



BUILDING A HEALTHY COMMUNITY

Parent Support Calendar Winter 2026

Program	Time & Location	Participants	Contact
Prenatal			
Buns in the Oven* Prenatal nutrition support 	In person (Bi-weekly) Tuesdays 10am-12pm 30 Rosemount Avenue 2 nd floor Virtual Tuesdays 1:30-2:30pm Virtual group via ZOOM	Expectant people Free food, bus tickets \$5 grocery gift card	Hannah hhan@swchc.on.ca Deidra x2248 dsmith@swchc.on.ca
Breastfeeding support*	Call/email for information	Expectant parents	Émilie x2352 etrepanier@swchc.on.ca
Parents, Caregivers & Children Newborn - 6 Years			
Breastfeeding and Parent Support Drop-In with Lactation Consultant, and Early Childhood Development Worker	Mondays 1-2:30 pm 30 Rosemount Ave.	Families with children birth to 12 months seeking breastfeeding support and parenting information	Émilie x2352 etrepanier@swchc.on.ca
Clothing Cupboard 	Mondays 1-4:00pm Tues.-Fri. 9am-4:00 pm 755 Somerset St. W. 3 rd floor	Clothing for the entire family (newborn to adult). Donations are replenished weekly	Manal 613-292-7732 mghali@swchc.on.ca
Toi, moi et la mère l'Oie* 	Lundis 10-11:00 am 30 Avenue Rosemount 5 janvier – 30 mars, 2026	Chansons et comptines pour familles avec nourrissons (Pour bébés en dessous de 12 mois)	Kimberly 613-791-5112 kvander@swchc.on.ca
Baby Massage Classes* 	Call/email for information	Parents with infants 6 weeks to 9 months	Leslie 613-402-9776 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) kvander@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* 	Email for information	Chinese speaking Parents and caregivers with their children birth to 5 yrs	Contact: Haishan hachen@swchc.on.ca
Playgroups 	Mon. 1-3:00pm & 4-7:00pm Tues. 9:30-11:30am Wed. 9:30am-12pm & 4pm-7:00pm Thurs. 10am-12:00pm Fri. 9:30-11:30am Sat. 9:30-11:30am 755 Somerset St. W 3 rd floor	Parents / caregivers with children birth to 6yrs	Drop in or contact Kimberly 613-791-5112 kvander@swchc.on.ca Manal 613-292-7732 mghali@swchc.on.ca

Les Libellules 	Mer. & Ven. 9:30-11:30am 30 Ave Rosemount	Pour les parents/responsables et enfants jusqu'à l'âge de 6 ans	S'inscrire avec Kimberly 613-791-5112 kvanderma@swchc.on.ca
Laroche Playgroup 	Tues. & Thurs. 9:30-11:30am 51 Stonehurst Ave.	Parents / caregivers with children birth to 6 yrs	Drop in or contact: Leslie 613-402-9776 llavigne@swchc.on.ca
Gym Time Playgroup 	Mondays 6-7:30pm 1149 Gladstone Ave.	Parents / caregivers with children 3 to 6yrs	Drop in or contact: Leslie 613-402-9776 llavigne@swchc.on.ca
Rochester Heights Playgroup	Mon. 9:30am-11:30am 101-865 Gladstone Ave.	Parents / caregivers with children birth to 6yrs	Drop in or contact Kimberly 613-791-5112 kvanderma@swchc.on.ca
Nanny Goat Hill Nursery School*	Mon.-Fri. 8am -4:30 pm 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 Programs* 	Thurs. 11am-12:00pm (Parenting information, Arabic)	Parents/caregivers with children birth to 6 yrs	Register with: Manal (Arabic) mghali@swchc.on.ca
Children 6-12 and Youth			
Programme Parascolaire*	Lun.-ven. 2:25-5:25pm 30 avenue Rosemount	Enfants 6-12 ans	Gigi 613-858-9983 gpetition@swchc.on.ca
Laroche Park After-School Program*	Mon.-Fri. 3-6:00pm 51 Stonehurst Avenue	Children 6-12 years	Gigi 613-858-9983 gpetition@swchc.on.ca
Rochester Heights After School Program*	Mon.-Fri.3-6:00pm Rochester Heights C.H. 865 Gladstone Ave.	Grades 1-10	(613) 237-6529

**Registration Required*

**Inscription Requise*

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