



## Family Services **FALL** Calendar - **October-December, 2018**

Come and Join Us! Our Family-Child programs are professionally run by trained staff/group facilitators. Healthy lunch or light snack provided with most programs; help with bus tickets to get to our groups or to appointments at Esquimalt Neighbourhood House. Please note that our programs do not run on statutory holidays.

### Prenatal and Postnatal Programs

Program	When	Where	More Information
<b>Best Babies</b>	<b>Mondays</b> 12:00pm - 2:00pm	Esquimalt Neighbourhood House (Family Centre)	<b>Free; for pregnant women</b> 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 <b>250-385-2635 ext 203</b>
<b>Best Families</b>	<b>Mondays</b> 10:30am-12:00pm	Esquimalt Neighbourhood House (Family Centre)	<b>Free; for families with babies 0-12months.</b> 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 <b>250-385-2635 ext 207</b>
<b>Mom Talk</b>	<b>Tuesdays</b> 12:00pm-1:00pm (except Oct. 2)	Esquimalt Recreation Centre; Fraser Street (Downstairs)	<b>Free drop-in for moms with babies 0-12 months;</b> Drop in any time between 12:00 and 1:00 to share and connect with other moms in the community; Chat about sleep, infant feeding, adjusting to motherhood, and much more; Tea and light lunch provided. For more information call <b>250-385-2635 ext 207</b>
<b>Mother Goose &amp; Muffins</b>	<b>Wednesdays</b> 10:15am-11:15am	Vic. West Community Centre, Craigflower Rd. (Garden Room)	<b>Free drop-in; for families with babies 0 - active (or 12 months);</b> 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 <b>250-385-2635 ext 207</b>

### Parent-Child Programs

Program	When	Where	More Information
<b>Pitter Patter Playgroup</b>	<b>Wednesdays</b> 11:15am - 12:15pm (except Oct. 10)	Vic. West Community Centre, Craigflower Rd. (Gym)	<b>Free drop-in for families with active babies and children up to 3 years old.</b> Come have fun with your little one! Enjoy ride on toys, puzzles, music time, and storietime. Toddler development and parenting information available each week. For more information call <b>250-385-2635 ext 203</b>
<b>Everyone Welcome Playgroup</b>	<b>Thursdays</b> 10:30am - 11:45am	Esquimalt Recreation Centre; Fraser Street (Gym Hall)	\$3/active child; subsidized entry for ENH registered families. A fun place for <b>families with children 0-5 years old</b> 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 <b>250-385-2635 ext 207</b>
<b>Play &amp; Grow Drop-In</b> <i>New!</i>	<b>Fridays</b> 9:30am - 10:30am (Starts Oct. 19)	Esquimalt Neighbourhood House (Family Centre)	<b>Free drop-in; for families with toddlers 1-2 years old;</b> Join us for a fun time to play and grow! This parent-child interactive playtime provides a safe and fun space for parents and children to play and connect. Together you can explore puzzles, sensory toys, building blocks and more; For more information call <b>205-385-2635 ext. 203</b>
<b>Craft &amp; Play Drop-In</b> <i>New!</i>	<b>Fridays</b> 10:45am-12:30pm (Starts Oct. 19)	Esquimalt Neighbourhood House (Family Centre)	<b>Free drop-in; for families with preschoolers 3-5 years old;</b> Fun parent-child interactive playtime that promotes early learning and development through crafts and play; dress for mess and outside play! Lunch from 12:00-12:30pm. For more information call <b>250-385-2635 ext 203</b> <i>Please note: the time and age for this program have changed as of October 2018.</i>

### Other Family Programs

Other programs may run during the year. Please check out our Facebook page @EsquimaltNeighbourhoodHouseSociety or website at [www.enhs.bc.ca](http://www.enhs.bc.ca) to find out what's happening at ENH this fall.