

BUILDING A HEALTHY COMMUNITY

Parent Support Calendar Spring 2022

Program	Date/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 & Children Under 6 Years			
Well Baby Drop-In* With Lactation Consultant, Dietitian, Early Childhood Development Worker	Mondays 1:00pm-2:00pm 30 Rosemount Ave. By appointment only	Families with children birth to 2 years seeking breastfeeding support and parenting information	Register through Eventbrite: Search "Somerset West CHC" or contact Kimberly 613-791-5112 kvander@swchc.on.ca
Clothing Cupboard	Mon.-Fri. 10:00am-3:00pm 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 10:00am-11:00am 30 Avenue Rosemount	Chansons et comptines pour familles avec nourrissons (12 mois et moins)	Kimberly 613-791-5112 kvander@swchc.on.ca
Infant Massage Classes* 	Call/email for information	Parents with infants 6 weeks to 9 months	Leslie x2503 lavigne@swchc.on.ca
Parenting Information/ Workshops Resources, groups, workshops and referrals 	Available in: English(E) Mandarin(M) French (F) and Arabic (A) Call/email for information	Parents/caregivers of children birth to 12 years Parents/responsables des enfants de 12 ans et moins	Leslie x2503 (E) lavigne@swchc.on.ca Hanna x2507 (M) hhan@swchc.on.ca Kimberly 613-791-5112 (F) kvander@swchc.on.ca Manal 613-292-7732 (A) mghali@swchc.on.ca
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* 	Call/email for information	Chinese speaking parents and caregivers with their children birth to 4 years	Haishan hachen@swchc.on.ca

Program	Date/Time/Location	Participants	Contact
Playgroups			
Playgroups at 755 Somerset St. W.* 	Tues. 10:00-12:00pm Tues. 4:00-6:00pm Sat. 9:30-11:30am 755 Somerset St. W. 3 rd floor	Parents / caregivers with children birth to 6 years	Register through Eventbrite: Search "Somerset West CHC"
Arabic Playgroup* 	Mon. 4:00-7:00pm Wed. 4:00-7:00pm 755 Somerset St. W. 3 rd floor	Parents / caregivers with children birth to 6 years	Register through Eventbrite: Search "Somerset West CHC" or contact: Manal (mghali@swchc.on.ca) or
Mandarin Playgroup* 	Thurs. 10:00-12:00 (Mandarin) 755 Somerset St. W.	Parents / caregivers with children birth to 6 years	Register through Eventbrite: Search "Somerset West CHC" or Hanna (hhan@swchc.on.ca)
Les Libellules* 	Mer. et Ven. 9:00-11:00am 30 Avenue 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 kvanderma@swchc.on.ca
Laroche Park Playgroup* 	Tues. & Thurs. 9:30am-11:30am 89 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
Baby Playgroup* 	Wed. 10:00-12:00pm 755 Somerset St. W. 3 rd floor	Parents / caregivers with children birth to 2 years	Register through Eventbrite: Search "Somerset West CHC" or contact: Manal mghali@swchc.on.ca
Nanny Goat Hill Nursery School*	Mon.-Fri. 8:00am - 4:30pm Dalhousie C.C.1 st fl., 755 Somerset St. W.	Fully subsidized spaces for children 15mths to 5 years (bus provided)	Cori (613) 235-7561
Queensway Preschool*	Mon.-Fri. 8:15am-4:45pm Parkdale United Church 429 Parkdale Ave	Fully subsidized spaces for children 18 mths to 5 years (bus provided)	Cindy (613) 728-8055
Virtual Circle Time*	Mon-Sun, at various times. Check out our Eventbrite page!	Parents/caregivers with children birth to 6 years	Register through www.eventbrite.ca Search "Somerset West CHC"
Children & Youth			
Programme Parascolaire*	Lun.-ven. 2:25-5:30pm 30 avenue Rosemount	Enfants 6-12 ans	Maddison (613) 371-0043
Laroche Park After-School Program*	Mon.-Fri. 3:00-6:00pm 89 Stonehurst Avenue	Children 6-12 years	Angie (613) 297-0214
Rochester Heights After-School Program*	Mon.-Fri. 3:00-6:00pm Rochester Heights C.H. 299 Rochester St.	Children 6-12 years	Christian (613) 237-6529

***Registration Required**

***Inscription Requise**