


Gooch November 2017

Tuesday	Wednesday	Thursday	Friday
 <p>Join us for community hot lunches every Thursday at noon.</p> <p>Open to all of our participants</p>	1	2	3
	<p>3735 Dundas West</p> <p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 1:00-2:30 Mother Goose (Pre-registered)</p>	<p>3735 Dundas West</p> <p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 12:00 Hot Lunch</p>	<p>3735 Dundas West</p> <p>Nobody's Perfect Parenting Program Week 4 of 8 5:30-7:30 pm *Pre-registration Required*</p>
7	8	9	10
<p>Lambton Park Community School</p> <p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Rhyme Circle</p>	<p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 1:00-2:30 La Leche League Breastfeeding Support Group</p>	<p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 12:00 Hot Lunch</p>	<p>3735 Dundas West</p> <p>Nobody's Perfect Parenting Program Week 5 of 8 5:30-7:30 pm *Pre-registration Required*</p>
14	15	16	17
<p>Lambton Park Community School</p> <p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Rhyme Circle 9:30-10:45 Visit with the PHN</p>	<p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 1:00-2:30 Mother Goose (Pre-registered)</p>	<p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 10:00-11:30 Visit with the PHN 12:00 Hot Lunch 1:00 Story Telling with ELS Dave Page</p>	<p>3735 Dundas West</p> <p>Nobody's Perfect Parenting Program Week 6 of 8 5:30-7:30 pm *Pre-registration Required*</p>
21	22	23	24
<p>Lambton Park Community School</p> <p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Rhyme Circle</p>	<p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 1:00-2:30 Mother Goose (Pre-registered)</p>	<p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 12:00 Hot Lunch</p>	<p>3735 Dundas West</p> <p>Nobody's Perfect Parenting Program Week 7 of 8 5:30-7:30 pm *Pre-registration Required*</p>
28	29	30	
<p>Lambton Park Community School</p> <p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Rhyme Circle</p>	<p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 1:00-2:30 Mother Goose (Pre-registered)</p>	<p>9 – 3 Play & Learn Family Drop In 10:30 – 10:45 Nutritious Snack 10:45 – 11:15 Song & Rhyme Circle 11:30-12:30 Healthy Eating with Dietician 12:00 Hot Lunch 1:00 Story Telling with ELS Dave Page</p>	<p>Parent Relief</p> <p>Tues – Thursday 9:30 am – 2:30 pm <i>For more information or to book parent relief please call 416-358-0031</i></p>

All our Programs are FREE of Cost. For more information please call 416-358-0031 or 416-532-8100 for main site or visit our website at www.cmcp.ca

Programs

Play & Learn Family Drop In

Parents/Caregivers and children are welcome to drop in to the program and enjoy our friendly atmosphere. This is a community based program, designed and planned to facilitate family/caregiver support where children and families/caregivers can interact, learn and play together. Families/caregivers have an opportunity to expand their social support networks and strengthen their parenting/care giving skills. Come join us at our drop in!

Rhyme & Song Circle

This program introduces pre-reading and early literacy through play, puppetry, props and other interactive activities. This is an opportunity for children to use different senses to explore with books. Families will explore interesting stories, sharing their feelings and experiences together.

Information and Referrals

We offer assistance with referrals, questions and accessing community information and resources over the phone and in person. The program has pamphlets, books and parenting magazines for anyone to access. A Family Support Worker from 4-Villages Community Health Centre is available to meet families by appointment on request.

Parent Relief/Occasional Child Care

We offer temporary child care services for a negotiated time. Children are provided with a safe, warm and nurturing environment where they can interact and fully participate in early year's activities.

Nobody's Perfect Parenting Program

An eight-week parent workshop co-facilitated by the Public Health Nurse and a Peer-Parent that will allow parents/caregivers to discuss any issues they have around parenting young children, while working on strategies together. Dinner and childminding are provided, and TTC tokens if needed. Registration is needed. Please call 416-358-0031 or ask staff in the drop-in to register.

La Leche League Breastfeeding Support Group

The second Wednesday of each month during Mother Goose we will hold a breastfeeding support group with a certified La Leche League leader. No pre-registration required.

Mother Goose

Focus on storytelling in infant programs. Inspire you to learn and tell stories. Registration is needed. Please call 416-358-0031 or ask staff in the drop-in to register.

Locations:

Lambton Park Community School

Tuesday Drop In 9:00 – 3 pm
50 Bernice Crescent, Room 158

Gooch Program

Wed & Thu Drop In 9:00 – 3 pm
3735 Dundas Street West
(In the Rec Room of the apartment building. Major intersection is Dundas St. W. and Scarlett Road)
Buzzer # 244