










## BUILDING A HEALTHY COMMUNITY

### Parent Support Calendar Spring 2024

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

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

\*Registration Required

\* Inscription Requise

**(613) 238-8210 [www.swchc.on.ca](http://www.swchc.on.ca)**