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Family Services Spring Calendar of Programs - April-June, 2017

Come and Join Us! Our Parent and Child groups are professionally run by trained staff/group facilitators. Healthy Lunch or Light Snack provided; help with bus tickets to get to our groups or to appointments here.

Program	When	Where	More Information
Esquimalt Best Babies	Mondays noon to 2:00 pm	Esquimalt Neighbourhood House (Family Centre)	Free; for pregnant women looking for extra supports during the prenatal period and up until their babies are 8 weeks old. Must Register. Weekly opportunities for regular group participation and individualized supports with the goal of growing a healthy baby and a strong family. Lunch provided; call 250-385-2635 ext 203 ;
Esquimalt Smart Families	Tuesdays 1:00 pm to 2:30 pm	Esquimalt Neighbourhood House (Family Centre)	Free; for parents with babies under 12 mos.; Must Register. Group focus is on parenting discussion topics - baby and parent health & wellness, attachment, baby Mother Goose songs & rhymes. The group goal is to grow healthy infants and strong families; Light snack provided; call 250-385-2635 ext 203 ;
West Shore Best Families	Wednesdays 10:30am-12:00pm	Gordon United Church Goldstream Ave. (Lounge/Hall)	Free; for parents with babies under 12 mos.; Must Register. Group focus is on parenting discussion and guest speaker topics - baby and parent health and wellness; attachment, baby Mother Goose songs & rhymes; Lunch provided; call 250-385-2635 ext 203 ;
Vic West Mother Goose & Muffins	Wednesdays 10:15 am - 11:15 am (babies 0 - 6 months) 11:30 am to 12:30 pm (babies 7-12 months)	Vic West Community Centre Craigflower Rd. (Garden Room)	Free; for parents with babies under 9 months; Joyful interaction in songs, rhymes and movement, building baby's language skills, social skills and learning; connect with other new parents; parenting topic discussions weekly; Light snack provided; call 250-385-2635 ext 203 ;
Esquimalt Parent-Baby Connections Group	Thursdays 1:15pm - 2:45pm	Esquimalt Recreation Centre; Fraser Street (Pioneer A Hall)	Free; for parent and caregivers with babies 0 to 12 mos. This program offers a time to connect with your baby through songs and rhymes, while connecting with other parents and developing new skills through various early parenting topics. Light snack provided; call 250-385-2635 ext 203 ;
Esquimalt Everyone Welcome Playgroup	Thursdays 10:30 am - 11:45 am	Esquimalt Recreation Centre; Fraser Street (Gym Hall)	\$2.75/active child; subsidized entry for ENH registered families; for parents with children under 5 years; Toys, free play, crafts, Mother Goose rhymes/songs; child development and parenting information; call 250-385-2635 ext 203 ;
Esquimalt Craft & Play Drop-In	Fridays 10:00 am - 11:15 am 10-week program (April 21st-June 23rd)	Esquimalt Neighbourhood House (Family Centre)	Free; for parents with babies and tots up to 3 years; parent-child interactive group that promotes language development, social skills and healthy attachments through song, crafts and play; dress for mess and outside play! Light snack provided; call 250-385-2635 ext 203 ;