

EarlyON Services Playgroups & More...



		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
900 Merivale Rd	AM	Twins' and more Drop-In 9:30-11:30 AM	Walk with me! Playgroup 9-11:30 AM	BUNS in the Oven 9:30-11:30 AM	<p>Registration required Karen: 613-747-7800 ext.3603</p>	Positive Discipline 10-12 PM workshop 12-1:30 Lunch & visits Seasonal Program: From Feb 7 to April 3	Saturday Playgroup 9:30-11:30 AM
	PM	Story time! Playgroup 1-3 PM Ask Us! 3-4 PM	Ask Us! Information & Resources 1-4:30 PM	Baby N' Me / Well-Baby Drop-In 1-3 PM Ask Us! 3-4 PM		Teddy's Multicultural Playgroup 1-3 PM Ask Us! 3-4 PM Soup, Stories & Songs 5:30-7:30 PM	Ask Us! Information & Resources 1-4:30 PM
Community Locations	AM	<p>WE PROVIDE SNACKS!</p>	Bellevue Playgroup 1475 Caldwell Ave 9-11 AM Ask Us! 11-11:30 AM	Kids in Action Playgroup 1463 Prince of Wales Dr. 9-11 AM Ask Us! 11-11:30 AM		Bellevue En Français! Playgroup 1475 Caldwell Ave 9-11 AM Ask Us! 11-11:30 AM	
	PM		McKellar Multicultural Playgroup 539 Wavell Ave 1:30-3:30 PM			Van Lang Multicultural Playgroup 29 Van Lang Private 1:30-3:30 PM	<p>Childcare services: Annavale Headstart Nursery School Subsidized spaces, Preschoolers 2-4 yo Full-day program, Monday to Friday Call Colette 613-798-5689 250 Anna Ave, Ottawa</p>

Other Parent-Child services available:

Family/Parenting Support
One on One/Group sessions
Call Gill ext. 203 (English)
Call Rana ext. 246 (Arabic)

Snack and Chat
Call Rana ext. 246
3rd Monday of the month

Debra International Kitchen
Info. Rana ext. 246

Mandated Parenting groups
Call ext. 303

Breastfeeding support
One on One/Drop-In/Groups
Call Janice ext. 319

EarlyON Services Playgroups & More...

**Closed for
now!**



Multicultural Playgroups

New to Canada? Not so new? Not new at all? Everyone is welcome!
Share your songs, traditions for a great multicultural, multilingual, enriching play experience!
Crafts, stories, and playtime!
Chat with Early Childhood Educator!
For families with children 0-6 years old.

Bonjour! Hello! Hola! Salam! Konnichiwa!

En Français! For all who wish to immerse themselves in French!
See calendar for times and dates.

Walk with me! Playgroup

Join us with your child 0-6 for a neighborhood walk and rediscover the joy of walking in our neighborhood with your child!

Story Time! Playgroup

Stories to make you laugh, stories to make you dream! Let's read together every day!
Ideal for families with children 2-5 years old.

Baby N' Me / Well-Baby Drop-In

Do you want to meet other parents with babies 0-12 months? Join our infant group, relax with your baby, and get great information about your child's development. Access our lactation consultant.

Soup, Stories & Songs Playgroup

Almost time to go to bed? Unwind with us through an early evening of songs, bedtime stories, and bowl of soup before heading to bed!

Saturday Playgroup

We're open Saturday morning!...it's playtime with your precious, special little star! Share the playgroup experience with other parents who understand the joys and challenges of parenting a young child 0-6yo.

Twins'and more Drop-In

Are you parenting twins? triplets?
Would you like to meet other parents of multiples? Come join us with your babies 0-18months!

Community Locations Playgroups:

Craft, Stories and Playtime! Come meet other parents and caregivers. Chat with our Early Childhood Educator!
See our calendar on reverse for times and dates.

Kids in Action 1463 Prince of Wales Dr

Bellevue 1475 Caldwell Ave

McKellar Multicultural 539 Wavell Ave

Bellevue En Français! 1475 Caldwell Ave

Van Lang Multicultural 29 Van Lang

Open to all who want to be immersed in French!

And much more...at 900 Merivale Rd.

ASK US! Information and Resources

Do you have questions about how your child is growing? Bedtime routines? Teething? Mealtime? About activities in the community? About childcare options? Ask our Early Childhood Educators for information, resources and support! See our calendar on reverse for times and dates.

BUNS in the Oven

Are you pregnant? Do you have a newborn?

You can come to Buns in the Oven the moment you learn you are pregnant and stay until your child is six months old. We cook and eat together, while learning about pregnancy and babies.

Positive Discipline

Is an approach to parenting that teaches children and guides their behaviour, while respecting their rights to healthy development, protection from violence, and participation in their learning.

School Readiness programs / Workshops:

- Backpack Adventures:** get ready for school! For children starting JK in the Fall.
- Family Maths:** using every day material to learn basic maths! For children 4-6 year old.
- Workshops:** on various child development and parenting topics

Check our calendar for dates and times.