Somerset West CHC" or contact: Leslie x2503 llavigne@swchc.on.ca
Primrose Park Playgroup	Tues. 9:30-11:30am 179 Primrose Ave.	Parents / caregivers with children birth to 6 years	Register through Eventbrite: Search "Somerset West CHC" or with Kimberly 613-791-5112 kvanderm@swchc.on.ca
Gym Time Playgroup 	Mon. 6:00pm-7:30pm Connaught Public School 1149 Gladstone Ave.	Parents / caregivers with children 3 to 6 years	Register through Eventbrite: Search "Somerset West CHC" or with Leslie x2503 llavigne@swchc.on.ca
Nanny Goat Hill Nursery School*	Mon.-Fri. 8:00am - 4:30pm 755 Somerset St. W. Floor #1	Fully subsidized spaces for children 15 months to 5 years (bus provided)	(613) 235-7561
Queensway Preschool*	Mon.-Fri. 8:15am-4:45pm 429 Parkdale Ave.	Fully subsidized spaces for children 18 months to 5 years (bus provided)	(613) 728-8055
Virtual Circle Time*	Wed. and Thurs.	Parents/caregivers with children birth to 6 years	Register through www.eventbrite.ca Search "Somerset West CHC" or with Hanna x2507 hhan@swchc.on.ca
Children 6-12 and Youth			
Programme Parascolaire*	Lun.-ven. 2:25-5:25pm 30 avenue Rosemount	Enfants 6-12 ans	Justin (613) 371-0043
Laroche Park After-School Program*	Mon.-Fri. 3:00-6:00pm 51 Stonehurst Avenue	Children 6-12 years	Alyssa (613) 297-0214
Rochester Heights After School Program*	Mon.-Fri. 3:00-6:00pm Rochester Heights C.H. 865 Gladstone Ave.	Grades 1-10	Christian (613) 237-6529

*Registration Required

*Inscription Requisite

(613) 238-8210 www.swchc.on.ca