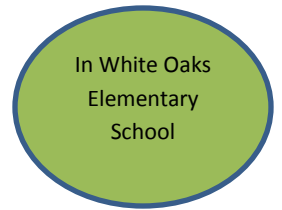




# White Oaks Family Centre

May 2018

565 Bradley Ave  
519-685-1400  
[wofc@lcc.on.ca](mailto:wofc@lcc.on.ca)  
[www.lcc.on.ca](http://www.lcc.on.ca)



[facebook.com/familycentreWhiteOaks](https://facebook.com/familycentreWhiteOaks)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>**NEW** Drop In Playgroup</b> starts May 28<sup>th</sup>!! 9:30-11:30 am</p> <p><b>Sew Little Projects</b> 3:00-5:00 pm</p> <p><b>Youth Lead</b> 5:00-7:00 pm</p> <p><b>Stroller Walk and Talk</b> 10:00 - 11:30 am <i>At White Oaks Park, meet at Family Centre White Oaks</i></p> <p><b>Family Centre is closed Monday May 21st</b></p>	<p><b>*NEW* Drop In Playgroup</b> 9:30-11:30 am</p> <p><b>La Ribambelle</b> 10:00am-12:00pm Halte-programme pour parents Francophone</p> <p><b>Coding for Kids</b> With Jalna Branch Library at the Family Centre! May 22<sup>nd</sup> 3:45-4:45 For 8-12 year olds. To register please call 519-685-1400 Space is limited!</p>	<p><b>Drop In Playgroup</b> 9:30-11:30 am</p> <p><b>Women's Wellness Series</b> 10:00-12:30 pm</p> <p><b>Drop In Infant Playgroup</b> (12 months and under) 1:00-3:00 pm</p> <p><b>Bridges Out of Poverty/Circles®</b> 6:00-8:00 pm</p>	<p><b>Drop In Playgroup</b> 9:30-11:30 am</p> <p><b>INSite Clinic</b> 12:00-6:00 pm (last appointment at 5:00pm)</p> <p><b>Parents For Children's Mental Health</b> Peer Support Group May 24th 6:30-8:00 pm</p>	<p><b>Drop In Playgroup</b> 9:30-11:30 am</p> <p><i>unplug</i></p> <p><i>Come join us every day for a chance to unplug and play!</i></p>



*World Café*

Come join us for a drop in Open House and talk with others about the Family Centre and our Neighbourhood!

**Wed. May 30<sup>th</sup> 5-7 pm ~ Everyone is Welcome!**

If you need child minding please register at 519-685-1400

Spaces are limited



# White Oaks Family Centre

## Program and Service Descriptions

### *Early Years Drop In*

Play based drop in for parents /caregivers and their children

### *Youth Lead*

This program is for high school students who wish to develop leadership skills. Youth will be part of a community based program and will receive volunteer hours. Contact Joanna [JSwirski@slnrc.ca](mailto:JSwirski@slnrc.ca) or Marcela Nieto at [mnieto@ymcawo.ca](mailto:mnieto@ymcawo.ca) Mondays 5:00-7:00 pm

### *INSite Clinic* **‘TALK IN’ CLINIC FOR EVERYONE!**

Everyone is welcome to come and have free in person/ private counselling. No appointment necessary. Clinic is open to children and youth, parents, adults and seniors! **Child minding is available.** Partners providing counselling include Vanier Children’s Services, Craigwood Youth Services, Family Services Thames Valley, WAYS and ANOVA. Thursdays 12:00 pm–6:00 pm *Last apt. at 5pm*

### *Bridges Out of Poverty / Circles® -*

A community initiative coordinated by Goodwill Industries and the City of London that is comprised of caring and compassionate individuals who meet to share information, support, resources, meals, and friendship. To become a participant, volunteer ally or child minder contact Tina Lightfoot at 519-661-2500 ext. 2654 or [tlightfo@london.ca](mailto:tlightfo@london.ca) Wednesdays 6:00 pm–8:00 pm

### *Sew Little Projects/ Women’s Wellness Series*

Sewing-Mondays 3:00- 5:00 pm / Women’s Wellness Wednesdays 10:00 am-12:30 pm  
For more information/ registration please contact Reem or Maria 519-686-8600 (7580)

### *Parents For Children’s Mental Health*

Peer Support Group for parents/caregivers who face the challenges of child or youth mental health issues.  
May 24<sup>th</sup> 6:30-8:00 pm For more information please contact Vicki at [London.pcmh@gmail.com](mailto:London.pcmh@gmail.com)

### *Stroller Walk and Talk*

Parents, bring your babies, wear comfortable clothes and join us for a weekly stroller walk. Participants can register through Eventbrite or just drop-in. **Facilitated by Childreach Centre**

