



Family Services **SUMMER Calendar - July-September, 2018**

Come and Join Us! Our Family-Child programs are professionally run by trained staff/group facilitators. Healthy Lunch or Light Snack provided for most programs; help with bus tickets to get to our groups or to appointments at Esquimalt Neighbourhood House. Visit our Facebook page for more details and program updates. Please note that our programs do not run on statutory holidays.

Prenatal and Postnatal Programs

Program	When	Where	More Information
Best Babies	Mondays noon to 2:00pm (except July 23)	Esquimalt Neighbourhood House (Family Centre)	Free; Registered; For pregnant women looking for extra supports during the prenatal period and up until their babies are 8 weeks old. Partners and support persons welcome. Weekly opportunities for group participation and individualized supports. Lunch provided. For more information and to register call 250-385-2635 ext 203
Best Families	Mondays 10:30am-12:00pm (except August 13 & 20)	EsquimaEsquimalt Neighbourhood House (Family Centre)	Free; Registered; For families with babies 0-12. A continuation of Best Babies. This program offers opportunities to gain new parenting skills and knowledge, as well as time to make joyful connections through songs and rhymes. Topics focus on baby and family health, wellness & safety. Lunch provided. For more information and to register call 250-385-2635 ext 207
Mom Talk	Tuesdays 12:00-1:00pm (except August 7, 14 & 21)	Esquimalt Neighbourhood House (July-Aug.) Esquimalt Rec. Centre (Sept.)	Free; Drop-in; For moms with babies 0-12 months; Join us to share and connect with other moms in the community; Chat and learn more about sleep, infant feeding, adjusting to motherhood, and much more; Tea and light lunch provided. For more information call 250-385-2635 ext 207
Mother Goose & Muffins	Wednesdays 10:15am-11:15am (0-12mos) (except August 8 & 15)	Vic. West Community Centre (Garden Room)	Free; Drop-in; For families with babies 0-12 months; Families can enjoy a fun and relaxing time to connect with baby through songs, rhymes, and movement. This program promotes positive and engaging early experiences with language and communication. Brief parenting topic discussions weekly; Light snack provided; For more information call 250-385-2635 ext 207

Parent-Child Programs

Program	When	Where	More Information
Pitter Patter Playgroup ^{New!}	Wednesdays 11:15am - 12:15pm (except July 25 & Aug. 22)	Vic. West Community Centre (Gym)	Free; Drop-in; For families with active babies and children up to 3 years old. Join us for a fun time to play and grow! Enjoy ride on toys, puzzles, music time, and storietime. Toddler developmet and parenting information available each week. For more information call 250-385-2635 ext 203
Everyone Welcome Playgroup	Thursdays 10:30am-11:45am	Esquimalt Recreation Centre; Fraser Street (Gym Hall)	\$3/active child; subsidized entry for ENH registered families. Drop-in; A fun place for families with children 0-5 years old to play and learn. Enjoy ride on toys, puzzles, crafts, songs, and storytime. Child development and parenting information available each week. For more information call 250-385-2635 ext 207
Craft & Play Drop-In	Fridays 10:00am-11:15am (except July 20 & 27)	Esquimalt Neighbourhood House (Family Centre)	Free; Drop-in; For families with toddlers 1- 3 years old; Fun parent-child interactive playtime that promotes early learning and development through crafts and play; dress for mess and outside play! Light snack provided. For more information call 250-385-2635 ext 203