



# White Oaks Family Centre

December 2018

565 Bradley Ave  
 519-685-1400  
[wofc@lcc.on.ca](mailto:wofc@lcc.on.ca)  
[www.lcc.on.ca](http://www.lcc.on.ca)



facebook.com/familycentreWhiteOaks

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   |
|--|---|---|--|--|
| <p><b>Drop In Playgroup</b><br/>9:30 -11:30 am</p> <p><b>Positive Parenting</b><br/>1:00 – 3:00 pm</p> <p><b>Gaming and Financial Literacy Night for Youth</b></p> <p><b>December 3<sup>rd</sup></b><br/>5:00pm – 8:00pm<br/>White Oaks Family Centre</p> <p>Drop in for a night of games and fun (12–18 year olds). For more information contact<br/>           Rebecca D’Souza<br/>           519-854-8300</p> | <p><b>Drop In Playgroup</b><br/>9:30 -11:30 am</p> <p><b>La Ribambelle</b><br/>10:00 am -12:00 pm<br/>Halte-programme pour parents Francophone</p> <p><b>Homework Help</b><br/>Will start back January 8<sup>th</sup>, 2019</p> | <p><b>Drop In Playgroup</b><br/>9:30-11:30 am</p> <p><b>Infant Drop In Playgroup</b><br/>(12 months and under)<br/>1:00-3:00 pm<br/>All ages January 2nd</p> <p><b>P.A.I.R Clinic</b><br/>December 12<sup>th</sup><br/>11:00 am – 3:00 pm</p> <p><b>P.C.M.H</b><br/>Parents for Children’s Mental Health<br/>6:30 – 8:00 pm<br/>December 19th</p> | <p><b>Drop In Playgroup</b><br/>9:30 -11:30 am</p> <p><b>INSite Clinic</b><br/>12:00 - 6:00 pm<br/>(last appointment at 5:00 pm)<br/>No clinic December 27th</p> <p><b>*Extended Playgroup Hours*</b></p> <p><b>January 2, 3 and 4<sup>th</sup></b><br/>9:30 am – 3:00 pm<br/>All Ages Welcome</p> | <p><b>Drop In Playgroup</b><br/>9:30 -11:30 am</p> |
| <p><b>We will be closed December 24<sup>th</sup> 2018 – January 1<sup>st</sup> 2019 for the Holidays</b></p>   |   |   |  |  |



# White Oaks Family Centre

## Program and Service Descriptions



### **Early Years Drop In**

Play based drop in for parents / caregivers and their children.

### **INSite Clinic 'TALK IN' CLINIC FOR EVERYONE!**

Everyone is welcome to come and have free in person/ private counselling. No appointment necessary. Clinic is open to children and youth, parents, adults and seniors! **Child minding is available.** Partners providing counselling include Vanier Children's Services, Craigwood Youth Services, Family Services Thames Valley, WAYS and ANOVA. Thursdays 12:00 – 6:00 pm Last appointment at 5:00 pm (*closed Dec. 27<sup>th</sup>*)

### **P. A. I. R Clinic**

Parent and Infant Relationship Clinic with Vanier Children's Services. Ask us for more details

### **Positive Parenting**

For more information / registration please contact Reem or Maria @ 519 - 686 - 8600 (ext. 7580) Mondays 1:00 – 3:00 pm

### **P.C.M.H - Parents for Children's Mental Health**

A Peer support group for parents / caregivers who support children / youth living with mental health challenges. December 19th 6:30 – 8:00 pm. For more information contact Vicki @ [London.pcmh@gmail.com](mailto:London.pcmh@gmail.com)

### **Homework Help**

Helping students in Grades 3 -6 with school work. Tuesdays 3:30 – 5:00 pm. Register at the White Oaks Family Centre reception desk. For more information call Joanna Swirski @ 519 – 686 – 8600 ext. 7386 or [jswirski@slnrc.ca](mailto:jswirski@slnrc.ca) (next session will begin in January 2019)



### **Bridges out of Poverty / Circles**

Circles is a community partnership coordinated by Goodwill industries, comprised of caring and compassionate individuals. Circles focus is to build intentional relationships to increase individuals social capital and meet their goals. To learn about the role of an Ally and how to become one, Contact Tina Lightfoot at 519 – 661 - 2500 ext. 2654 or [tlightfo@london.ca](mailto:tlightfo@london.ca)