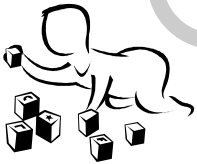


Parent-Child Drop-ins

Drop-in programs for parents/caregivers and their pre-school children (from newborn-6 years)

- Crafts
- Play
- Songs
- Circle time



Parent Support Program

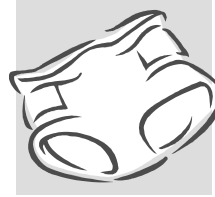
Discussions and workshops to help you with the tough job of parenting

Child care available for group programs

One-to-one and family support available



Baby Cupboard



A place to get emergency supplies such as diapers, cereal, clothing and formula

Pre-natal Support Program

Focus on nutrition for a healthy pregnancy and a healthy baby



Breastfeeding Support

Information and support on breastfeeding your baby

Parent Education Programs

Courses and workshops on parenting and raising children.

Child Development Resources

To help you in knowing if your child is growing as he/she should be.

Information and Referral

Help on getting the resources and services you may need.

Annavale Headstart Nursery School

A half-day program for children 2½ to 5 years old. Please call: 613-798-5689 for information.