

# July 2018

Monday	Tuesday	Wednesday	Thursday
2 <b>CENTRE CLOSED</b>	3 <b>Grow with Baby—Dutton</b> Well baby checks for infants 0-18 months old. 10:30am-Noon @ the Dutton Library	4	5 <b>Cookin' Kids</b> For children 7-9 years from 10:30am-Noon & 3:30-5pm @ WECHC Call ext.2202 to register
9 <b>Baby Days (Drop-In)</b> Ages 0-18 months 10:00-11:30am @ WECHC	10 <b>Krazy Kitchen:</b> 10:00 am to 12:00 noon @ WECHC for parents to learn to cook. Childcare is provided. Call ext. 2202 to register.	11	12
16 <b>Baby Days (Drop-In)</b> Ages 0-18 months 10:00-11:30am @ WECHC	17 <b>Toddler Tuesday (Drop-In)</b> Ages 2-4 are welcome to join! 10:00-11:00am @ WECHC	18 <b>Grow with Baby—Rodney</b> Well baby checks for infants 0-18 months old. 1:30-3:00pm @ Tiny Tots Building in Rodney.	19
23 <b>Baby Days (Drop-In)</b> Ages 0-18 months 10:00-11:30am @ WECHC  <b>Grow with Baby—West Lorne</b> Well baby checks for infants 0-18 months old. 9:30am-11am @ WECHC	24 <b>Stroller Walk &amp; Lunch</b> For parents with children 0-18 months to get moving with a stroller and a walk to the park, and enjoy a lunch provided. 11am-1pm @ WECHC Registration required, spots limited Please call Cindy ext. 2202	25	26 <b>Kitchen Kids</b> 2 1/2 to 6 year olds 5:30 pm to 7:00 pm @ WECHC Call ext. 2202 or 2299 to register
30 <b>Baby Days (Drop-In)</b> Ages 0-18 months 10:00-11:30am @ WECHC	31		

Let's Connect Team

519-768-1715 [www.wechc.on.ca](http://www.wechc.on.ca)

Debi, Registered Nurse...ext. 2312

Kim, Registered Dietitian...ext. 2292

Cindy, Registered Early Childhood Educator...ext. 2202

Kristyn, Child and Youth Worker...ext.2314

Rachel, Child and Youth Worker... ext. 2299

# WHAT'S HAPPENING

a newsletter for families with children 0-18 years of age

## **THE TEEN CORNER**

*Do you have a youth grade 8 + who is interested in being part of the WECHC Youth Advisory Committee? Contact Kristyn @ kmunroe@wehc.on.ca*

Don't forget to LIKE the **West Elgin Community Health Centre's Facebook page** to keep up to date on programming and events!



**@ The Kitchen Table**  
**Will begin again Sept, 2018. Registration is NOT yet open at this time.**

### **Krazy Kitchen**

**Next available:**  
**September 11th, 2018**  
**10:00am to Noon**  
Parents learn to cook and childcare is provided.  
Ext. 2202 to register

### **Cookin' Kids**

**Next available:**  
**October 2, 2018**  
**4:30-6:00pm**

Ages 7 to 9 cook a meal to take home for their family  
Ext. 2202 to register

### **Kitchen Kids**

**Next available:**  
**September 27th, 2018**  
**5:30-7:00pm**  
Ages 3 to 6 cook with a parent/guardian.  
Ext. 2202 to register

## **15th Annual Teddy Bear Picnic**

**When:** Wednesday, August 1, 2018  
**Where:** Sons of Scotland Park, Dutton  
**Time:** 10am—1pm



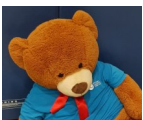
Bring your teddy bears and blankets!  
Lots of activities and entertainment!

This is a **FREE** community event for families with children ages 0-6.

A light lunch and dessert will be provided.

Register before July 31st to be entered into a draw to win a Build-A-Bear!!!

**Call Cindy at ext. 2202 to register**



Keep your eyes out for Ralph the WECHC bear @ralphWECHC on instagram

## **Toddler Tuesdays**

Children ages 2-4 are welcome to join us with their parents for an hour of music, crafts, books, toys, activities and socialization.

No registration required!

Dates: July 17 & August 14  
@ WECHC from 10:00-11:00am  
Call Rachel @ext. 2299 for more info.

## **Stroller Walk and Lunch**

Walk and talk for parents of children under 18 months. Get moving with your stroller for a walk at the park where we will sing songs and then walk back to the centre to enjoy a meal with other parents.

**Stroller Walk Dates:** July 24th, August 28th and September 25th from **11am—1pm.**

**Next available: August 28th, 2018**  
Call Cindy @ ext. 2202 to register.

## **"THINK OUTSIDE THE LUNCH BOX"**

A **FREE** hands-on school lunch workshop, through our Registered Dietitian, Kim.

Ages 4-8 years (JK-Gr.3) with parent/caregiver  
Wed, Aug 22 10-11:30am  
Thurs, Aug 30 5:30-7:00pm  
Call Rachel at ext. 2299 to register.

*We apologize once again for waitlists and we will do our best to accommodate you in a program as early as a spot is available.*



**West Elgin  
Community  
Health Centre**

If you would like to be on the West Elgin Community Health Centre Let's Connect mailing list and receive our monthly newsletter and upcoming events please e-mail kmunroe@wehc.on.ca

**Every  
One  
Matters.**