



Child and Family Centre

## Just Beginning: The First Six Months Schedule for January to June 2019

**Just Beginning: The First Six Months** is a **free** 4-week program for first time moms with a baby 0-6 months of age. Bring your baby to a relaxed and supportive setting, meet other new moms, share the “ups and downs” of being a new mom, and ask questions.  
***Class size is limited, so please register early!***

**January**  
**Tuesdays, January 8-29**  
10:00 to 11:30 am  
Childreach  
265 Maitland St.

**Register Online:**  
[www.EarlyONLondon.eventbrite.com](http://www.EarlyONLondon.eventbrite.com)  
Or Call 519-434-3644

\*Facilitated by Childreach

**January**  
**Mondays, Jan 21-Feb 11**  
9:30 to 11:00 am  
Middlesex EarlyON  
Family Centre—Glencoe  
123 McKellar St.

**Register by Phone:**  
519-245-8879 OR Email  
[abeauchamp@nlchildcare.ca](mailto:abeauchamp@nlchildcare.ca)

**February**  
**Tuesdays, February 5-26**  
1:30 -3:00 pm  
Family Centre Fanshawe  
1800 Cedarhollow Blvd.

**Register Online:**  
[www.EarlyONLondon.eventbrite.com](http://www.EarlyONLondon.eventbrite.com)  
Or Call 519-473-2825

\*Facilitated by London Children’s Connection

**February**  
**Fridays, February 8-March 1**  
1:30 to 3:00 pm  
Family Centre Argyle  
1990 Royal Cres.

**Register Online:**  
[www.EarlyONLondon.eventbrite.com](http://www.EarlyONLondon.eventbrite.com)  
Or Call 519-455-2791

\*Facilitated by Merrymount

**March**  
**Fridays, March 8-29**  
10:00 to 11:30 am  
Childreach  
265 Maitland St.

**Register Online:**  
[www.EarlyONLondon.eventbrite.com](http://www.EarlyONLondon.eventbrite.com)  
Or Call 519-434-3644

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**March**  
**Thursdays, Mar 21-Apr 11**  
10:30 am to Noon  
Middlesex EarlyON  
Family Centre—Strathroy  
80 Frank St.

**Register by Phone:**  
519-245-8879 OR Email  
[abeauchamp@nlchildcare.ca](mailto:abeauchamp@nlchildcare.ca)

**April**  
**Wednesdays, April 3-24**  
10:00 -11:30 am  
Family Centre Westmount  
1019 Viscount Rd.

**Register Online:**  
[www.EarlyONLondon.eventbrite.com](http://www.EarlyONLondon.eventbrite.com)  
Or Call 519-473-2825

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**May**  
**Fridays, May 3-24**  
10:00 to 11:30 am  
Childreach  
265 Maitland St.

**Register Online:**  
[www.EarlyONLondon.eventbrite.com](http://www.EarlyONLondon.eventbrite.com)  
Or Call 519-455-2791

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**June**  
**Fridays, June 7-28**  
10:00 – 11:30 am  
Family Centre White Oaks  
565 Bradley Ave.

**Register Online:**  
[www.EarlyONLondon.eventbrite.com](http://www.EarlyONLondon.eventbrite.com)  
Or Call 519-473-2825

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**June**  
**Fridays, June 7-28**  
1:30 to 3:00 pm  
Family Centre Argyle  
1990 Royal Cres.

**Register Online:**  
[www.EarlyONLondon.eventbrite.com](http://www.EarlyONLondon.eventbrite.com)  
Or Call 519-455-2791

\*Facilitated by Merrymount

\*Indicates group is facilitated by the lead agency for the EarlyON Child and Family Centres in London.

### Topics May Include:

- Sleep and Crying
- Adjustment to Parenthood
- Choosing Childcare
- Infant Feeding
- Infant Development
- Information On the Net
- The Postpartum Period