



**ONTARIO EARLY YEARS CENTRE  
OTTAWA WEST-NEPEAN  
July – August 2017**



(E) Activity Facilitated in English (F) Activity Facilitated in French

Pinecrest-Queensway CHC (main site) 1365 Richmond Road		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p><b>Information and Referral:</b> Come and meet a parent support worker for information on child development, programs and resources available. Service available in English and/or French.</p> <p><b>Visit, send us an e-mail at</b> <a href="mailto:oevcottawawestnepean@pgchc.com">oevcottawawestnepean@pgchc.com</a> or call 613-820-4922, ext. 3650. See the schedule for information and referral service hours.</p> <p>Please refer to Parent/Caregiver Workshop Calendar at <a href="http://www.pgchc.com">www.pgchc.com</a> or contact Parent Education line at ext. 3640.</p>		
		<p><b>Drop-In Playgroup</b> 9:00-11:00 a.m. (E/F)</p> <p><b>Toy Library</b> 9:00-10:30 a.m.</p>	<p><b>Drop-in Playgroup</b> 9:00-11:00 a.m. (E/F)</p> <p><b>Toy Library</b> 9:00-10:30 a.m.</p>	<p><b>Drop-In Playgroup</b> 9:00-11:00 a.m. (E/F) 11:00-12:30p.m.(E/F)</p> <p><b>Toy Library</b> 9:00-10:00 a.m. 11:00-12:00 a.m.</p>	<p><b>Drop-In Playgroup</b> 9:00-11:00 a.m. (F) (For French speaking families and caregivers only)</p>	<p><b>Parenting in Ottawa / Breastfeeding support</b> 9:30-11 a.m. (E/F)</p>	<p><b>Drop-In Playgroup</b> 9:00-11:00 a.m. (E/F)</p> <p><b>Toy Library</b> 9:30-10:30 a.m.</p>			
		<p><b>Little Explorers Drop-in playgroup</b> 1:00 – 3:00 p.m. (E/F)</p>	<p><b>Prenatal, postpartum &amp; breastfeeding support drop-in</b> 1:00-3:00 p.m.</p>	<p><b>Infant/Crawlers Drop-In</b> 1:30-3:30 p.m. (E/F) Nurse visits 1<sup>st</sup> &amp; Dietician 3<sup>rd</sup> Wed of the month</p> <p><b>Toy Library</b> 1:30-3:00 p.m.</p>	<p><b>Drop-In Playgroup</b> 1:30-3:30 p.m. (E)</p> <p><b>Toy Library</b> 1:30-3:00 p.m.</p>					
		<p><b>Drop-In Playgroup</b> 5:30-7:30 p.m. (E)</p> <p><b>Toy Library</b> 5:30-7:00 p.m.</p>	<p><b>Drop-In Playgroup</b> 5:30-7:30 p.m. (E/F)</p> <p><b>Toy Library</b> 5:30-7:00 p.m.</p>		<p><b>Hours for information and referrals:</b></p>	<p><b>Monday:</b> 8:30-12 pm / 1-4/ 5-7:30pm <b>Tuesday:</b> 8:30-12 pm / 1-4/5-7:30 pm <b>Wednesday:</b> 8:30-12 pm / 1:30-4:00 pm <b>Thursday:</b> 8:30-12 pm / 1:00-4:30 pm <b>Friday:</b> 8:30-12 pm <b>Saturday:</b> 8:30-11:30 pm</p>				

**OFF SITE LOCATIONS**

						<p>Foster Farm 1065 Ramsey Road</p>
<p><b>Drop-In</b> 9:00-10:30 a.m. (E) 11:00-12:30p.m.(E)</p>				<p><b>Drop-In</b> 9:00-10:30 a.m. (E) 11:00-12:30p.m.(E)</p> <p><b>Toy Library</b> 9:00-11:00 a.m.</p>		<p>Bayshore 210 Woodridge Crescent (ringer #101)</p>
						<p>Bethany Baptist Church 380 Centrepointe Drive</p>
	<p><b>Story Time</b> 10:00-10:45 a.m. (E/F)</p>			<p><b>French Story Time</b> 10:00-10:45 a.m. (French)</p>		<p>Chapters 2735 Iris Street</p>

**Program Closures:** All sites closed: July 1<sup>st</sup>, July 3<sup>rd</sup>, July 14<sup>th</sup> and August 7<sup>st</sup>.  
Foster Farm and Bethany Baptist Church Closed from July 1<sup>st</sup> through September 11<sup>th</sup>, 2017.

**July 14<sup>th</sup>: Community Celebration at Ron Kolbus – 102 Greenview Ave. 9 to 11:30**

## Parent / Caregiver Chats

Parent / Caregiver Chats will take place during drop-in times. You will have the opportunity to hear a 15 minute presentation on the topic of the day, followed by 45 minutes for the facilitator to answer individual questions. No registration is required.

### **Nutrition**

*Are you concerned about your picky eater? Is your child eating enough? Come and hear some information from our registered dietician about Nutrition during a drop-in.*

Thursday, August 31	1:30-2:30pm	PQCHC/OEYC	<b>English</b>
Monday, September 11	9:30-10:30am	PQCHC/OEYC	<b>English</b>
Monday, September 18	9:30-10:30am	Bayshore	<b>English</b>
Wednesday, September 27	9:30-10:30am	Foster Farm	<b>English</b>