



Child and Family Centre

KENORA

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Program Descriptions for October

- ◇ **Baby Beginnings:** ages 0-18mths. A time for new parents to visit with one another and get some peer support. EarlyON staff and visiting professionals such as an NWHU Nurse and staff from KACL Children's Services are available to answer questions and provide resources about child development. The scale and measuring equipment is here weekly to track your child's growth. No registration required. There will be NO Baby group downtown on October 8. See below for info about the Feeding Celebration we are helping to host that morning instead!
- ◇ **Stroll n Roll:** ages 0-6yrs. We meet at the Harbourfront Entrance to the Library, and head out for a walk towards Husky the Muskie. We finish back at the Centre, and come inside for playtime, visiting and snacks. Strollers, wagons, children's bikes, etc are all welcome. No registration required.
- ◇ **Music and Movement:** ages 2-4yrs. This group includes a circle time with active songs, rhymes and musical exploration, followed by a group snacktime and free play. **Please call 467-5530 to register** for this program, as space is limited. Participants register for one week at a time, on a first come first served basis.
- ◇ **NEW:French Fun:** ages 0-6yrs. This group is for our Francophone families, or those hoping for more French language exposure. It will include singing, stories, an art activity, light snacks and free play. The idea is to expose children to as much French as possible, through conversing in French with one another and through a completely French circle time. No registration required.
- ◇ **Toddler Hour:** ages 12-23 mths. If your child is aging out of Baby Beginnings but not old enough for Thursday's structured group, this is the program for you! Some young-toddler activities will be available in a less-formal format, including songs, stories, dancing, art activities and sensory play. Come prepared for your child to get messy while they explore. No sign up required.

Please note: all activities at the EarlyON Centre require parent/caregiver participation

Looking for a Halloween costume for your child? Come check out our Costume Swap happening on Wed, Oct. 9 from 2:30 to 4:30. Bring a costume, take a costume! Or if you'd simply like to donate clean, gently used costumes and accessories, you can drop them off anytime before Oct 9.



Join us at Northwestern Ontario Métis Child and Family Services (1301 Railway St) for a Celebration of Infant Feeding.

Tuesday, October 8 from 10:00 to 12:00

In Honour of National Breastfeeding Week (Oct 1-7), we are celebrating all families and all feeding choices:
Breast, Bottle and Beyond!

Join us in a casual drop in atmosphere to make connections with other families, meet some of Kenora's service providers, eat snacks, enter prize draws and to feed your infant in a welcoming space.

The first 30 families will receive a gift bag.